

	Land Legacy Championship
	Artistic Swimming Competition
	April 11 - 13, 2025
	Pan Am Pool, Winnipeg, Manitoba
Friday, April 11, 2025	
	COMPETITION SPACE
5:00 - 6:00 PM	TBASC spacing (with music)
6:00 PM	Provincial Team Practice
6:00 - 8:45 PM	Provincial Team Practice
Saturday, April 12, 2025	
9:00 - 9:20 AM	GENERAL WARM-UP
9:20 - 9:30 AM	WARM-UP WITH MUSIC
9:30 - 9:50 AM	Warm-Up Teams - Masters Tech, 16-20PS Tech and Junior Tech
9:50 - 10:15 AM	Team Competition Masters Tech (1), 16-20PS Tech (2) and Jr Tech (Exhibition)
10:15 - 10:35 AM	Warm-Up Figures - Limited Competitive, 10&U, Youth PS and Youth NS
10:35 AM - 12:05 PM	Figures Competition
	Panel 1 - Youth PS (31) and Youth NS (1)
	Panel 2 - LC (10U) (9), followed by LC (11-12+) (19), followed by 10&U (6)
12:05 - 12:25 PM	Warm-Up Figures - 11-12 and Novice
12:25 - 1:10 PM	Figures Competition
	Panel 1 - 11-12 (13)
	Panel 2 - Novice (20)
1:10 - 1:30 PM	Warm-Up Solos - AdAS Tech, 16-20 Tech and Junior Tech
1:30 - 1:45 PM	Solo Competition AdAS-C6 Tech (1), 16-20 Tech (1) and Jr Tech (1)
1:45 - 2:05 PM	Warm Up Teams - Youth PS and Acrobatic including Warm-up with music
2:05 - 2:45 PM	Team Competition Youth PS (4), 16-20PS Acro (1) and Jr Acro (Exhibition)
2:45 - 3:05 PM	Warm Up Teams - LC, 10&U, 11-12 and Novice
3:05 - 4:05 PM	Team Competition LC 12U (6), 10&U (1), 11-12 (1) and Novice (4)
4:05 - 4:40 PM	Warm-Up Teams and Duets - Masters
4:40 - 4:55 PM	Team and Duet Competition Masters Team Free (2), Masters Duet Tech (1)
5:00 PM	AWARDS - Figures, Teams, Solos, Duets

	Figures (LC 10U, LC 11-12, 10&U, 11-12, Novice, Youth PS) Solos (AdAS-C6 Tech, 16-20 Tech, Jr Tech) Duets (Masters Tech) Teams (Masters Tech, Masters Free, 16-20 Tech, LC 12U, LC 13+, 10U, 11-12, Novice, Youth PS, 16-20PS Acro)
	END OF SATURDAY
Sunday, April 13, 2025	
9:00 - 9:20 AM	GENERAL WARM-UP
9:20 - 9:40 AM	Warm-Up Duets - Masters Free, Jr Free, Youth PS and 11-12
9:40 - 10:25 AM	Duet Competition Masters Free (1), Jr Free (1), Youth PS (5) and 11-12 (1)
10:25 - 10:45 AM	Warm-Up Solos - AdAS Free, Masters Free, Sr Free and 16-20 Free
10:45 - 11:20 AM	Solo Competition AdAS-C6 Free (1), AdAS-P6 Free (1), Masters Free (1), Sr Free (1), 16-20 Free (3)
11:20 - 11:40 AM	Warm-Up Solos - Youth NS, Youth PS and 11-12
11:40 AM - 12:45 PM	Solo Competition Youth NS (1), Youth PS (7) and 11-12 (5)
1:15 PM	AWARDS - Solos, Duets
	Duets (11-12, Youth PS, Jr Free, Masters Free) Solos (AdAS-C6 Free, AdAS-P6 Free, Masters Free, Sr Free, 16-20 Free, Youth NS, Youth PS, 11-12)
	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.	