



## Final PROGRAM

Regionalmeisterschaften in Artistic Swimming 2019  
RZO / ROS / RSI in Lugano  
23.-24.03.2018

### Saturday, March 23<sup>rd</sup> 2019

09.15	Pool open
09.20	Judges meeting Figure Novice+Juniors, Elite Solo+Duet Tech, Duet/Trio Novice
09.40	Teammanagersmeeting for ALL CATEGORIES
09.40	Warm up for routine Elite Solo Tech and Novice + Juniors Figures
09.40-10.00	Warm up Elite Solo Tech (Competition Field)
09.40-10.10	Warm up Novice+Juniors Figures (Warm Up side – red zone in the map)
10.20 – 10.30	Routine Competition Elite SOLO Tech (4Jr)
10:45	Judges Figure competitions discussion at panel
10.55 – 12.20	Figure Competition Novices and Juniors (36 2 panels + 50 2 panels)
12.30	Warm up for Routines Elite Duet Tech, Novices Duet/Trio Free and Nachwuchs Figures
12.30-12.50	Warm up Elite Duet Tech + Novices Duet/Trio Free (Competition Field)
12.30-13.00	Warm up Nachwuchs Figures (Warm Up side – red zone in the map)
13.05-13.25	Routine Competitions (6)
13.05-13.20	Elite DUET Tech (3Jr + 1Sr)
13.20-13.25	Novices DUET+TRIO Free (2)
13:35	Judges Figure competition discussion at panel
13.45 – 15.00	Figure Competition Nachwuchs (37 2 panels)
15.05	Warm up Routines Junior Solo Free, Elite Solo Free and Nachwuchs Team
15.05-15.25	Warm up Junior Solo Free and Elite Solo Free
15.25-15.45	Warm up Novice Team
15:45	Judges Roll Call at the pool
16.00 – 17.10	Routine Competitions (16)
16.00-16.20	Junior SOLO Free Routine (6)
16.25-16.50	Elite SOLO Free (6)
16.55-17.10	Novices TEAM Free Routine (4)
17.15	Aperitif for invited guests, judges and teammanagers sponsored by the Region RZ
17.20	Warm up Routines
17.20-17.40	Warm up Nachwuchs Duet Free
17.20-17.40	Warm up Elite Team Free
18.00	Parade of all Athletes and welcoming words (Start from the SMALL POOL–green zone in the map) followed by the award ceremonies for ALL the NOVICE Competitions (Figures/Duet+Trio/Team)
18:35	Judges Roll Call at the pool
18.40 – 19.10	Routine Competitions (7)
18.40-18.55	Nachwuchs DUET Free Routine (5)
19.00-19.10	Elite TEAM Free Routine (2)



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*followed by the award ceremonies for ALL the Competitions of **Nachwuchs** (Figures/Duet+Trio Free), **Junior** (Figures/Solo Free) and **Elite** (Solo Tech+Free/Duet Tech/Team Free). This award ceremony will take place upstairs in the balcony.*

**19.45** *End of day one*

### **Sunday, March 24<sup>th</sup> 2019**

09.00	Pool open
<b>09.05 – 09.30</b>	<b>Judges meeting + Teammanagersmeeting for ALL CATEGORIES</b>
09.40	Warm up Routines
09.40-10.00	Warm up Nachwuchs Solo Free and Junior Duet Free
09.40-10.00	Warm up Elite Duet Free
<b>10.15 – 11.20</b>	<b>Routine Competitions (15)</b>
10.15-10.40	<b>Nachwuchs SOLO Free Routine (7)</b>
10.40-11.00	<b>Junior DUET Free Routine (5)</b>
11.00-11.20	<b>Elite DUET Free Routine (3)</b>
<i>Followed by</i>	<i>Award ceremonies Solo Nachwuchs Free / Elite+Junior Duet Free</i>
12.00	Warm up Routines
12.00-12.20	Warm up Nachwuchs Team Free Routine
12.20-12.40	Warm up Junior + Elite Team Tech Routine
<b>12:55</b>	<b>Judges Roll Call at the pool</b>
<b>13.00 – 14.00</b>	<b>Routine Competitions (12)</b>
13.00-13.20	<b>Nachwuchs TEAM Free Routine (4)</b>
13.20-13.30	<b>Elite TEAM Tech Routine (1Jr + 1Sr)</b>
13.30-14.00	<b>Junior TEAM Free Routine (6)</b>
14.40	Warm up Routines
14.40-15.00	Warm up Free Combo Junior and Elite
<b>15.15</b>	<b>Judges Roll Call at the pool</b>
<b>15.20 – 15.50</b>	<b>Routine Competitions (4)</b>
15.20-15.50	<b>Free Combo (Junior and Elite Cat.) (1Jr + 3Sr)</b>
<i>Followed by the award ceremonies for <u>ALL</u> the Competitions of the second day</i>	
<i>(Nachwuchs Solo Free/Team Free - Junior Duet Free/Team Free - Elite Duet Free/Team Tech - Combo)</i>	
<b>16:30</b>	<b>End of the Competition</b>