

# NAG Provincials Feb 19-20 2010

**!!revised Feb 04 !!**

## Friday FEB 19 2009

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

## Saturday FEB 20, 2009

6:45- doors open  
7:00-7:30 warm up Figures Tier 6 (60) 15 & U, 16 & O  
7:30-9:00 Tier 6 figures panel 1 & 2 figure 1 and 2  
8:30-9:00 Tier 7 figures warm-up in comp pool  
9:00-9:15 judges break  
9:15-10:45 Tier 6 Figures panel 1 & 2 figure 3 and 4  
9:15- 10:15 Tier 7 jr figures (11) panel 3  
**Break 11:00-13:30**  
11:15-12:30 flexibility  
Awards figures /Duet/Combo 12:45  
  
13:30-13:45 Warm-up Tier 6 16 & O Solo /Tier 7 jr Solo Tier 7 sr solo tech  
13:45-14:10 Tier 7 sr solo tech (5)  
14:10-14:35 Tier 7 jr solo (5)  
14:35-14:55 Tier 6 16& O Solo (4)  
14:55-15:10 Warm-up Tier 6 15 & U solo/Tier 7 sr solo free  
15:10-15:55 Tier 6 15 & U solo (9)  
15:55-16:25 Tier 7 sr solo Free ( 5)  
16:25-17:15 Judges break  
17:00-17:15 Warm-up tier 6 15 & U Team /Tier 7 sr Team Tech  
17:15-17:20 Tier 7 Sr Team Tech (1)  
17:20-17:35 Tier 6 15 & U Team (3)  
17:35-17:50 Warm-up Tier 6 16 & O Team/Tier 7 jr Team /Tier7 sr team Free  
17:50-18:10Tier 6 16 & O Team (4)  
18:10-18:15 Tier 7 Jr Team (1)  
18:15-18:20 Tier 7 Sr Team free (1)  
  
18:45-19:15 awards

**Attention all coaches please note changes on schedule!**

Additional information:

**All competition will take place in the dive tank.**

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

On Saturday the Kinsmen will open at about 6:45 however the pools are not available until 7:00 am.

Competition pool

4 lanes 7:00-7:30

2 lanes 7:30-12:00 noon

4 lanes 12:00 noon – 17:45

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

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

There is no longer any food service at Kinsmen

**PLEASE NO BANGING** in the competition pool.

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

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

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

Lucille