

Interclub Cup & Level 1-6 Mock Meet

Friday February 1, 2019

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Stretch

Stretch

Stretch

Stretch

Stretch

Warm-Up

Warm-Up

Warm-Up

Warm-Up

Competition

Competition

Competition

Warm-Up

Competition

Competition

TRA/TRS – Flight 1

A 12+ Women (10)

A Men (4)

Maya, Arayne & Mercedes <mark>B 10- Women (7</mark>)

B 12+ Men (7)

B 11- Men (11)

Owen&Maya, Arayne&Mercedes

AB Synchro (13)

12:25-12:40pm

12:40-1:00pm

1:00-1:35pm

1:20-1:35pm

1:35-1:55pm

1:55-2:30pm

2:15-2:30pm

2:30-2:45pm

2:45-3:10pm

2:55-3:10pm

3:10-3:30pm

3:30-3:50pm

4:05-4:30pm

3:35-3:50pm 3:50-4:05pm

Important Notes:
 Please check in

- Please check in at registration before your stretch time
- Doors open at 12:00pm on Friday and 7:45am on Saturday
- There is a small cash entry fee for all spectators attending the competition as per the Call to Meet
- No LED lights or flash photography permitted for athlete safety; please check phones/cameras ahead of time!
- There will be no one/two touch warm-ups for Interclub

 Hannah&Charlotte, Arabella&Lilah
 Awards will occur after each group as quick as time allows

 Masters Intermediate (5)
 Kristen&Justyna

 Masters Elite (4)
 Masters Synchro (3)Kristen&Justyna

us	styna DMT – Flight 1		
	Stretch	4:25-4:40pm	Masters Intermediate (2)
	Warm-Up	4:40-4:50pm	Masters Intermediate (3) Masters Advanced (2)
	Competition	4:50-5:00pm	wasters Advanced (2)

Saturday	February	12.	2019
Sucuracy	- Coraury		2010

TPA/TPS Elight 2					
TRA/TRS – Flight 2					
Stretch	8:00-8:15am	C Women (9)			
Warm-Up	8:15-8:35am	C Men (4) Owen			
Competition	8:35-9:15am	D Mixed (3)			
Stretch	8:55-9:15am				
Warm-Up	9:15-9:40am	2 Mixed			
Competition	9:40-10:25am				
Judges' Talk	10:25-10:40am				
Stretch	10:10-10:25am	Lilah & Hannah			
Warm-Up	10:25-10:40am	<mark>B 11-12 Women (13</mark>)			
Competition	10:40-11:10am				
Stretch	10:50-11:10am				
Warm-Up	11:10-11:30am	1 Mixed (14)			
Competition	11:30-12:10pm	1 Mixed (14)			
Judges' Talk	12:10-12:25pm				
Stretch	11:50-12:10pm				
Warm-Up	12:10-12:25pm	DNN Curches (0)			
Competition	12:25-12:40pm	PNN Synchro (9)			
Judges' Talk	12:40-1:00pm				
	TRA –	Flight 3			
Stretch	1:10-1:25pm	Avery			
Warm-Up	1:25-1:45pm	Showcase (2)			
Competition	1:45-2:20pm	A 11- Women (12) Arabella			
Stretch	2:05-2:20pm				
Warm-Up	2:20-2:35pm	B 13+ Women (13)			
Competition	2:35-3:05pm	Charlotte			
Stretch	2:45-3:05pm				
Warm-Up	3:05-3:20pm	5 Mixed (2)			
Competition	3:20-3:45pm	6 Mixed (4)			
Finals	3:45-4:00pm	Junior Mixed (1)			
Judges' Talk	4:00-4:20pm]			
Stretch	3:40-4:00pm				
Warm-Up	4:00-4:25pm	3 Mixed (7)			
Competition	4:25-5:10pm	4 Mixed (10)			
Judges' Talk	5:10-5:30pm				

Pickering Athletic Centre Inc. 1503 Sandy Beach Road Pickering, ON L1W 125

DMT - Flight 2Stretch8:15-8:30amShowcase (2)AveryWarm-Up8:30-8:50amA Mon (4)& Arabella, MCompetition9:20-9:40amB Women (12)Maya, LilahHannatWarm-Up9:20-9:40amB Men (7)and CharloteCompetition9:40-10:10amC Men (1)ownWarm-Up10:10-10:20amA Mixed (12)ownCompetition10:20-10:45amA Mixed (12)ownJudges' Talk10:45-11:00am2 Mixed (4)Mixed (3)Stretch10:25-10:45amA Mixed (3)ownJudges' Talk11:30-11:45amC Mixed (3)Mixed (3)Competition11:00-11:30amA Mixed (3)ownJudges' Talk11:20-11:35amC Mixed (3)Mixed (3)Stretch11:20-11:35amC Mixed (3)ownWarm-Up11:35-11:45amD Mixed (5)Masters Beginner & Advanced (2)Stretch11:20-11:25pmA Mixed (9)CompetitionVarm-Up12:00-12:10pmB Mixed (9)CompetitianStretch12:10-12:25pmA Mixed (12) Arayne and LilahWarm-Up12:00-2:15pmA Mixed (12) Arayne and LilahWarm-Up12:00-2:15pmA Mixed (12) Arayne and LilahCompetition2:15-2:35pmA Mixed (12) Arayne and LilahCompetition2:15-2:35pmA Mixed (12) Arayne and LilahStretch12:20-2:35pmA Mixed (12) Arayne and LilahMarm-Up3:00-3:15pmA Mixed (12) Arayne and LilahCo			Saturday February 2, 2019	
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Judges' Talk 4:45-5:00pm		•		
	Judges' Talk	4:45-5:00pm		

We have vendors such as FitsUWell Boutique, GYMagic, and a snack bar available!