

ay May 20

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| **Atlantics Regional Competition** |
| **May 19 - 21, 2023** |
| **Final Schedule** |
|  |  |  |  |
| **Date** | **Time** | **#** | **Event** |
|  | 12:00 PM |  | Deck open |
|  | 12:45 - 4:00 |  | Spacing |
| Friday May 19 | 12:45 - 1:12 |  | CBS Silhouettes |
| 1:14 - 2:03 |  | Summit Artistic Swimming |
|  | Sea Stars |
| 2:05 - 2:26 |  | Artistic Swimming Fredericton |
| 2:28 - 2:48 |  | Surf City Artistic Swimming |
|  | Riptide Artistic Swimming Club |
| **2:48 - 2:55** |  | **BREAK** |
| 2:55 - 3:26 |  | Aquasouls Artistic Swimming |
| 3:28 - 4:00 |  | Atlantis Artistic Swimming |
|  | Charlottetown Naiads |
| **4:10 - 4:30** |  | **COACH MEETING (ON DECK)** |
| 4:45 - 4:50 |  | 13-15/16-20 Lap Warm-up |
| 4:50 - 5:20 |  | 13-15/16-20 Figure Warmup (Split Deep/Shallow) |
| *4:50 - 5:05* |  | *Group 1 Deep End* |
|  |  | *CBS Silhouettes* |
|  |  | *Aquasouls Artistic Swimming* |
|  |  | *Artistic Swimming Fredericton* |
|  |  | *Sea Stars* |
|  |  | *Riptide Artistic Swimming Club* |
| *5:05 - 5:20* |  | *Group 2 Deep End* |
|  |  | *Summit Artistic Swimming* |
|  |  | *Atlantis Artistic Swimming* |
|  |  | *Surf City Artistic Swimming* |
|  |  | *Charlottetown Naiads* |
| 5:25 - 8:55 | 51/19 | 13-15/16-20 Figure Competition (2 panels) |
|  | 7:30 AM |  | Deck Open |
|  | 7:55 - 8:00 |  | 11-12/13+ Novice Lap Warm-up |
| 8:00 - 8:20 |  | 11-12/13+ Novice Figure Warm-up |
| 8:25 - 10:35 | 33/5 | 11-12/13+ Novice Figures (2 panels) |
| 10:35 - 10:40 |  | 10U/11-12 Novice Lap Warm-up |
| 10:40 - 11:00 |  | 10U/11-12 Novice Figure Warm-up |
| 11:05 - 12:05 | 14/6 | 10U/11-12 Novice Firgure Competition (2 panels) |
| **12:05 - 12:45** |  | **LUNCH BREAK** |
| **12:50 - 1:20** |  | **OPENING CEREMONIES** |

|  |  |  |  |
| --- | --- | --- | --- |
| Satu | 1:35 - 1:55 |  | 10U/11-12 Duet Warm-up |
| 2:00 - 2:05 | 1 | 10U Duet Competition |
| 2:05 - 2:40 | 6 | 11-12 Duet Competition |
| 2:45 - 3:05 |  | 13-15/16-20 Duet Warm-up |
| 3:10 - 3:55 | 10 | 13-15 Duet Competition |
| 3:55 - 4:25 | 6 | 16-20 Duet Competition |
| **4:35 - 5:00** |  | **AWARDS** |
|  | 7:30 AM |  | Deck Open |
| Sunday May 21 | 8:00 - 8:20 |  | 11-12/13+ Novice/16-20 Solo Warm-up |
| 8:25 - 8:50 | 6 | 11-12 Solo Competition |
| 8:50 - 8:55 | 1 | 13+ Novice Solo Competition |
| 8:55 - 9:15 | 5 | 16-20 Solo Competition |
| 9:20 - 9:40 |  | 13-15 Solo Warm-up |
| 9:45 - 10:40 | 12 | 13-15 Solo Competition |
| **10:40 - 11:00** |  | **BREAK** |
| 11:00 - 11:20 |  | 10U/11-12 Novice Team Warm-up |
| 11:20 - 11:40 |  | 11-12/13+ Novice Team Warm-up |
| 11:45 - 12:05 | 3 | 10U Team/Trio Competition |
| 12:05-12:10 | 1 | 11-12 Novice Competition |
| 12:10 - 12:15 | 1 | 13+ Novice Team Competition |
| 12:15 - 12:45 | 5 | 11-12 Team Competition |
| 12:50- 1:10 |  | 13-15/16-20 Warm-up 1 |
| 1:10 - 1:30 |  | 13-15/16-20 Warm-up 2 |
| 1:35 - 2:35 | 9 | 13-15 Team Competition |
| 2:35 - 2:50 | 2 | 16-20 Team Competition |
| **3:00 - 3:30** |  | **AWARDS** |

Please note that all events can be moved ahead by 30 minutes

rda