

		Land Legacy Championship	
		Artistic Swimming Competition	
		April 10-12, 2026	
		Pan Am Pool, Winnipeg, Manitoba	
			FINAL - March 30, 2026
Friday, April 10, 2026			
Event #		COMPETITION SPACE	WARM-UP LANES
	5:00 - 8:30 PM	See Spacing Schedule	See Spacing Schedule
Saturday, April 11, 2026			
			3 LANES
	9:00 - 9:10 AM	GENERAL WARM-UP	GENERAL WARM-UP
1	9:10 - 9:30 AM	Warm-Up Solos - 16-20 Tech, Jr Tech, Sr Tech, AdAS-P6 Tech, Masters Tech and Masters Free	Warm-Up Solos
	9:30 - 10:20 AM	Solo Competition 16-20 Tech (3), Jr Tech (1), Sr Tech (2), AdAS-P6 Tech (1), Masters Tech (1) and Masters Free (1)	Solos - Warm-Up and Cool Down
2	10:20 - 10:40 AM	Warm-Up Duets - 16-20 Tech, Jr Tech and Masters Tech	Warm-Up Duets
	10:40 - 10:55 AM	Duet Competition 16-20 Tech (1), Jr Tech (1) and Masters Tech (1)	Duets - Warm-Up and Cool Down
3	10:55 - 11:15 AM	Warm-Up Team - 16-20 Tech	Warm-Up Teams
	11:15 - 11:20 AM	Team Competition 16-20 Team Tech (1)	Team - Warm-Up and Cool Down
4	11:20 - 11:40 AM	Warm-Up Figures - 11-12 & Novice, Limited Competitive	Warm-Up - Figures
	11:40 AM - 12:45 PM	Figures Competition	Figures - Warm-Up and Cool Down
		Panel 1 - 11-12 (10) & Novice (10) combined draw	
		Panel 2 - LC 10U (8), followed by LC 12U (17) + LC 13+ (3) in combined draw	
5	12:45 - 1:05 PM	Warm-Up Figures - 10&U, AdAS, Youth NS and Youth PS	Warm-Up - Figures
	1:05 - 1:50 PM	Figures Competition	Figures - Warm-Up and Cool Down
		Panel 1 - 10&U (5) & AdAS-P5 (1), followed by Youth NS (8)	
		Panel 2 - Youth PS (24)	
6	1:50 - 2:10 PM	Warm Up Teams - Limited Competitive, Mixed Ability and 10&U	Warm-Up Team
	2:10 - 2:50 PM	Team Competition LC Duet (2), LC Team (4), Mixed Ability B (1) and 10U (1)	Team - Warm-Up and Cool Down
7	2:50 - 3:10 PM	Warm Up Teams - Novice, 11-12, Youth PS, Combo NS and Acrobatic NS	Warm-Up Team
	3:10 - 3:55 PM	Team Competition Novice (2), 11-12 (1), Youth PS (4), Combo NS (1) and Acrobatic NS (1)	Team - Warm-Up and Cool Down

		AWARDS - At Banquet	
		END OF SATURDAY	
	5:30 PM - 9:00 PM	ATHLETE BANQUET	
Sunday, April 12, 2026			
			2 LANES
	9:00 - 9:10 AM	GENERAL WARM-UP	GENERAL WARM-UP
8	9:10 - 9:25 AM	Warm-Up Team - Masters Free and Masters Tech	Warm-Up Teams
	9:25 - 9:55 AM	Team Competition Masters Team Free (3) and Masters Team Tech (2)	Team - Warm-Up and Cool Down
9	9:55 - 10:15 AM	Warm-Up Solos - AdAS-P Free, Senior Free, 11-12 and Youth PS	Warm-Up Solos
	10:15 - 11:05 AM	Solo Competition AdAS-P5 (1), AdAS-P6 Free (1), Senior Free (1), 11-12 (1) and Youth PS (6)	Solos - Warm-Up and Cool Down
10	11:05 - 11:25 AM	Warm-Up Solos - Youth NS, 16-20 Free and AdAS-C6 Free	Warm-Up Solos
	11:25 AM - 12:15 PM	Solo Competition Youth NS (5), 16-20 Free (4) and AdAS-C6 Free (1)	Solos - Warm-Up and Cool Down
11	12:15 - 12:35 PM	Warm-Up Team - 16-20 Free	Warm-Up Teams
	12:35 - 12:45 PM	Team Competition 16-20 Team Free (2)	Team - Warm-Up and Cool Down
12	12:45 - 1:05 PM	Warm-Up Duets - 11-12, Youth PS, Youth NS, 16-20 Free, Masters Free	Warm-Up Duets
	1:05 - 1:40 PM	Duet Competition 11-12 (1), Youth PS (1), Youth NS (2), 16-20 Free (2) and Masters Free (1)	Duets - Warm-Up and Cool Down
	2:10 PM	AWARDS - Teams, Solos, Duets	
		END OF SUNDAY / EVENT	
Please note - if the competition is running ahead of schedule, all competitors should be available to swim up to 30 minutes earlier than scheduled.			