

TIER 6&7 PROVINCIALS SCHEDULE - FEBRUARY 19-20, 2010

Friday FEB 19 2009

12:30 –15:30 Music and pool spacing
15:45-16:00 Warm up Tier 7 sr duet tech/ Tier 6 16&O duet
16:00-16:05 Tier 7 sr duet tech (1)
16:05-16:35 Tier 6 16 & O (6)
16:35-16:50 Warm-up Tier 6 15 & U duet Tier 7 jr duet, Tier 7 sr duet Free
16:50-17:15 Tier 6 15 &U duet (5)
17:15-17:25 Tier 7 duet (2)
17:25-17:30 Tier 7 sr Duet free (1)
17:30-17:45 combo warm-up
17:45-18:00 combo (3)
18:30-19:30 Land drill team

Saturday FEB 20, 2009

6:45- doors open
7:00-7:30 warm up Figures Tier 6 (62) 15 & U, 16 & O
7:30-9:00 Tier 6 figures panel 1 & 2 figure 1 and 2
9:00-9:15 judges break
9:15-10:45 Tier 6 Figures panel 1 & 2 figure 3 and 4
9:15- 10:15 Tier 7 jr figures panel 3

Break 11:00-13:30

11:15-12:30 flexibility
Awards figures /Duet/Combo 12:45

13:30-13:45 Warm-up Tier 6 15 &U Solo /Tier 7 jr Solo Tier 7 sr solo tech
13:45-14:10 Tier 7 sr solo tech (5)
14:10-14:35 Tier 7 jr solo (5)
14:35-14:55 Tier 6 15& U Solo (4)
14:55-15:10 Warm-up Tier 6 16 & O solo/Tier 7 sr solo free
15:10-15:55 Tier 6 16 &O solo (9)
15:55-16:25 Tier 7 sr solo Free (5)
16:25-17:15 Judges break
17:00-17:15 Warm-up tier 6 16 &O Team /Tier 7 sr Team Tech
17:15-17:20 Tier 7 Sr Team Tech(1)
17:20-17:40 Tier 6 16 & O Team (4)
17:40-17:55 Warm-up Tier 6 15 & U Team/Tier 7 jr Team /Tier7 sr team Free
17:55-18:10 Tier 6 15 &U Team (3)
18:10-18:15 Tier 7 Jr Team
18:15-18:20 Tier 7 Sr Team free
18:45-19:15 awards

Attention all coaches please note changes on schedule!

Additional information:

All competition will take place in the dive tank.

4 lanes are available in the competition pool on Friday from 12:00 noon until 18:00 for warm-up.

SUNDAY FEB 21, 2010

8:30-12:00 Alberta Winter Games Team trials – figure competition
On Saturday the Kinsmen will open at about 6:45 however the pools are not available until 7:00 am.
Competition pool
4 lanes 7:00-7:30
2 lanes 7:30-12:00 noon
4 lanes 12:00 noon – 17:45

A hair gel station will be set up in the women's locker room – it will be equipped with hot water tanks – please keep hair gelling confined to this area. NO GEL ON DECK PLEASE.

Please ensure that the showers are kept clean and all bobby pins and hair nets are deposited in the buckets provided. Have a chaperone check this after every event that your swimmers participate in. Awards will not start if the change rooms are a mess!

There is no longer any food service at Kinsmen

PLEASE NO BANGING in the competition pool.

Coaches Please let Chief referee know of any scratches at the coaches meeting which will occur just prior to competition on Friday afternoon- about 15:30

Please be aware that all draws are not final until the day of competition so watch for changes- They will be posted on the wall at deck level as well as in your "mail box" on deck.

Thanks and I look forward to seeing everyone on Friday Feb 19!

Lucille