

2023 Lisa Alexander Meet/Routine Meet/OWG Qualifier

Nepean Sportsplex

January 12-15, 2023

Tentative Schedule # 7

Key	Warm-up	Coaches	Officials	
	10 & Under	11-12 Provincial	13-15	Junior
	Senior	Adapted	Combo	

Date	Time	#	Event
Thursday	8:30AM-9:00AM	W	Junior and Senior Free Solo Warmup
	9:05AM-9:20AM	3	Senior Free Solo Competition
	9:20AM-10:40AM	21	Junior Free Solo Competition
	10:45AM-11:05AM	W	13-15 Duet & 13-15 Mixed Duet Warmup
	11:10AM-11:15AM	1	13-15 Mixed Duet Competition
	11:15AM-12:10PM	14	13-15 Duet Competition
	12:10PM-12:30PM	W	13-15 Duet Warmup
	12:30PM-1:40PM	14	13-15 Duet Competition
	1:45PM-2:15PM	W	Junior Tech Duet Warmup
	2:20PM-3:20PM	12	Junior Tech Duet Competition
	3:25PM-3:45PM	W	13-15 Solo & 13-15 Male Solo Warmup
	3:50PM-3:55PM	1	13-15 Male Solo Competition
	3:55PM-4:50PM	14	13-15 Solo Competition
	4:50PM-5:10PM	W	13-15 Warmup
	5:10PM-6:15PM	15	13-15 Solo Competition

	6:20PM-6:50PM	W	Junior Free Duet Warmup
	6:55PM-8:30PM	22	Junior Free Duet Competition
Friday	8:00AM-8:30AM	W	Junior Tech Solo Warmup
	8:35AM-9:35AM	13	Junior Tech Solo Competition
	9:35AM-9:45AM	2	Senior Tech Solo Competition
	9:50AM-10:20AM	W	Mixed Ability Duet & 11-12 Duet Warmup
	10:25AM-10:45AM	4	Mixed Ability Duet Competition
	10:45AM-11:55AM	17	11-12 Duet Competition
	12:00PM-12:30PM	W	Junior Free & Senior Free Team Warmup
	12:35AM-1:45PM	14	Junior Free Team Competition
	1:45PM - 1:50PM	1	Senior Free Team Competition
	1:55PM - 2:25PM	W	11-12 Solo & Mixed Ability Team Warmup
	2:30PM - 3:25PM	12	11-12 Solo Competition
	3:25PM - 3:50PM	5	Mixed Ability Team Competition
	3:55PM - 4:25PM	W	Free Combination & Acrobatic Team Warmup
	4:30PM - 4:45PM	3	Free Combination Competition
4:45PM - 5:15PM	6	Acrobatic Team Competition	
	8:00AM - 8:30AM		11-12 & 13-15 Figure Warmup
	8:35AM - 12:10PM	141	11-12 Figure Competition - 2 Panels
	8:35AM - 1:30PM	216	13-15 Figure Competition - 2 Panels
	1:35PM-2:05PM	W	Senior Free Duet, Adapted Duet and 10U Duet Warmup
	2:10PM-2:20PM	2	Senior Free Duet

Saturday	2:20PM-2:35PM	3	Adapted Duet Competition
	2:35PM-3:00PM	6	10&Under Duet Competition
	3:05PM-3:35PM	W	Junior Tech Team Warmup
	3:40PM-5:00PM	16	Junior Tech Team Competition
	5:00PM-5:05PM	1	Senior Tech Team
	5:10PM-5:40PM	W	13-15 Team Warmup - Non OWG Entries
	5:45PM-6:30PM	9	13-15 Team Competition
	6:30PM-7:00PM	W	13-15 Team Warmup - OWG Trials - Central - East- West
	7:00PM-8:30PM	18	13-15 Team Competition - Central - East- West
Sunday	8:00AM-8:30AM	W	10&Under Figure & Adapted Figure Warmup
	8:35AM-9:45AM	80	10&Under Figure Competition - 2 Panels
	8:35AM-9:45AM	14	Adapted Figure Competition - 2 Panels
	9:50AM-10:20AM	W	11-12 Team Warmup
	10:20AM-11:00AM	10	11-12 Team Competition
	11:00AM-11:30AM	W	11-12 Team Warmup
	11:30AM-12:10PM	10	11-12 Team Competition
	12:10PM-12:40PM	W	Adapted Solo Warmup
	12:40PM-1:25PM	13	Adapted Solo Competition
	1:25PM-2:05PM	W	10&Under Warmup
2:05PM-2:45PM	11	10&Under Team Competition	