

Regional Championship RM 2023
Piscina Comunale Lugano 25th → 26th March 2023

Saturday, March 25th 2023

08:40	Pool Opening for J3 + J4 Athletes, Coaches and Team Managers / Judges Figure J3 + J4
08:45	Judges Meeting – Roll Call J4 + J3 figures at pool desk
09:00	Team Managers Meeting for the whole day in School Room
08:55 – 09:45	Warm up Figures J4 + Figures J3 (2 groups 25 min each)
08:55 – 09:20	Warm Up Figures J4 half of the swimmers per club + Figure J3 half of the swimmers per club
09:20 – 09:45	Warm Up Figures J4 half of the swimmers per club + Figure J3 half of the swimmers per club
09:55	Judges Figure discussion at panel (panel 2 J3 Barracuda will start 10' minutes later)
10:05 – 11:30	FIGURE Competition J4 (44 2 panels)
	FIGURE Competition J3 (50 2 panels)
	(panel 2 Barracuda will start at 10:15)
11:35	Judges Meeting – Roll Call J2 figures at pool desk
11:45 – 12:10	Warm up Figures J2 (1 groups 25 min)
12:20	Judges Figure discussion at panel
12:30 – 13:30	FIGURE Competition J2 (33 2 panels)
13:40 – 14:35	Warm up Solo Tech J1&E + Solo Free J3 + Team Free J4 + Duet/Mixed Duet BREITEN (2 groups 25 + 30 min)
13:40 – 14:05	Warm Up Solo Tech J1&E + Solo Free J3
14:05 – 14:35	Warm Up Team Free J4 + Duet/Mixed Duet Breiten Kat III & Kat II
14:45	Judges Meeting - Roll Call at the pool desk
14:55 – 15:15	SOLO TECH J1&E (5)
15:15 – 15:45	SOLO FREE J3 (7)
15:45 – 16:05	TEAM FREE J4 (4)
16:05 – 16:15	DUET FREE Kat III (1)
	MIXED DUET FREE Kat III (1)
	DUET FREE Kat II (1)
16:25 – 16:50	Warm up Duet Free J2 + Duet Tech J1&E (1 group 25 min)
17:00	Judges Meeting - Roll Call at the pool desk
17:10 – 17:30	DUET FREE J2 (3)
17:30 – 17:50	DUET TECH J1&E (4)
18:25	Award Ceremonies for Figures + Duet Free J2 – Solo Tech + Duet Tech J1&E Figures + Team Free J4 – Figures + Solo Free J3 Figures + Duet/Mixed Duet Breiten Kat I + Kat II + Kat III
19:00 – 19:35	Warm up Combo J2 + Acrobatic Routine J1&E (1 group 35 min)
19:45	Judges Meeting - Roll Call at the pool desk
19:55 – 20:10	COMBO J2 (2)
20:10 – 20:25	ACROBATIC ROUTINE J1&E (2)
20:40	End of day one

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Sunday, March 26th 2023

07:45	Pool Opening
08:05	Team Managers Meeting for the whole day in School Room
08:00 – 08:50	Warm up Duet Free J4 + Duet Free J3 + Duet Free J1&E (2 groups 25 min)
08:00 – 08:25	Warm Up Duet Free J4 + Duet Free J3
08:25 – 08:50	Warm Up Duet Tech J1&E
09:00	Judges Roll Call at the pool desk
09:10 – 09:20	DUET FREE J4 (2)
09:20 – 09:50	DUET FREE J3 (5)
09:50 – 10:15	DUET FREE J1&E (2)
10:45	Award Ceremonies for Combo J2 – Acrobatic Routine + Duet Free J1&E Duet Free J4 – Duet Free J3
11:15 – 11:55	Warm up Solo Free J4 + Solo Free J2 + Solo Free J1&E + Solo Breiten Kat III & Kat II (2 groups 20 min)
11:15 – 11:35	Warm Up Solo Free J4 + Solo Free J2
11:35 – 11:55	Warm Up Solo Free J1&E + Solo Free Kat III + Solo Free Kat II
12:05	Judges Roll Call at the pool desk
12:15 – 12:25	SOLO FREE J4 (2)
12:25 – 12:40	SOLO FREE J2 (3)
12:40 – 13:00	SOLO FREE J1&E (4)
13:00 – 13:05	SOLO Kat III (1)
	SOLO Kat II (1)
13:35	Award Ceremonies for Solo Free J1&E – Solo Free J2 – Solo Free J4 – Solo Free Kat III & Kat II
14:00 – 15:05	Warm up Team Free J3 + Team Free J2 + Team Tech J1&E (2 groups 35 min each)
14:00 – 14:35	Warm Up Team Free J3 + Team Free J2
14:35 – 15:05	Warm Up Team Tech J1&E
15:15	Judges Roll Call at the pool desk
15:25 – 15:50	TEAM FREE J3 (4)
15:50 – 16:10	TEAM FREE J2 (3)
16:10 – 16:30	TEAM TECH J1&E (3)
17:00	Award Ceremonies for Team Free J3 – Team Tech J1&E – Team Free J2
17:30 – 17:55	Warm up Team Free BREITEN Kat I + Kat II + Kat III (1 group 25 min)
18:05	Judges Meeting - Roll Call at the pool desk
18:15 – 18:35	TEAM FREE Kat III (3)
	TEAM FREE Kat II (2)
	TEAM FREE Kat I (2)

followed by the Award Ceremonies for Team Free Kat III – Team Free Kat II – Team Free Kat I

19:15 **End of the Competition**