

## 2024 Lisa Alexander Meet/Routine Meet/OWG Qualifier

**Etobicoke Olympium**

**January 18-21, 2024**

### Tentative Schedule # 4

Key	Warm-up	Coaches	Officials	
	11-12 Provincial	Youth	Junior	
	Senior	Adapted	Combo	
Date	Time	#	Event	
<b>Thursday</b>	8:00AM-8:30AM	<b>W</b>	Junior and Senior Free Solo Warmup	
	8:35AM-9:10AM	<b>8</b>	Senior Free Solo Competition	
	9:10AM-10:00AM	<b>10</b>	Junior Free Solo Competition	
	10:00AM-10:15AM		15 Minute Break	
	10:15AM-11:10AM	<b>11</b>	Junior Free Solo Competition	
	11:25AM-11:55AM	<b>W</b>	13-15 Duet & 13-15 Mixed Duet Warmup	
	12:00PM-12:05PM	<b>1</b>	13-15 Mixed Duet Competition	
	12:05PM-12:55PM	<b>12</b>	13-15 Duet Competition	
	12:55PM-1:25PM	<b>W</b>	13-15 Duet Warmup	
	1:25PM-2:15PM	<b>12</b>	13-15 Duet Competition	
	2:30PM-3:00PM	<b>W</b>	Junior Tech Duet Warmup	
	3:05PM-3:55PM	<b>12</b>	Junior Tech Duet Competition	
	4:10PM-4:40PM	<b>W</b>	13-15 Solo & 13-15 Male Solo Warmup	
	4:45PM-4:50PM	<b>1</b>	13-15 Male Solo Competition	
	4:50PM-5:40PM	<b>12</b>	13-15 Solo Competition	
5:40PM-5:55PM		15 Minute Break		

	5:55PM-6:50PM	12	13-15 Solo Competition	
Friday	8:30AM-9:00AM	W	Junior & Senior Tech Solo, 11-12 Solo, Adapted Duet Warmup	
	9:05AM-9:20AM	3	Adapted Duet Competition	
	9:20AM-9:55AM	6	Junior Tech Solo Competition	
	9:55AM-10:10AM	2	Senior Tech Solo Competition	
	10:10AM - 10:55AM	12	11-12 Solo Competition	
	11:10AM-11:40AM	W	Mixed Ability Duet Warmup	
	11:45AM-12:30PM	11	Mixed Ability Duet Competition	
	12:45PM - 1:15PM	W	11-12 Duet Warmup	
	1:20PM-2:35PM	18	11-12 Duet Competition	
	2:50PM - 3:20PM	W	Mixed Ability Team Warmup	
	3:25PM - 4:05PM	8	Mixed Ability Team Competition	
	4:20PM-4:50PM	W	Junior Free Duet & Senior Free Duet Warmup	
	4:55PM-5:10PM	3	Senior Free Duet	
5:10PM-6:10PM	12	Junior Free Duet Competition		
6:10PM-6:40PM	W	Junior Free Duet Warmup		
6:45PM-7:45PM	12	Junior Free Duet Competition		
Saturday	8:00AM - 8:30AM		Adapted, 11-12 & Youth Figure Warmup	
	8:35AM-9:10AM	19	Adapted Figure Competition - 2 Panels	
	9:10AM - 1:30PM	143	11-12 Figure Competition - 2 Panels	
	8:35AM - 1:30PM	220	Youth Figure Competition - 2 Panels	
	1:45PM-2:15PM	W	Junior Tech Team Warmup	
	2:20PM-3:25PM	13	Junior Tech Team Competition	

	3:25PM-3:35PM	2	Senior Tech Team
	3:50PM-4:20PM	W	13-15 Team Warmup
	4:25PM-5:35PM	13	13-15 Team Competition
	5:40PM-6:10PM	W	13-15 Team Warmup
	6:10PM-7:30PM	13	13-15 Team Competition
Sunday	8:30AM - 9:00AM	W	Free Combination & Acrobatic Team Warmup
	9:05AM - 9:20AM	2	Free Combination Competition
	9:20AM - 9:55AM	6	Acrobatic Team Competition
	10:10AM-10:40AM	W	Adapted Solo Warmup
	10:45AM-11:50AM	18	Adapted Solo Competition
	12:05PM-12:35PM	W	11-12 Team Warmup
	12:40PM-1:30PM	10	11-12 Team Competition
	1:30PM-2:00PM	W	11-12 Team Warmup
	2:00PM-2:50PM	9	11-12 Team Competition
	3:05PM-3:35PM	W	Junior Free & Senior Free Team Warmup
	3:40PM-5:00PM	12	Junior Free Team Competition
5:00PM - 5:10PM	1	Senior Free Team Competition	