



Final schedule. Minor changes possible due to a number of variables

**Friday January 27, 2023**

<b>TIME</b>	<b>EVENTS</b>	<b>LOCATION</b>
9:30 - 2:15pm	Spacing	Dive Tank
9:30 - 9:50am	Excel (20 Minutes)	
9:50 - 10:30am	Red Deer (40 Minutes)	
10:30 - 12:00pm	AQB (1.5 Hours)	
12:00 - 1:30pm	Killarney (1.5 Hours)	
1:30 - 2:10pm	CWC (40 Minutes)	
2:10 - 2:15pm	Lethbridge (5 Minutes)	
2:30 - 3:00pm	Laps only	Dive Tank
3:00 - 3:20pm	Warm Up 16-20 Solo Tech (1) / Jr Solo Tech (4) / Sr. Solo Tech (1)	Dive Tank
3:20 - 3:40pm	16-20 Solo Tech (1) / Jr Solo Tech (4) / Sr. Solo Tech (1)	Dive Tank
3:40 - 4:00pm	Warm Up 13-15 NS Figures (36)	Dive Tank
4:00 - 5:15pm	13-15 NS Figures Event (2 Panels)	Dive Tank
5:15 - 6:15pm	Judges Break	Dive Tank
5:45 - 6:15pm	Warm up for 16-20 Team Tech (1) / Jr Team Tech (2) / Sr. Team Tech (2)	Dive Tank
6:15 - 6:45pm	16-20 Team Tech (1) / Jr Team Tech (2) / Sr. Team Tech (2)	Dive Tank
6:45 - 7:05pm	Warm up 13-15 NS Solo (5)	Dive Tank
7:05 - 7:25pm	13-15 NS Solo (5)	Dive Tank



This schedule is tentative and subject to change when registration closes

Appendix 1

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**Saturday January 28, 2022**

<b>TIME</b>	<b>EVENTS</b>	<b>LOCATION</b>
7:00 - 7:30am	Laps only	
7:30 - 7:50am	Warm Up 13-15 PS Transitions	Dive Tank
7:50 - 9:10am	13-15 PS Transitions (53) - 2 panels	Dive Tank
9:10 - 9:30am	Warm Up 8-10 (24) & AWAD (6) Transitions	Dive Tank
9:30 - 10:30am	8-10 (24) & AWAD (6) Transitions - 2 Panels	Dive Tank
10:30 - 10:50am	Warm Up Novice Transitions	Dive Tank
10:50 - 12:00pm	Novice Transitions (35) - 2 Panels	These
12:00 - 12:20pm	Warm Up 11-12 Transitions	events may
12:20 - 1:20pm	11-12 Transitions (31) - 2 Panels	be combined
1:20 - 2:20pm	Officials Lunch Break	
2:00 - 2:20pm	Warm Up 16-20 Free Solo (3)/Jr. Free Solo (4)/Sr. Free Solo (2)	
2:20 - 2:55pm	16-20 Free Solo (3)/Jr. Free Solo (4)/Sr. Free Solo (2)	
3:00 - 3:20pm	Warm Up AWAD Solo (1)/8-10 Solo (4)/Novice Solo (4)/11-12 Solo (13)	
3:20 - 4:25pm	AWAD Solo (1)/8-10 Solo (4)/Novice Solo (4)/11-12 Solo (13)	Dive Tank
4:25 - 4:45pm	Warm Up 13-15 PS Solo	
4:45 - 5:30pm	13-15 PS Solo (13)	
5:30 - 5:50pm	Warm Up 16-20 Tech Duet (4)/Jr. Tech Duet (5)	
5:50 - 6:30pm	16-20 Tech Duet (4)/Jr. Tech Duet (5)	



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**Sunday January 29, 2023**

<b>TIME</b>	<b>EVENTS</b>	<b>LOCATION</b>
7:00 - 7:20am	Laps only	
7:20 - 7:30am	Warm Up Acro Only in Competition Pool (dive tank)	
7:30 - 7:50am	Warm Up Acro (1)/8-10 Duet (2)/Novice Duet (3)/ 11-12 Duet (7)	
7:50 - 8:40am	Acro (1)/8-10 Duet (2)/Novice Duet (3)/ 11-12 Duet (7)	
8:40 - 9:00am	Warm Up 13-15PS Duet (12) /13-15 NS Duet (7)	
9:00 - 10:20am	13-15PS Duet (12) /13-15 NS Duet (7) Combined	
10:20 - 10:40am	Warm Up 16-20 Free Duet (3)/Jr. Duet Free (7)	
10:40 - 11:25am	16-20 Free Duet (3)/Jr. Duet Free (7) Combined	
11:25 - 12:30pm	Officials Lunch Break	
11:45 - 12:30pm	Warm Up 8-10 Team (3)/Adapted Team (1)/Novice Team (4)/11-12 Team (5)	<b>Dive Tank</b>
12:30 - 1:30pm	8-10 Team (3)/Adapted Team (1)/Novice Team (4)/11-12 Team (5)	
1:30 - 2:00pm	Warm Up 13-15PS Team (7)/13-15 NS Team (5) combined in draw	
2:00 - 3:05pm	13-15PS Team (7)/13-15 NS Team (5)	
3:05 - 3:35pm	Warm Up 16-20 Free Team (1)/Jr. Free Team (2)/Sr. Free Team (2)	
3:35 - 4:05pm	16-20 Free Team (1)/Jr. Free Team (2)/Sr. Free Team (2)	