



2018-2019 Season Skills Testing (LTAD) – Table of Contents

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Program Details

The 2018-2019 Skills Testing consists of:

- (1) Land Skills component – November (LTAD competition) & April (submitted by club)**
- (2) Water component (speed & stamina) – November (LTAD competition) & April (submitted by club)**
- (3) Figure component**

Age Groups: Categorization for all LTAD skills testing (speed, stamina, and land skills) will be done according to swimmer's age (as of December 31st, 2018) – not figure level. The only exception is Novice 13 & over swimmers, who will perform skills from the 13-15 category, even if 16 & Over.

Current Scoring & Reward: For this competitive season, swimmers, coaches, and clubs will receive feedback about performance in terms of time (water component) and scores (land skills & figure component). Rankings within the LTAD age group (9-10; 11-12; 13-15; 16 & Over) will also be given to clubs and expected to be distributed among coaches and swimmers.

Scoring will be performed by trained volunteers (based on availability) following the evaluation guide provided below. Individuals overseeing LTAD testing will be designated as LTAD monitors during the events they evaluate.

Future Scoring & Reward: Scoring & Rewards will be awarded based on achievement of skill/ competency and will be categorized using a “gold, silver, and bronze” points system. The number of points needed to achieve a “gold, silver, or bronze” will differ based on the level of the swimmer – i.e., the expectations and performance standards for a Novice 11-12 and PS 11-12, swimmer would all differ slightly.

Competition Organization: Synchro NB will be testing the Land skills at the November figure & LTAD competition. Land skills may take place at the same time as the swim testing component of LTAD. If other events (ex: figure competition) is taking place at the same time, the land skills evaluation will take place in a separate room where the metronome will not be a distraction to swimmers or judges.

Speed & Stamina: Results from the April swim tests and land skills evaluation must be submitted (on the Google doc provided) by midnight on the designated date. Testing may be performed up to two weeks ahead of competitions.

April LTAD evaluations must be submitted by midnight on Monday April 29.

<https://docs.google.com/spreadsheets/d/1wrsPY5buyUeZ2KToeFjgfenwzf0vHkmeSUAHg35oYIA/edit?usp=sharing>

Metronome: The metronome will play during land skills events at a speed is set to 135 bpm (continuous).



Program Goals & Justification for LTAD Testing / Skill Selection

Synchro Canada Gaps: (1) Basic Skills & Transitions (2) Synchronization (3) Full body extension/flexibility/mobility
Meaningful competition program goals: (1) recognize & reward developmental priorities (2) Competition supports learning for athletes & coaches (3) align synchro system more closely to LTAD stages
LTAD basics of training and performance: (1) Stamina (2) Strength (3) Speed (4) Skill (5) Suppleness

LTAD Developmental Priorities by Age Group

Synchro Age group / LTAD Stage	Athletic Ability Priority	Athletic Abilities to Avoid
9-10 (L2T)	(1) Flexibility, (2) Agility/balance/coordination, (3) Basic skills	(1) Aerobic power, (2) Aerobic endurance, (3) Speed-endurance, (4) Maximum strength, (5) Speed-strength
11-12 (T2T)	(1) Aerobic endurance, (2) Strength-endurance, (3) Speed, (4) Basic skills	(1) Maximum strength, (2) Speed-strength
13-15 (T2T)	(1) Aerobic power, (2) Aerobic endurance, (3) Strength-endurance, (4) Speed, (5) More advanced skills	
16-18 (T2C)	(1) Aerobic power, (2) Maximum strength, (3) Speed-strength, (4) More advanced skills	

NB Skills Testing Components 2018-2019

Stage	Age Group	Preliminary Meet (Woodstock)	PS Invitational Meet (Fredericton)	Provincials (Moncton)	Atlantics (Saint John)
Learn to Train (8-11)	9-10	<ul style="list-style-type: none"> Land Skills 2 Speed: <ol style="list-style-type: none"> Front Flutter Kick 12.5m Propeller 12.5m 4 Water: BT (No draw: see Appendix A below) 	<ul style="list-style-type: none"> 4 Water: BT (Figure group drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Speed: <ol style="list-style-type: none"> Front Flutter Kick 12.5m Propeller 12.5m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition)
Train to Train (11-15)	Novice 11-12	<ul style="list-style-type: none"> Land Skills 3 Speed: <ol style="list-style-type: none"> Flutter Kick 12.5m Propeller 12.5m Front Crawl 25m 4 Water: BT (No draw: see Appendix A below) 	<ul style="list-style-type: none"> 4 Water: BT (Figure group drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Flutter Kick 25m Propeller 25m Front crawl 100m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition)
Train to Train (11-15)	PS 11-12	<ul style="list-style-type: none"> Land Skills 3 Speed: <ol style="list-style-type: none"> Flutter Kick 25m Propeller 25m Front crawl 50m 4 Water: BT (see possible draw in Appendix A below; figures to be drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: BT (Figure group drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Flutter Kick 25m Propeller 25m Front crawl 100m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition)

■ Evaluations to be completed by home club

Train to Train (11-15)	Novice 13 & Over	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 stamina: <ol style="list-style-type: none"> Front Flutter Kick 25m Propeller 25m Front crawl 100m 4 Water: BT (No draw: see Appendix A below) 	<ul style="list-style-type: none"> 4 Water: BT (Figure group drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Front Flutter Kick 25m Propeller 25m IM 100m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition)
Train to Train (11-15)	PS 13-15	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Front Flutter Kick 25m Propeller 25m IM 100m 4 Water: BT (see possible draw in Appendix A below; figures to be drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: BT (Figure group drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Front Flutter Kick 25m Propeller 25m IM 200m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition)
Train to Compete (16-21)	PS 16-18	<ul style="list-style-type: none"> Land Skills 2 Stamina: <ol style="list-style-type: none"> hypoxic swim 75m IM 100m 4 Water: BT (see possible draw in Appendix A below; figures to be drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: BT (Figure group drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Stamina: <ol style="list-style-type: none"> hypoxic swim 150m IM 200m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition)


Stage	Age Group	Preliminary Meet (Woodstock)	PS Invitational Meet (Fredericton)	Provincials (Moncton)	
Train to Train (11-15)	NS 13-15	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Front Flutter Kick 25m Propeller 25m IM 100m 4 Water: BT (see possible draw in Appendix A below; figures to be drawn 1 week prior to the competition) 	<ul style="list-style-type: none"> 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	<ul style="list-style-type: none"> Land Skills 2 Speed & 1 Stamina: <ol style="list-style-type: none"> Front Flutter Kick 25m Propeller 25m IM 200m 4 Water: Full Figures (2 compulsory, 2 drawn figures; figure draw to occur 1 week prior to the competition) 	
Train to Compete (16-21)	Junior FINA	<ul style="list-style-type: none"> Land Skills 2 Stamina: <ol style="list-style-type: none"> hypoxic swim 150m IM 100m 5 technical elements (see descriptions in Appendix A below) 	<ul style="list-style-type: none"> Technical routine(s) 	<ul style="list-style-type: none"> Land Skills 2 Stamina: <ol style="list-style-type: none"> hypoxic swim 150m IM 400m Technical routine(s) 	



Land Skill Component
Land skills will be evaluated in stations

Age Group 9-10

Ag/Bal/Coor	Star excursion balance test	Total touches in 20 seconds
BP	Back Layout on 2 Foam Rollers (on land)	Hold 2 counts of 8
BP	Ballet Leg (on land) R&L	Layout 1, 2, 3, 4. Sailboat 5, 6 Ballet leg 7, 8 hold 2 counts of 8 (repeat with left leg)
Flex	Bridge (cobra position if necessary)	Hold 2 counts of 8
BP	90° Pike position on back	Hold 2 counts of 8
Core	Plank hold	Hold 2 counts of 8
BP	Standing Back Pike (Barracuda Set-up)	Hold 2 counts of 8
Flex	Needle R&L	Hold 2 counts of 8 (each leg)
Flex	Ariana Rotation	Hold split 2 counts of 8; rotation 1 count of 8

	PROTOCOL
Star Excursion balance test	<ul style="list-style-type: none">- Athlete will begin in the middle of an 8 point star (asterisk shape). With hands on their hips and right foot just off the ground.- Athlete will receive a countdown (3, 2, 1) then will begin the drill by touching (with just the toe) the line directly in front of them then returning to the start position. The athlete will continue touching the lines in a clockwise direction.- The test will be measured by the total number of touches made in 20 seconds (one touch = out and back to the starting position).- The test will be repeated with the other leg. (Swimmers may go counter clockwise with the left leg)
Back Layout on 2 Foam Rollers	<ul style="list-style-type: none">- Athlete will begin laying with a foam roller under her shoulders and one under her heels.- Athlete will receive an 8 count lead in, then will have 1 count to lift up to a back layout with body completely off the ground and arms extended by athlete's side.- Back layout position held for 2 counts of 8 without movement of body.
Ballet Leg on land (R & L)	<ul style="list-style-type: none">- Athlete will go into a back layout on the ground (or on a mat). Athlete will have 8 counts to set up (4 counts in layout, 2 counts in sailboat, 2 counts in ballet leg - to steady themselves).- Ballet leg will be held for 2 counts of 8 (not starting on the 7, 8). Athlete will repeat the protocol with other leg.
Bridge (or Cobra if necessary)	<ul style="list-style-type: none">- Athlete should start lying on back, heels to bum, legs together, and hands prepared beside the head under shoulders.- Push up to bridge position with a maximum of 4 counts to adjust position once the athlete is up.- Bridge position should be held for 2 full counts of 8, without movement or adjustment.- Athlete must come out of bridge safely (no walkovers or sudden collapses). <p>** Please note, athletes that are unable to attempt a bridge may hold a cobra position instead.**</p> 
Plank hold (on elbows)	<ul style="list-style-type: none">- From their stomach, the athlete will have 1 count of 8 to assume a plank position.- Elbows should be directly below shoulders, legs together and extended.- Hands may be clasped together or palms may be flat on the floor (in those cases, fingers should be pointing forward). Face should remain looking to the ground (alignment of ears and shoulders).- Athlete will hold this position for 2 counts of 8.
Standing Back Pike	<ul style="list-style-type: none">- From a tuck position, with feet together and hands on the ground, the athlete will extend up to standing back pike position in one count.- Hands should try to remain on the ground. Palms up (similar to a barracuda set-up)- Athlete will hold this position for 2 counts of 8.
Needle (R & L)	<ul style="list-style-type: none">- From a tuck position, with feet together and hands on the ground, the athlete will extend up to standing back pike position, then extend one leg up to needle position.- Hands must remain on the ground.- Athlete will hold this position for 2 counts of 8, bring the leg down, and repeat protocol from the standing tuck position with the other leg.




Ariana Rotation	<ul style="list-style-type: none">- Athlete will assume a lateral split position (from seated, or tuck position – not permitted to stand up and slide down into split).- Athlete will have 1 count of 8 to adjust position.- Split position will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to middle splits. Hands may be used during the rotation. Legs and body must remain extended.- Middle splits will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to other lateral split. Hands may be used during the rotation. Legs and body must remain extended.- Split position will be held for 2 counts of 8.
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Age Group 11-12

Core	Table Top with Russian Kicks	20 seconds
Flex	Bridge (cobra if necessary)	Hold 2 counts of 8
Spd	Ballet Leg Speed Skill (R & L)	Layout 1, 2, 3, 4. Sailboat 5, 6, Ballet leg 7, 8 Speed drill 2 counts of 8 (repeat with other leg)
Core	V-ups: 4 repetitions (November) 8 repetition (April)	Up 2 counts; down 2 counts each.
Core	Plank hold	Hold 2 counts of 8
Strg	Push-up: 4 repetitions (November) 8 repetitions (April)	Down 2 counts; Up 2 counts each.
Flex	Standing Back Pike (Barracuda Set-up)	Hold 2 counts of 8
Flex	Needle R & L	Hold 2 counts of 8 (each leg)
Flex	Ariana Rotation	Hold split 2 counts of 8; rotation 1 count

	PROTOCOL
Table Top with Russian Kicks	<ul style="list-style-type: none">- Athlete starts in Table Top position, elbows and wrists directly under shoulders, hands pointing out; ears, shoulders, hips, and knees aligned horizontally.- Athlete will have 1 count of 8 lead in and then will begin the Russian kicks (out 1, 2; in 3, 4) alternating legs with each kick.- The athlete will complete the exercise for a total of 20 seconds.
Bridge	<ul style="list-style-type: none">- Athlete should start lying on back, heels to bum, legs together, and hands prepared beside the head under shoulders.- Push up to bridge position with a maximum of 4 counts to adjust position once the athlete is up.- Bridge position should be held for 2 full counts of 8, without movement or adjustment.- Athlete must come out of bridge safely (no walkovers or sudden collapses). <p>** Please note, athletes that are unable to attempt a bridge may hold a cobra position instead.**</p> 
Ballet Leg speed skill (R & L)	<ul style="list-style-type: none">- Athlete will assume the start position (laying on back, arms by her side, and shoulders, palms, and heels in contact with the ground).- Athlete will have 1 count of 8 to set up: 4 counts in back layout, 4 counts in sailboat. The athlete will extend to ballet leg in 1 count, and will attempt to HIT the top of the ballet leg on each count thereafter for 2 full counts of 8.- The athlete will return to sailboat position and hold for 4 counts, then will bring the leg down to layout and hold for 4 counts.- The athlete will repeat the speed skill with the other leg.
V-Ups: 4 repetitions (November) 8 repetitions (April)	<ul style="list-style-type: none">- Athlete will remain in the back layout position on her mat (lying flat with arms at her side and shoulders, palms, and heels in contact with the ground).- Both the torso and the legs will be lifted together (and equally) until the hips reach a 45° and the torso and head also reach a 45° angle.- Legs and torso should be lowered simultaneously until the athlete reaches the start position, and repeat for 4 repetitions (at the November meet) and for 8 repetitions (at the April evaluation).- One v-sit should take 4 counts to complete (2 counts to lift up; 2 counts to lower) for a total of 16 counts in November and 32 counts in April.
Plank hold (on elbows)	<ul style="list-style-type: none">- From their stomach, the athlete will have 1 count of 8 to assume a plank position.- Elbows should be directly below shoulders, legs together and extended.- Hands may be clasped together or palms may be flat on the floor (in those cases, fingers should be pointing forward). Face should remain looking to the ground (alignment of ears and shoulders).- Athlete will hold this position for 2 counts of 8.




Push-up: 4 repetitions (November) 8 repetitions (April)	<ul style="list-style-type: none">- From plank position, arms should bend at elbow level with elbows staying close to the body. Hands should be placed directly below the shoulders.- Legs should remain straight and together, face should remain looking at the ground (alignment of ears and shoulders)- The body should descend close to the floor and remain parallel. The bottom of the push-up is when the body and upper arm is parallel to the ground. Elbows will have a 90° angle or less.- The athlete will complete 4 repetitions at the November meet, and 8 repetitions at the April evaluation.- One push up should take 4 counts to complete (2 counts to descend; 2 counts to ascend) for a total of 16 counts in November and 32 counts in April.
Standing Back Pike	<ul style="list-style-type: none">- From a tuck position, with feet together and hands on the ground, the athlete will extend up to standing back pike position in one count.- Hands should try to remain on the ground. Palms up (similar to a barracuda set-up)- Athlete will hold this position for 2 counts of 8.
Needle (R & L)	<ul style="list-style-type: none">- From a tuck position, with feet together and hands on the ground, the athlete will extend up to standing back pike position, then extend a leg up to needle position.- Hands must remain on the ground.- Athlete will hold this position for 2 counts of 8, bring the leg down, and repeat starting from tuck position with the other leg.
Ariana Rotation	<ul style="list-style-type: none">- Athlete will assume a lateral split position (from seated, or tuck position – not permitted to stand up and slide down into split).- Athlete will have 1 count of 8 to adjust position.- Split position will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to middle splits. Hands may be used during the rotation. Legs and body must remain extended.- Middle splits will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to other lateral split. Hands may be used during the rotation. Legs and body must remain extended.- Split position will be held for 2 counts of 8.



Age Group 13-15

Core/Spd	Extended Back Flutter Kick	30 seconds
Flex	Bridge (cobra if necessary)	Hold 2 counts of 8
Spd	Ballet Leg Speed Skill (R & L)	Layout 1, 2, 3, 4. Sailboat 5, 6, Ballet leg 7, 8 Speed drill 2 counts of 8 (repeat w left leg)
Core	V-Sit hold	30 seconds
Strg	Push-up: 5 repetitions (November) 10 repetitions (April)	Down 2 counts; Up 2 counts each
Core	Pointers	30 seconds
Core	Table Top Heel to the Sky	30 seconds
Flex	Needle R & L	Hold 2 counts of 8
Flex	Ariana Rotation	Hold split 2 counts of 8; rotation 1 count of 8

	PROTOCOL
Extended Back Flutter kick	<ul style="list-style-type: none">- Athlete starts in extended back layout (arms extended above head, fingers can be interlaced, hands can be placed on top of one another, or hands can be in fists).- Athlete will be given a countdown (3, 2, 1) and will then engage in flutter kick at a quick pace. Heels and shoulder blades should remain off the ground for the duration of the drill (30 seconds). Pace should be maintained throughout.
Bridge (or cobra if necessary)	<ul style="list-style-type: none">- Athlete should start lying on back, heels to bum, legs together, and hands prepared beside the head under shoulders.- Push up to bridge position with a maximum of 4 counts to adjust position once the athlete is up.- Bridge position should be held for 2 full counts of 8, without movement or adjustment.- Athlete must come out of bridge safely (no walkovers or sudden collapses). <p>** Please note, athletes that are unable to attempt a bridge may hold a cobra position instead.**</p> 
Ballet Leg speed skill (R & L)	<ul style="list-style-type: none">- Athlete will assume the start position (laying on back, arms by her side, and shoulders, palms, and heels in contact with the ground).- Athlete will have 1 count of 8 to set up: 4 counts in back layout, 2 counts in sailboat, and 2 counts in ballet leg. The athlete will attempt to HIT the top of the ballet leg on each count thereafter for 2 full counts of 8.- The athlete will return to sailboat position and hold for 4 counts, then will bring the leg down to layout and hold for 4 counts.- The athlete will repeat the speed skill with the other leg.
V-Sit: hold	<ul style="list-style-type: none">- Athlete will remain in the back layout position on the mat (lying flat with arms at her side and shoulders, palms, and heels in contact with the ground – athlete should be holding dowel in one of her hands).- Both the torso and the legs will be lifted together (and equally) until the hips reach a 45° and the torso and head also reach a 45° angle. Athlete will hold a dowel on or below her knees for the duration of the v-sit.- Athlete will have 1 count of 8 to set up the v-sit and will hold the position for 2 counts of 8 without movement or adjustment.
Push-up: 5 repetitions (November) 10 repetitions (April)	<ul style="list-style-type: none">- From plank position, arms should bend at elbow level with elbows staying close to the body. Hands should be placed directly below the shoulders.- Legs should remain straight and together, face should remain looking at the ground (alignment of ears and shoulders)- The body should descend close to the floor and remain parallel. The bottom of the push-up is when the body and upper arm is parallel to the ground. Elbows will have a 90° angle (or less).- The athlete will complete 5 repetitions at the November meet, and 10 repetitions at the April evaluation.- One push up should take 4 counts to complete (2 counts to descend; 2 counts to ascend) for a total of 20 counts in November and 40 counts in April.



Pointers	<ul style="list-style-type: none">- Starting in plank position (on forearms with elbows directly under the shoulders, feet can be apart – but only slightly).- The athlete will receive a countdown (3, 2, 1) and will then begin 30 seconds of pointers at a moderate tempo (out 1, 2; in 3, 4) alternating arms throughout the exercise.
Table Top Heel to sky	<ul style="list-style-type: none">- Athlete starts in Table Top position (elbows and wrists directly under shoulders, hands pointing out; ears, shoulders, hips, and knees aligned horizontally).- Athlete will receive a countdown (3, 2, 1) and then will begin the Russian kicks upward (leg should be perpendicular to the body in a “ballet leg” position. Up 1, 2; down 3, 4) alternating legs with each kick.- The athlete will complete the exercise for a total of 30 seconds.
Needle (R & L)	<ul style="list-style-type: none">- From a tuck position, with feet together and hands on the ground, the athlete will extend up to standing back pike position, then extend the left leg up to needle position.- Hands must remain on the ground.- Athlete will hold this position for 2 counts of 8, bring the leg down, and repeat with the right leg.
Ariana Rotation	<ul style="list-style-type: none">- Athlete will assume a lateral split position (from seated, or tuck position – not permitted to stand up and slide down into split).- Athlete will have 1 count of 8 to adjust position.- Split position will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to middle splits. Hands may be used during the rotation. Legs and body must remain extended.- Middle splits will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to other lateral split. Hands may be used during the rotation. Legs and body most remain extended.- Split position will be held for 2 counts of 8.



Age Group 16 & Over / NS Junior FINA

Core	Down Down Up Up (fast pace)	30 seconds
Core	Superman Crunch	30 seconds
Core	Side Plank Heel to sky	30 seconds total (15 seconds each side)
Core	Bent Knee to V	30 seconds
Core	Table Top with Dynamic Russian Kicks	30 seconds
Strg	Push-up: 6 repetitions (November) 12 repetitions (April)	Down 2 counts; up 2 counts each.
Flex	Needle R & L	Hold 2 counts of 8
Flex	Ariana Rotation	Hold split 2 counts of 8; rotation 1 count of 8
Ad. Skill	Ballet Leg on 2 foam rollers	Hold 2 counts of 8

	PROTOCOL
Down Down Up Up (Fast Pace)	<ul style="list-style-type: none">- Starting in plank position (with arms fully extended and hands directly under the shoulders, feet can be apart – but only slightly).- The athlete will receive a countdown (3, 2, 1) and will then begin by dropping down onto one elbow (count 1), then down to the other elbow (count 2), then extend the first arm back to the straight position (count 3), and finally extend the second arm so that they are back to the starting plank position (count 4).- The same 4 movements will be continued for 30 seconds.
Superman Crunch	<ul style="list-style-type: none">- Starting in plank position (on forearms with elbows directly under the shoulders, feet can be apart – but only slightly).- The athlete will receive a countdown (3, 2, 1) and will then begin by extending one of their arms out and lifting the opposite leg up, then bending the arm and leg in so that the knee and elbow meet at the center. The athlete will then extend the arm and leg back out again.- The athlete will repeat the action twice with the arm and leg before switching to the other arm and leg. The actions should be completed at a moderate pace, although no counts are assigned to the actions.- The athlete will complete the exercise for a total of 30 seconds.
Side Plank Heel to sky	<ul style="list-style-type: none">- Starting in side plank position (on forearm with elbow directly under shoulder, ankles should be together, with top arm extended).- The athlete will receive a countdown (3, 2, 1) and will then begin by lifting the top leg so that the ankle ends up horizontally aligned with the hip. The athlete will then bring the leg down back to the starting position.- The same movements will be completed for 15 seconds.- The athlete will repeat the skill in the other side plank.
Bent Knee to V	<ul style="list-style-type: none">- Starting in a V-sit with knees bent at a 90° angle and arms extended above the head.- The athlete will receive a countdown (3, 2, 1) and will then begin by extending the legs out so that the heels hover just over the ground (but do not touch the floor) and leaning the body back slightly (between 45-60° angle).- The each action should take approximately 4 counts to complete (out 1, 2; in 3, 4) and will be continued for 30 seconds.
Table Top with Dynamic Russian kicks	<ul style="list-style-type: none">- Athlete starts in Table Top position (elbows and wrists directly under shoulders, hands pointing out; ears, shoulders, hips, and knees aligned horizontally).- Athlete will receive a countdown (3, 2, 1) and then then will begin the Russian kicks alternating legs dynamically on every uneven beat (1, 3, 5, 7).- The athlete will complete the exercise for a total of 30 seconds.
Push-up: 6 repetitions (November) 12 repetitions (April)	<ul style="list-style-type: none">- From plank position, arms should bend at elbow level with elbows staying close to the body. Hands should be placed directly below the shoulders.- Legs should remain straight and together, face should remain looking at the ground (alignment of ears and shoulders)- The body should descend close to the floor and remain parallel. The bottom of the push-up is when the body and upper arm is parallel to the ground. Elbows will have a 90° angle (or less).- The athlete will complete 6 repetitions at the November meet, and 12 repetitions at the April evaluation.- One push up should take 4 counts to complete (2 counts to descend; 2 counts to ascend) for a total of 24 counts in November and 48 counts in April.
Needle (R & L)	<ul style="list-style-type: none">- From a tuck position, with feet together and hands on the ground, the athlete will extend up to standing back pike position, then extend the left leg up to needle position.- Hands must remain on the ground.- Athlete will hold this position for 2 counts of 8, bring the leg down, and repeat with the right leg.



Ariana Rotation	<ul style="list-style-type: none">- Athlete will assume a lateral split position (from seated, or tuck position – not permitted to stand up and slide down into split).- Athlete will have 1 count of 8 to adjust position.- Split position will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to middle splits. Hands may be used during the rotation. Legs and body must remain extended.- Middle splits will be held for 2 counts of 8, then athlete will have 1 count of 8 to rotate to other lateral split. Hands may be used during the rotation. Legs and body must remain extended.- Split position will be held for 2 counts of 8.
Ballet Leg (on 2 foam rollers)	<ul style="list-style-type: none">- Athlete will begin laying with a foam roller under her shoulders and one under her heels.- Athlete will receive an 8 count lead in, then will have 1 count to lift up to a ballet leg with body completely off the ground and arms extended by athlete's side.- Ballet leg will be held for 2 counts of 8 without movement.- Athlete will have 1 count of 8 between ballet legs. Body may be lowered during this time.- Athlete will assume other leg ballet leg in 1 count, with body completely off the ground and hold for 2 counts of 8 without movement.

Land Skill Evaluation Criteria Age Group: 9-10

Star Excursion Balance Test		
	R	L
Number of touches in 20 seconds		

Back Layout on 2 Foam Rollers	
Ears, shoulders, hips, & ankles aligned	
Legs and ankles together and fully extended	
Position held with control and stability for 2 full counts of 8	

Ballet Leg Position on Land		
	R	L
Ears, shoulders, hips, and horizontal ankle aligned		
Ballet Leg held at 90° angle		
Both knees and ankles fully extended		

Bridge (or Cobra position if necessary)	
Legs together and fully extended	
Ears aligned with shoulders on vertical line	
Arms straight in 12 o'clock position	
Position held with control and stability for 2 full counts of 8	

90° Pike position on back	
Legs at 90° angle perpendicular with the body	
Legs and heels together	
Knees and ankles fully extended	

Plank Hold	
Ears, shoulders, hips, knees, and ankles aligned	
Legs together and fully extended	
Position held with control and stability for 2 full counts of 8	

Standing Back Pike	
Legs together and knees fully extended	
Stomach, chest, and face touching legs	
Hands flat, palms up, placed behind legs	

Needle		
	R	L
Top leg at 12 o'clock		
Bottom leg at 6 o'clock		
Top ankle and both knees fully extended		
Hips and shoulders square		

Ariana Rotation			
	R	M	L
Ears, shoulders, and hips aligned vertically			
Both knees and both ankles fully extended			
Hips and shoulders square			
Completely flat split (worth 4 points each)			

Land Skill Evaluation Criteria Age Group: 11-12

Table Top with Russian Kicks	
Ears, shoulders, hips, knees, and ankle aligned	
Glutes engaged	
Knee and ankle in full extension during Russian Kicks	
Completed at correct tempo for 30 seconds	

Bridge (or Cobra position if necessary)	
Legs together and fully extended	
Ears aligned with shoulders on vertical line	
Arms straight in 12 o'clock position	
Position held with control and stability for 2 full counts of 8	

Ballet Leg Speed Skill		
	R	L
Horizontal leg and ankle fully extended		
Vertical leg achieves full extension and 90° angle at every repetition		
1 repetition (ballet leg back to ballet leg) completed every count for 2 full counts of 8		

V-ups	
Ears, shoulders, and hips aligned	
90° flexed position attained with each repetition	
Legs and ankles together and fully extended	
Repetitions completed at correct tempo	

Plank Hold	
Ears, shoulders, hips, knees, and ankles aligned	
Legs together and fully extended	
Position held with control and stability for 2 full counts of 8	

Push-ups	
Ears, shoulders, hips, knees, and ankles aligned	
Body descends close to the floor and remains parallel	
Legs together and fully extended	
Repetitions completed at correct tempo	

Standing Back Pike	
Legs together and knees fully extended	
Stomach, chest, and face touching legs	
Hands flat, palms up, placed behind legs	

Needle		
	R	L
Top leg at 12 o'clock		
Bottom leg at 6 o'clock		
Top ankle and both knees fully extended		
Hips and shoulders square		

Ariana Rotation			
	R	M	L
Ears, shoulders, and hips aligned vertically			
Both knees and both ankles fully extended			
Hips and shoulders square			
Completely flat split (worth 4 points each)			

Land Skill Evaluation Criteria Age Group: 13-15

Extended Back Flutter Kick	
Abs engaged (lower back remains in contact with the floor)	
Shoulder blades and heels remain off the ground	
Kicks completed at a quick tempo for 30 seconds	

Bridge (or Cobra position if necessary)	
Legs together and fully extended	
Ears aligned with shoulders on vertical line	
Arms straight in 12 o'clock position	
Position held with control and stability for 2 full counts of 8	

Ballet Leg Speed Skill		
	R	L
Horizontal leg and ankle fully extended		
Vertical leg achieves full extension and 90° angle at every repetition		
1 repetition (ballet leg back to ballet leg) completed every count for 2 full counts of 8		

V-Sit Hold	
Ears, shoulders, and hips aligned	
90° flexed position attained with each repetition	
Legs and ankles together and fully extended	
Repetitions completed at correct tempo	

Push-ups	
Ears, shoulders, hips, knees, and ankles aligned	
Body descends close to the floor and remains parallel	
Legs together and fully extended	
Repetitions completed at correct tempo	

Pointers	
Ears, shoulders, hips, knees, and ankles aligned	
Legs (knees) fully extended	
Shoulders and hips remain square and stable	
Completed at correct tempo for 30 seconds	

Table Top Heels to the Sky	
Top leg reaches 90° position with every kick	
Glutes engaged	
Legs and ankles in full extension during Russian Kicks	
Completed at correct tempo for 30 seconds	

Needle		
	R	L
Top leg at 12 o'clock		
Bottom leg at 6 o'clock		
Top ankle and both knees fully extended		
Hips and shoulders square		

Ariana Rotation			
	R	M	L
Ears, shoulders, and hips aligned vertically			
Both knees and both ankles fully extended			
Hips and shoulders square			
Completely flat split (worth 4 points each)			

Land Skill Evaluation Criteria Age Group: 16&O

Down Down Up Up	
Ears, shoulders, hips, knees, and ankles aligned	
Legs remain fully extended	
Completed at correct tempo for 30 seconds	

Superman Crunch	
Wrist, Ears, Shoulders, Hips, Knee, and Ankle aligned	
Movements are performed with control and stability	
Completed for 30 seconds	

Side Plank Heel to Sky		
	R	L
Knees and ankle fully extended		
Glutes engaged		
Completed with control for 30 seconds		

Bent Knee to V	
Ears, shoulder, and hips aligned	
Knees achieve full extension	
Completed with control at correct tempo for 30 seconds	

Table Top with Dynamic Russian Kicks	
Ears, shoulders, hips, knees, and ankle aligned	
Glutes engaged	
Knee and ankle in full extension during Russian Kick	
Completed at correct tempo for 30 seconds	

Push-ups	
Ears, shoulders, hips, knees, and ankles aligned	
Body descends close to the floor and remains parallel	
Legs together and fully extended	
Repetitions completed at correct tempo	

Needle		
	R	L
Top leg at 12 o'clock		
Bottom leg at 6 o'clock		
Top ankle and both knees fully extended		
Hips and shoulders square		

Ariana Rotation			
	R	M	L
Ears, shoulders, and hips aligned vertically			
Both knees and both ankles fully extended			
Hips and shoulders square			
Completely flat split (worth 4 points each)			

Ballet Leg Speed Skill		
	R	L
Horizontal leg and ankle fully extended		
Vertical leg achieves full extension and 90° angle at every repetition		
1 repetition (ballet leg back to ballet leg) completed every count for 2 full counts of 8		

Speed & Stamina Component

Age Group 9-10

Spd	Front Flutter Kick, 12.5m	Time to completion
Spd	Propeller, 12.5m	Time to completion; 6 points

	PROTOCOL	REQUIRED EQUIPMENT
Front Flutter Kick, 12.5m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Hands must be held together at all times; face may enter the surface of the water. Athletes may breathe when necessary by rotating the head to the side (similar to front crawl).- Time will be completed when the athlete completes a two hand touch on the side of the pool (or crosses a designated line if a wall is not available at 12.5m length).	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Propeller, 12.5m	<ul style="list-style-type: none">- Swimmers start in a back layout position with both hands touching the wall.- Starter says: “ready”, then blows the whistle.- Legs must be together and toes must stay at the surface at all times.- Face must stay above and out of the water at all times.- Time will be recorded when athletes’ toes touch the wall (or cross a designated line if a wall is not available at 12.5m length). <p>6 points of performance:</p> <ul style="list-style-type: none">• Ankles, knees, and hips fully extended• Shoulders in full flexion• Legs remain together for the entire distance• Dorsum of feet stay dry for the entire distance• Face stays dry for the entire distance• Anterior hips stay dry for the entire distance	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



Age Group Novice 11-12

Spd	Front Crawl: 25m Woodstock	Time to completion
Spd	Front Flutter Kick: 12.5m Woodstock 25m Moncton	Time to completion
Spd	Propeller: 12.5m Woodstock 25m Moncton	Time to completion; 6 points
Stm	Individual Medley (IM): 100m Moncton	Time to completion

	PROTOCOL	REQUIRED EQUIPMENT
Front Crawl	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Front Flutter Kick	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Hands must be held together at all times; face may enter the surface of the water. Athletes may breathe when necessary by rotating the head to the side (similar to front crawl).- Time will be completed when the athlete completes a two hand touch on the side of the pool (or crosses a designated line if a wall is not available at 12.5m length).	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Propeller	<ul style="list-style-type: none">- Swimmers start in a back layout position with both hands touching the wall.- Starter says: “ready”, then blows the whistle.- Legs must be together and toes must stay at the surface at all times.- Face must stay above and out of the water at all times.- Time will be recorded when athletes’ toes touch the wall (or cross a designated line if a wall is not available at 12.5m length). <p>6 points of performance:</p> <ul style="list-style-type: none">• Ankles, knees, and hips fully extended• Shoulders in full flexion• Legs remain together for the entire distance• Dorsum of feet stay dry for the entire distance• Face stays dry for the entire distance• Anterior hips stay dry for the entire distance	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM)	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete one lap of butterfly; one lap of backstroke; one lap of breaststroke; and one lap of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



Age Group 11-12

Spd	Front Crawl: 50m Woodstock	Time to completion
Spd	Front Flutter Kick, 25m	Time to completion
Spd	Propeller, 25m	Time to completion; 6 points
Stm	Individual Medley (IM): 100m Moncton	Time to completion

	PROTOCOL	REQUIRED EQUIPMENT
Front Crawl	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Flip turn obligatory, followed by a two foot push-off. Dolphin kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Front Flutter Kick, 25m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Hands must be held together at all times; face may enter the surface of the water. Athletes may breathe when necessary by rotating the head to the side (similar to front crawl).- Time will be completed when the athlete completes a two hand touch on the side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Propeller, 25m	<ul style="list-style-type: none">- Swimmers start in a back layout position with both hands touching the wall.- Starter says: “ready”, then blows the whistle.- Legs must be together and toes must stay at the surface at all times.- Face must stay above and out of the water at all times.- Time will be recorded when athletes’ toes touch the wall. <p>6 points of performance:</p> <ul style="list-style-type: none">• Ankles, knees, and hips fully extended• Shoulders in full flexion• Legs remain together for the entire distance• Dorsum of feet stay dry for the entire distance• Face stays dry for the entire distance• Anterior hips stay dry for the entire distance	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM), 100m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete one lap of butterfly; one lap of backstroke; one lap of breaststroke; and one lap of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



Age Group Novice 13 & Over

Spd	Front Flutter Kick, 25m	Time to completion
Spd	Propeller, 25m	Time to completion; 6 points
Stm	Front Crawl: 100m Woodstock	Time to completion
Stm	Individual Medley (IM): 100m, Moncton	Time to completion

	PROTOCOL	REQUIRED EQUIPMENT
Front Flutter Kick, 25m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Hands must be held together at all times; face may enter the surface of the water. Athletes may breathe when necessary by rotating the head to the side (similar to front crawl).- Time will be completed when the athlete completes a two hand touch on the side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Propeller, 25m	<ul style="list-style-type: none">- Swimmers start in a back layout position with both hands touching the wall.- Starter says: “ready”, then blows the whistle.- Legs must be together and toes must stay at the surface at all times.- Face must stay above and out of the water at all times.- Time will be recorded when athletes’ toes touch the wall. <p>6 points of performance:</p> <ul style="list-style-type: none">• Ankles, knees, and hips fully extended• Shoulders in full flexion• Legs remain together for the entire distance• Dorsum of feet stay dry for the entire distance• Face stays dry for the entire distance• Anterior hips stay dry for the entire distance	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Front Crawl	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Flip turn obligatory, followed by a two foot push-off. Dolphin kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM)	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete one lap of butterfly; one lap of backstroke; one lap of breaststroke; and one lap of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



Age Group PS 13-15 / NS 13-15

Spd	Front Flutter Kick, 25m	Time to completion
Spd	Propeller, 25m	Time to completion; 6 points
Stm	Individual Medley (IM): 100m Woodstock 200m Moncton	Time to completion

	PROTOCOL	REQUIRED EQUIPMENT
Front Flutter Kick, 25m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Hands must be held together at all times; face may enter the surface of the water. Athletes may breathe when necessary by rotating the head to the side (similar to front crawl).- Time will be completed when the athlete completes a two hand touch on the side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Propeller, 25m	<ul style="list-style-type: none">- Swimmers start in a back layout position with both hands touching the wall.- Starter says: “ready”, then blows the whistle.- Legs must be together and toes must stay at the surface at all times.- Face must stay above and out of the water at all times.- Time will be recorded when athletes’ toes touch the wall. <p>6 points of performance:</p> <ul style="list-style-type: none">• Ankles, knees, and hips fully extended• Shoulders in full flexion• Legs remain together for the entire distance• Dorsum of feet stay dry for the entire distance• Face stays dry for the entire distance• Anterior hips stay dry for the entire distance	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatch (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM), 100m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete one lap of butterfly; one lap of backstroke; one lap of breaststroke; and one lap of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see attached Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM), 200m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete two laps of butterfly; two laps of backstroke; two laps of breaststroke; and two laps of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



Age Group PS 16-18

Stm	Hypoxic Swim: 75m November 150m April	Time to completion; number of breaths
Stm	Individual Medley (IM): 100m Woodstock 200m Moncton	Time to completion

	PROTOCOL	REQUIRED EQUIPMENT
Hypoxic Swim	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmer completes 50m front crawl, followed by 25m under. Athletes will repeat the 75m set (front crawl, under) once during the November & February competition period, and twice during the April & May competition period.- Swimmers may take breaths during the under, but the total number of breaths during the unders will be counted.- Flip turns obligatory, followed by a two foot push-off. Dolphin kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool after the 2nd under.	<ul style="list-style-type: none">• Timers / Counters (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM) 100m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete one lap of butterfly; one lap of backstroke; one lap of breaststroke; and one lap of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM) 200m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete two laps of butterfly; two laps of backstroke; two laps of breaststroke; and two laps of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



Age Group Junior FINA

Stm	Hypoxic Swim, 150m	Time to completion; number of breaths
Stm	Individual Medley (IM): 200m Woodstock 400m Moncton	Time to completion

	PROTOCOL	REQUIRED EQUIPMENT
Hypoxic Swim, 150m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmer completes 50m front crawl, followed by 25m under. Athletes will repeat the 75m set (front crawl, under) twice.- Swimmers may take breaths during the under, but the total number of breaths during the unders will be counted.- Flip turns obligatory, followed by a two foot push-off. Dolphin kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool after the 2nd under.	<ul style="list-style-type: none">• Timers / Counters (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM), 200m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete two laps of butterfly; two laps of backstroke; two laps of breaststroke; and two laps of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle
Individual Medley (IM), 400m	<ul style="list-style-type: none">- Swimmers start with one hand on the wall, the other arm is on the water surface facing the direction of the pool lanes. Body should be tucked with both feet touching the wall.- Starter says: “ready”, then blows the whistle.- Swimmers complete 4 laps (100m) of butterfly; 4 laps (100m) of backstroke; 4 laps (100m) of breaststroke; and 4 laps (100m) of freestyle.- At the end of each lap: athlete completes a flip turn or two-hand touch (dependent on stroke), followed by a two foot push-off (please see Swimming Canada guidelines)- Dolphin or flutter kick during streamline push-off is permitted.- Time will be recorded when athlete completes a one hand touch on side of the pool.	<ul style="list-style-type: none">• Timers (volunteers)• Stopwatches (one for each volunteer)• Athlete scoresheet• Whistle



November Figure Competition (Woodstock) Draws

***To be drawn 1 week ahead of competition**

**** There will be no draw for Junior FINA**

Novice 11-12 & PS 10 & Under

Compulsory:	Front Pike pull down Lateral Split (R & L)
Draw 1:	Back Layout to Tuck Ballet Leg Position
Draw 2:	Front Layout to Fishtail Position Bent Knee Vertical Position

Novice 13 & Over

Compulsory:	Ballet Leg Single: Ballet leg is lowered Walkover Front: Front Pike pull down
Group 1:	Kip Bent Knee: Back Layout to Bent Knee Vertical Blossom: Back Layout to Split position
Group 3:	Barracuda: Thrust Oceanita: Back Layout to Bent Knee Surface Arch

PS 11-12

Compulsory:	Straight Ballet Leg: Ballet leg is lowered Barracuda: Thrust
Group 1:	Walkover Back: Split to Front Layout Ballerina: Front Layout to Submerged Flamingo
Group 2:	Kip: Back Layout to Tuck Swordfish: Bent Knee Surface Arch to Back Layout
Group 3:	Swan: Fishtail to Front Layout Water Drop: Front Layout to Bent Knee Vertical

PS 13-15

Compulsory:	Ariana: Ariana rotation Rio, with 180 spin: Ballet Leg to end of Thrust (no spin)
Group 1:	Jupiter: Knight to Vertical Oceanea, with 360 spin: Back Layout to Vertical
Group 2:	Albatross ½ Twist: Back Layout to Bent Knee Vertical Swordtail: Knight to Back Layout
Group 3:	Porpoise Spinning 360: Front Layout to Vertical Seagull: Back Layout to Vertical

PS 16 & Over

Compulsory:	Porpoise ½ Twist Spin 360: Front Layout to Vertical Barracuda Airborne Split: Rocket Split
Group 1:	Aurora: Front Layout to Knight London: Back Layout to Tuck position
Group 2:	Whirlwind, with 360° spins: Front Layout to Fishtail (with 180 rotation) Butterfly: Fishtail to Fishtail
Group 3:	Kip split closing 180: Back Layout to Split Ipanema: Back Layout to Vertical

NS 13-15

Compulsory:	Ariana: Ariana rotation to Back Layout Rio: Back Layout to end of Thrust (no spin)
Group 1:	Jupiter: Knight to Vertical, Vertical descent Oceanea: Back Layout to Vertical
Group 2:	Albatross ½ Twist: Back Layout to end of Bent Knee Vertical ½ Twist Swordtail: Front Layout to Knight
Group 3:	Porpoise Continuous Spin 720: Front Layout to Vertical Seagull: Tuck to end of figure

Junior FINA

Compulsory:	Junior Tech Team elements 1-5 (see descriptions below)
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Please Note:

- In figures starting in a submerged position (ex: Ariana rotation) swimmers may assume the starting position in any manner of their choosing (so long as it is not distracting or encumbering to the judges).
- In figures where no ending is specified (i.e. Back Layout to Bent Knee Vertical) swimmers may finish the figure in any manner of their choosing (so long as it is not distracting or encumbering to the judges).



November Figure Competition (Woodstock) - Figure Transition Descriptions

***To be drawn 1 week ahead of competition**

**** There will be no draw for Junior FINA**

Novice 11-12 & PS 10 & Under

Compulsory

Front Pike Pull Down

From a **Front Layout Position**, as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. [Swimmer may exit Front Pike Position in any manner of their choosing].

Lateral Split (Right & Left)

The swimmer assumes a Right Leg Lateral **Split Position** and holds this position. The swimmer will surface and, when ready, will assume a Left Leg Lateral **Split position** and holds this position. [Swimmers may assume and exit Split Position in any manner of their choosing].

Group 1

Back Layout to Tuck

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. [Swimmer may exit Tuck Position in any manner of their choosing].

Ballet Leg Position

[Swimmer may assume Ballet Leg Position in any manner of their choosing]. Body in a **Back Layout Position**, with one leg extended perpendicular to the surface of the water. A 90° angle between the extended leg and the surface is formed. The angle of ballet leg to trunk as close to 90° as possible. Ear, shoulder joint, hip joint, and ankle or the horizontal leg as close as possible to horizontal alignment. [Swimmer may exit Ballet Leg Position in any manner of their choosing].

Group 2

Front Layout to Fishtail Position

From a **Front Layout Position**, a *Front Pike Position is assumed*. One leg is lifted to a **Fishtail Position**. [Swimmer may exit Fishtail Position in any manner of their choosing].

Bent Knee Vertical Position

[Swimmer may assume Bent Knee Vertical Position in any manner of their choosing]. Body extended in **Vertical Position**, with the toe of the bent leg in contact with the inside of the extended leg at the knee or thigh. [Swimmer may exit Bent Knee Vertical Position in any manner of their choosing].

Novice 13 & Over

Compulsory

101. Ballet Leg Single: Ballet Leg is lowered

[Swimmer may assume Ballet Leg Position in any manner of their choosing]. From a **Ballet Leg Position**, the ballet leg is bent without movement of the thigh to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

360. Walkover Front: Front Pike Pull Down

From a **Front Layout Position**, as the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.

Group 1

318. Kip Bent Knee: Back Layout to Bent Knee Vertical

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. [Swimmer may exit Bent Knee Vertical Position in any manner of their choosing].

302. Blossom: Back Layout to Split Position

From a **Back Layout position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. [Swimmer may exit Split Position in any manner of their choosing].



Group 3

301. Barracuda: Thrust

[Swimmer may assume Submerged Back Pike Position in any manner of their choosing]. From a **Submerged Back Pike Position**, a *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the thrust.

439. Oceanita: Back Layout to Bent Knee Surface Arch

With the head leading a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. [Swimmer may exit Bent Knee Surface Arch Position in any manner of their choosing].

PS 11-12

Compulsory

106. Straight Ballet Leg: Ballet Leg is lowered

[Swimmer may assume Ballet Leg Position in any manner of their choosing]. From a **Ballet Leg Position**, the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

301. Barracuda: Thrust

[Swimmer may assume Submerged Back Pike Position in any manner of their choosing]. From a **Submerged Back Pike Position**, a *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the thrust.

Group 1

420. Walkover Back: Split to Front Layout

[Swimmer may assume Split Position in any manner of their choosing]. From a **Split Position**, the back leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement, the body straightens to a **Front Layout Position**. The head surfaces at the position occupied by the hips at the beginning of this action.

327. Ballerina: Front Layout to Submerged Flamingo Position

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume **Submerged Flamingo Position**. [The swimmer may exit Submerged Flamingo Position in any manner of their choosing].

Group 2

311. Kip: Back Layout to Tuck

From a **Back Layout Position** a partial Somersault Back Tuck is executed until a **Tuck Position** is achieved with the shins perpendicular to the surface of the water. [Swimmer may exit Tuck Position in any manner of their choosing].

401. Swordfish: Bent Knee Surface Arch to Back Layout

[Swimmer may assume Bent Knee Surface Arch Position in any manner of their choosing]. From a **Bent Knee Surface Arch Position**, the bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

Group 3

226. Swan: Fishtail to Front Layout

[Swimmer may assume Fishtail Position in any manner of their choosing]. From a **Fishtail Position**, the vertical leg is lowered to the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surface at the point occupied by the hips at the beginning of this action.

363. Water Drop: Front Layout to Bent Knee Vertical

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**.



PS 13-15

Compulsory

423. Ariana: Ariana Rotation

[Swimmer may assume Split Position in any manner of their choosing]. From **Split Position**, the hips rotate 180° degrees. Legs should maintain their relative position to the surface throughout. [Swimmer may exit Split Position in any manner of their choosing].

143. modified - Rio, with 180 spin: Ballet Leg to Thrust (no spin)

[Swimmer may assume Ballet Leg Position in any manner of their choosing]. From a **Ballet Leg Position**, the horizontal leg is drawn in until a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

Group 1

351. Jupiter: Knight to Vertical

[Swimmer may assume Knight Position in any manner of their choosing]. From a **Knight Position**, maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

437. Oceanea, with 360 spin: Back Layout to Vertical

With the head leading a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

Group 2

240a Albatross Half Twist: Back Layout to Bent Knee Vertical

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the body rolls onto the face as it *assumes a Front Pike Position*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. [Swimmer may exit Bent Knee Vertical Position in any manner of their choosing].

403. Swordtail: Knight to Back Layout

[Swimmer may assume Knight Position in any manner of their choosing]. From a **Knight Position**, the vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.

Group 3

355e Porpoise Spinning 360: Front Layout to Vertical

From a **Front Layout Position**, a *Front Pike Position is assumed*. The legs are lifted to **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

315. Seagull: Back Layout to Vertical

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk rapidly unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. [Swimmer may exit Vertical Position in any manner of their choosing].

PS 16 & Over

Compulsory

355a – modified. Porpoise ½ Twist, Spin 360: Front Layout to Vertical

From a **Front Layout Position**, a *Front Pike Position is assumed*. The legs are lifted to **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

308. Barracuda Airborne Split: Rocket Split

[Swimmer may assume Submerged Back Pike Position in any manner of their choosing]. From a **Submerged Back Pike Position**, with the toes just below the surface, a *Rocket Split* is executed.



Group 1

330. Aurora: Front Layout to Knight

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. [Swimmer may exit Knight Position in any manner of their choosing].

154. London: Back Layout to Tuck

A *Ballet Leg* is assumed followed by a partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface of the water. [Swimmer may exit Tuck Position in any manner of their choosing].

Group 2

364 – modified. Whirlwind with 360° spins: Front Layout to Fishtail (with 180 rotation)

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to **Fishtail Position**. A rapid 180° rotation is executed in **Fishtail Position**. [Swimmer may exit Fishtail Position in any manner of their choosing].

343 Butterfly: Fishtail to Fishtail

[Swimmer may assume Fishtail Position in any manner of their choosing]. From a **Fishtail Position**, the horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to a **Fishtail Position**. [Swimmer may exit Fishtail Position in any manner of their choosing].

Group 3

313. Kip Split Closing 180: Back Layout to Split

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered symmetrically to **Split Position**. [Swimmer may exit Split Position in any manner of their choosing].

440. Ipanema: Back Layout to Vertical

With the head leading a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

NS 13-15

Compulsory

423. Ariana: Ariana Rotation to Back Layout

[Swimmer may assume Split Position in any manner of their choosing]. From **Split Position**, maintaining the relative position of the legs to the surface, the hips rotate 180°. The Front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.

143. Rio: Back Layout to Thrust (no spin)

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

Group 1

351. Jupiter: Knight to Vertical, Vertical Descent

[Swimmer may assume Knight Position in any manner of their choosing]. From a **Knight Position**, maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.

437. Oceanea: Back Layout to Vertical

With the head leading a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].



Group 2

240a Albatross Half Twist: Back Layout to end of Bent Knee Vertical Half Twist

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the body rolls onto the face as it *assumes a Front Pike Position*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. [Swimmer may exit Bent Knee Vertical Position in any manner of their choosing].

403. Swordtail: Front Layout to Knight

From a **Front Layout Position** the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. [Swimmer may exit Knight Position in any manner of their choosing].

Group 3

355f Porpoise Continuous Spin 720: Front Layout to Vertical

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

315. Seagull: Tuck to end of figure

[Swimmer may assume Tuck Position in any manner of their choosing]. From a **Tuck Position** with the shins perpendicular to the surface of the water, the trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

Junior FINA

Element 1

Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180° *Spin* is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly.

Element 2

From a **Vertical Position**, a *Twist Spin* is executed.

Element 3

A *Cyclone* is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.

Element 4

Manta Ray Hybrid: A *Flamingo* is executed to a **Surface Flamingo Position**, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, as the body rotates 180°. The direction of the 180 rotation is closing into the vertical leg. (Note: a right flamingo start requires the right shoulder back during the 180° rotation and a left flamingo start requires the left shoulder back during the 180° rotation). The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. (Note: the **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

Element 5

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Barracuda Airborne Split* is executed.



February Figure Competition (Fredericton) Draws
***To be drawn 1 week ahead of competition**

National Stream Provincial Qualifier & Provincial Stream Invitational Competition

Novice 11-12 & PS 10 & Under

Compulsory:	Ballet Leg Single: Ballet Leg is lowered Blossom: Split join to Vertical, Vertical Descent
Group 1:	Kipnus: Tuck to Bent Knee Vertical Walkover Front: Split to Back Layout
Group 2:	Somersault Back Tuck Neptunus: Bent Knee Vertical to end of figure
Group 3:	Surface Prawn: Front Layout to Split Somersub: Front Layout to Submerged Ballet Leg

Novice 13 & Over

Compulsory:	Ballet Leg Single: Ballet Leg is assumed Walkover Front: Split to Back Layout
Group 1:	Kip Bent Knee: Bent Knee Vertical, join to Vertical Blossom: Split join to Vertical, Vertical Descent
Group 2:	Somersault Front Pike: Front Layout to Submerged Ballet Leg Double Neptunus: Fishtail to end of figure
Group 3:	Barracuda Oceanita: Bent Knee Surface Arch to Vertical

11-12

Compulsory:	Straight Ballet Leg: Back Layout to Ballet leg Barracuda
Group 1:	Walkover Back: Back Layout to Split Ballerina: Submerged Flamingo to Back Layout
Group 2:	Kip: Tuck to Vertical, Vertical Descent Swordfish: Bent Knee Surface Arch to Back Layout
Group 3:	Swan: Bent Knee Surface Arch to Fishtail Water Drop: Bent Knee Vertical to end of figure

PS 13-15

Compulsory:	Ariana: Ariana rotation to Back Layout Rio, with 180 spin: Back Layout to end of Thrust (no spin)
Group 1:	Jupiter: Front Layout to Knight Oceanea, with 360 spin: Back Layout to Vertical
Group 2:	Albatross ½ Twist: Bent Knee Vertical to Vertical Swordtail: Front Layout to Knight
Group 3:	Porpoise Spinning 360: Vertical spin 360 Seagull: Tuck to end of figure

PS 16 & Over

Compulsory:	Barracuda Airborne Split Porpoise ½ Twist Spin 360: Vertical Half Twist Spin 360
Group 1:	Aurora: Submerged Ballet Leg Double to Fishtail London: Tuck to end of figure
Group 2:	Whirlwind, with 360° spins: Front Layout to Fishtail (with 360 rotation) Butterfly: (1 st) Fishtail to Vertical Descent
Group 3:	Kip split closing 180: Split Closing 180 Ipanema: Back Layout to Front Pike

NS 13-15

Compulsory:	Ariana Rio
Group 1:	Jupiter Oceanea
Group 2:	Albatross ½ Twist Swordtail
Group 3:	Porpoise Continuous Spin 720 Seagull

Please Note:

- For figures starting in any position other than front or back layout (ex: Swan: Knight to Fishtail) swimmers may assume the starting position in any manner of their choosing (so long as it is not distracting or encumbering to the judges).
- In figures where no ending is specified (ex: Swordtail: Front Layout to Knight) swimmers may finish the figure in any manner of their choosing (so long as it is not distracting or encumbering to the judges).



February Figure Competition (Fredericton) - Transition Descriptions

**To be drawn 1 week ahead of competition*

National Stream Provincial Qualifier & Provincial Stream Invitational Competition

PS 10 & Under / Novice 11-12

Compulsory

101. Ballet Leg Single: Ballet Leg is lowered

[Swimmer may assume Ballet Leg Position in any manner of their choosing]. From a **Ballet Leg Position** the ballet leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

302. Blossom: Split Join to Vertical, Vertical Descent

[Swimmer may assume Split Position in any manner of their choosing]. From **Split Position**, the legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

Group 1

316. Kipnus: Tuck to Bent Knee Vertical

[Swimmer may assume Tuck Position in any manner of their choosing]. From a **Tuck Position** with the shins perpendicular to the surface of the water, the trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. [Swimmer may exit Bent Knee Vertical Position in any manner of their choosing].

360. Walkover Front: Split to Back Layout

[Swimmer may assume Split Position in any manner of their choosing]. From a **Split Position**, the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.

Group 2

310. Somersault Back Tuck

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

344. Neptunus: Bent Knee Vertical to end of figure

[Swimmer may assume Bent Knee Vertical Position in any manner of their choosing]. From a **Bent Knee Vertical Position**, a *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

Group 3

362. Surface Prawn: Front Layout to Split

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. [Swimmer may exit Split Position in any manner of their choosing].

324. Somersub: Front Layout to Submerged Ballet Leg

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. [Swimmer may exit Submerged Ballet Leg Position in any manner of their choosing].

Novice 13 & Over

Compulsory

101. Ballet Leg Single: Ballet Leg is assumed

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. [Swimmer may exit Ballet Leg Position in any manner of their choosing].

360. Walkover Front: Split to Back Layout

[Swimmer may assume Split Position in any manner of their choosing]. From a **Split Position**, the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.



Group 1

318. Kip Bent Knee: Bent Knee Vertical, join to Vertical

[Swimmer may assume Bent Knee Vertical Position in any manner of their choosing]. From a **Bent Knee Vertical Position**, the bent knee is extended to a **Vertical Position**. A *Vertical Descent* is executed.

302. Blossom: Split join to Vertical, Vertical Descent

[Swimmer may assume Split Position in any manner of their choosing]. From a **Split Position**, the legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

Group 2

323. Somersault Front Pike: Front Layout to Submerged Ballet Leg Double

From a **Front Layout Position** a *Front Pike Position* is assumed. Maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at the one quarter point to assume a **Submerged Ballet Leg Double Position**. [Swimmer may exit Submerged Ballet Leg Double Position in any manner of their choosing].

344. Neptuneus: Fishtail to end of figure

[Swimmer may assume Fishtail Position in any manner of their choosing]. From a **Fishtail Position**, the horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

Group 2

301. Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

439. Oceanita: Bent Knee Surface Arch to Vertical

[Swimmer may assume Bent Knee Surface Arch Position in any manner of their choosing]. From a **Bent Knee Surface Arch Position**, the horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

11-12

Compulsory

106. Straight Ballet Leg: Back Layout to Ballet Leg

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. [Swimmer may exit Ballet Leg Position in any manner of their choosing].

301. Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

Group 1

420. Walkover Back: Back Layout to Split

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. [Swimmer may exit Split Position in any manner of their choosing].

327. Ballerina: Submerged Flamingo to Back Layout

[Swimmer may assume Submerged Flamingo Position in any manner of their choosing]. Begin in a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

Group 2

311. Kip: Tuck to Vertical, Vertical Descent

[Swimmer may assume Tuck Position in any manner of their choosing]. From a **Tuck Position**, with the shins perpendicular to the surface of the water, the trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.



401. Swordfish: Bent Knee Surface Arch to Back Layout

[Swimmer may assume Bent Knee Surface Arch Position in any manner of their choosing]. From a **Bent Knee Surface Arch Position**, the bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

Group 3

226. Swan: Bent Knee Surface Arch to Fishtail

[Swimmer may assume Bent Knee Surface Arch Position in any manner of their choosing]. From a **Bent Knee Surface Arch Position**, the bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. [Swimmer may exit Fishtail Position in any manner of their choosing].

363. Water Drop: Bent Knee Vertical to end of figure

[Swimmer may assume Bent Knee Vertical Position in any manner of their choosing]. From a **Bent Knee Vertical Position**, a 180° *Spin* is executed as the bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water.

PS 13-15

Compulsory

423. Ariana: Ariana Rotation to Back Layout

[Swimmer may assume Split Position in any manner of their choosing]. From **Split Position**, maintaining the relative position of the legs to the surface, the hips rotate 180°. The Front leg is lifted in a 180° arc over the surface to meet the opposite leg in a **Surface Arch Position** and with continuous movement, an *Arch to Back Layout Finish Action* is executed.

143 – modified. Rio with 180° Spin: Back Layout to Thrust (no spin)

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

Group 1

351. Jupiter: Front Layout to Knight

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. [Swimmer may exit Knight Position in any manner of their choosing].

437– modified. Oceanea, with 360° Spin: Back Layout to Vertical

With the head leading a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

Group 2

240a. Albatross Half Twist: Bent Knee Vertical to Vertical

[Swimmer may assume Bent Knee Vertical Position in any manner of their choosing]. From a **Bent Knee Vertical Position**, a *Half Twist* is completed. A second *Half Twist* is executed as the bent knee is extended to meet the vertical leg to achieve a **Vertical Position**. [Swimmer may exit Vertical Position in any manner of their choosing].

403. Swordtail: Front Layout to Knight

From a **Front Layout Position** the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. [Swimmer may exit Knight Position in any manner of their choosing].

Group 3

355d. Porpoise Spinning 360°: Vertical Spin 360°

[Swimmer may assume Vertical Position in any manner of their choosing]. From a **Vertical Position**, a descending *Spin* with a rotation of 360° is executed.



315. Seagull: Tuck to end of figure

[Swimmer may assume Tuck Position in any manner of their choosing]. From a **Tuck Position** with the shins perpendicular to the surface of the water, the trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

PS 16 & Over

Compulsory

308. Barracuda Airborne Split

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

355a - modified. Porpoise Half Twist Spin 360°: Vertical Half Twist Spin 360

[Swimmer may assume Vertical Position in any manner of their choosing]. From a **Vertical Position**, a *Half Twist* is executed and without pause a *Spin 360°* is executed.

Group 1

330. Aurora: Submerged Ballet Leg Double to Fishtail

[Swimmer may assume Submerged Ballet Leg Double Position in any manner of their choosing]. From a **Submerged Ballet Leg Double Position**, one leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. [Swimmer may exit Fishtail Position in any manner of their choosing].

154. London: Tuck to end of figure

[Swimmer may assume Tuck Position in any manner of their choosing]. From a **Tuck Position** with the shins perpendicular to the surface of the water, the trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A rapid *Vertical Descent* is executed.

Group 2

364—modified. Whirlwind, with 360 Spins: Front Layout to Fishtail (with 360 rotation)

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a 360° rapid rotation is executed. [Swimmer may exit Fishtail Position in any manner of their choosing].

343. Butterfly: (1st) Fishtail to Vertical Descent

[Swimmer may assume Fishtail Position in any manner of their choosing]. From a **Fishtail Position**, the horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure [slow/moderate]. A *Vertical Descent* is executed.

Group 3

313. Kip Split Closing 180: Split Closing 180

[Swimmer may assume Split Position in any manner of their choosing]. From **Split Position**, the legs are closed symmetrically to **Vertical Position** during a 180° rotation. [Swimmer may exit Vertical Position in any manner of their choosing].

440. Ipanema: Back Layout to Front Pike

With the head leading a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. [Swimmer may exit Front Pike Position in any manner of their choosing].



NS 13-15

Compulsory

423. Ariana

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.

143. Rio

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.

Group 1

351. Jupiter

A Dalecarlia is executed to a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.

437. Oceanea

A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin of 720°* (2 rotations) is executed.

Group 2

240a Albatross Half Twist

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface as the body rolls onto the face as it *assumes a Front Pike Position*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A second *Half Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

403. Swordtail

From a **Front Layout Position** the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.

Group 3

355f Porpoise Continuous Spin 720°

A Porpoise is executed to **Vertical Position**. A *Continuous Spin 720°* is executed.

315. Seagull

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.



Appendix A

L2T Duet & Team Well Balanced Routine Recommendations

- The following list of elements has been designated by Artistic Swimming Canada's PLAN 42 working groups for L2T duets and teams in order to create well balanced routines and ensure synchro skill development.
- It is important to note that the recommendation to not perform any lifts at this stage is being made with athlete safety and physical development in mind. Many athletes at this stage do not yet have the spatial or body awareness required to perform a successful lift.
- The recommendation for removing lifts also came from the judges directly; in their words: "there is very little artistic swimming left over" because the routines are taking too much time for highlight set-ups and recovery, which significantly reduces the amount of content of the routine.
- The following elements are to provide guidance for coaches as to how to build well-balanced routines, but are by no means is it required to fit them all into your routines.

9-10 / Novice 11-12 Duet Well Balanced Routine Elements:

- 4 Hybrids/ Figures – featuring various basic body positions
- 4-6 Propulsion segments (using different methods of propulsion): propeller, front/side flutter kick, right and left eggbeater travel with no arm, etc.
- Connected /Joined figure or arm

9-10 / Novice 11-12 Team Well Balanced Routine Elements:

- Covers 1 lap/ 1 minute of routine
- 6-8 above water pattern changes; 6-8 under water pattern changes
- 4 Hybrids/ Figures: should include a split position and a ballet leg
- 1 eggbeater boost no arms
- 4-6 Propulsion segments (using different methods of propulsion): propeller, front/side flutter kick, right and left eggbeater travel with no arm, etc.
- 1 cadence segment – either in arm segment or a figure
- Highlights: float pattern or creative circle (no platforms, lifts, throws, or stacks)

11-12 / Novice 13&O Duet Well Balanced Routine Elements:

- 4-6 Hybrids/ Figures – featuring various basic body positions
- 6-8 Propulsion segments (using different methods of propulsion): propeller, front/side flutter kick, right and left eggbeater travel with 1 arm, etc.
- Connected /Joined figure or arm

11-12 / Novice 13&O Team Well Balanced Routine Elements:

- Covers 1 lap/ 1 minute of routine
- 8-12 above water pattern changes; 8-10 under water pattern changes
- 4-6 Hybrids/ Figures: should include a split position and a ballet leg. Should include at least one sustained position.
- 1 eggbeater boost with 1 arm
- 6-8 Propulsion segments (using different methods of propulsion): kick-pull-kick, propeller, front/side flutter kick, right and left eggbeater travel with one arm, etc.
- 1 cadence segment – either in arm segment or a figure
- Highlights: float pattern or stacked lift (no throws)



T2T Duet & Team Well Balanced Routine Recommendations

- The following list of elements compiled by the LTAD coordinator. It is an extension of those designated by Artistic Swimming Canada's PLAN 42 working groups. The list has been created with T2T duets and teams in mind to create well balanced routines and to continue their synchro skill development.
- The following elements are to provide guidance for coaches as to how to build well-balanced routines, but by no means is it required to fit them all into your routines.

13-15 Duet Well Balanced Routine Elements:

- 5-6 Hybrids/ Figures (of varying duration): should include a sustained inverted position hold and a demonstration of flexibility (splits, surface arch, etc.)
- 6-8 Propulsion segments (using different methods of propulsion): kick-pull-kick, propeller, flutter kick, dolphin kick, right and left double arm eggbeater travel, forward eggbeater, etc.
- Connected /Joined arm or figure

13-15 Team Well Balanced Routine Elements:

- Covers 1 lap/ 1 minute of routine
- 10-12 above water pattern changes; 8-12 under water pattern changes: should include a line and a circle
- 5-6 Hybrids/ Figures (of varying duration): should include a thrust, a ballet leg, a sustained single-leg inverted position hold, and a demonstration of flexibility (splits, surface arch, etc.)
- 6-8 Propulsion segments (using different methods of propulsion): kick-pull-kick, propeller, flutter kick, right and left eggbeater travel with one arm, forward eggbeater, etc.
- 1 cadence segment with either arms, legs, or both
- Maximum of 3 boost highlights (lifts, platforms, or throws) may be performed. Creative highlights emphasizing synchro skills (floats, connected sections, etc.) are encouraged.

16&O Duet Well Balanced Routine Elements:

- 6-8 Hybrids/ Figures: should include a sustained double leg hold and a twist or spin
- 7-8 Propulsion segments (using different methods of propulsion): propeller, back/side flutter kick, double arm eggbeater, etc.
- Connected /Joined figure or arm

16&O Team Well Balanced Routine Elements:

- Covers 1 lap/ 1 minute of routine
- 12-14 above water pattern changes; 10-12 under water pattern changes: should include a line and a circle
- 6-8 Hybrids/ Figures: should include a thrust, a ballet leg, a sustained double leg hold, and a twist or spin
- 7-8 Propulsion segments (using different methods of propulsion): kick-pull-kick, propeller, flutter kick, double arm eggbeater, etc.
- 1 cadence segment with either arms, legs, or both
- Maximum of 4 boost highlights (lifts, platforms, or throws) may be performed. Creative highlights featuring various synchro skills (floats, connected sections, etc.) are encouraged.



Glossary

“Cadence”: A movement or series of movements performed in sequential order by each swimmer one-by-one.

“Connected / joined action”: any action where there is some form of sustained, visible contact or connection between the swimmers.

“Eggbeater boost”: A fast head first rise from underwater. Performed with the intention to get as much of the body out of the water as possible. Can be done with no arms out of the water, a single arm, or both arms coming out of the water.

“Highlights”: is a general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s). The acrobatic movement ends with complete submersion of all participants including the one(s) being lifted. For multiple acrobatic movements: when submersion occurs between two acrobatic movements it will be considered as two lifts. When two acrobatic movements happen simultaneously it will be considered as one lift.

“Hybrids” / “figures”: any combination of figure parts, body positions, and transitions either inverted (Bent Knee Vertical, Fishtail, etc.) or on the surface (Ballet Leg, Flamingo, etc.)

“Pattern change”: A clear change from one formation to another. Surface pattern changes involve all routine members being above or on the surface of the water. Under water pattern changes require all routine members to be submerged.

“Propulsion segment”: Any technique used to move through the water (flutter kick, eggbeater, propeller, support scull). Clear movement from all individuals should be evident.