

# 19. Appendix M: Masters Recreation



## QUALIFYING PATHWAY

Any routine/athlete intending to compete at Canadian Masters National Championships **MUST** compete their routine(s), in their entirety, at the Artistic Swimming Masters (MA) Provincial Championships.

Any routine/athlete planning on competing out-of-province **MUST** compete their routine(s), in their entirety, at a sanctioned BC Artistic Swimming Masters competition prior to requesting permission to participate in a national or international event.

**NOTE:** There will be NO circumstances where a routine can compete outside of the province without, at a minimum, submitting a video of the completed routines to be reviewed by a minimum of one judge.



## PROVINCIAL COMPETITIONS

- MA Provincial Championships (Mable Moran)
  - Figures
  - Team Routine



## FIGURES/SKILLS

Beginner Level (Star 1-3)	Intermediate Level (Star 4-6)	Advanced Level (Star 7+)
Propeller 5m	Bent Knee Position	Barracuda (See star 7)
Kick Pull Kick* (See star 3)	Split Position	3 x Body Boost- double arm**
Somersault Back Tuck (See star 1)	Ballet Leg Single (See star 4)	Straight Leg Ballet Leg (See FINA Manual- new figure)
Bent Knee Back Layout Alternate (See star 2)	Front Pike Pull Down to Fishtail position (See Star 6)	Walkover Front (See star 8)



## TIME LIMITS

For Free Routines there will be an allowance of 0:15 seconds more than the allocated time.

Solos	Duets	Combo	Team
-	-	-	4:00

\*KICK PULL KICK - Kick-Pull Kick, shoulders square, 4 right, 4 left, 4 alternating lead arms

\*\* BODY BOOST – A rapid headfirst rise, with a maximum of the body above the surface, A descent is executed until the swimmer is completely submerged. **Repeat 3 times.**