

Tier 2:

1: Tower

2: Dolphin

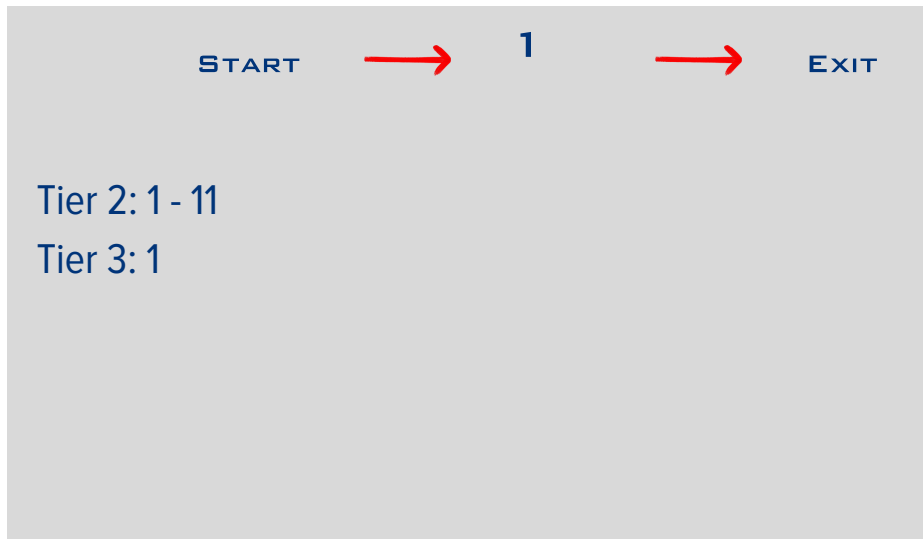
3: Ballet Leg, Single

4: Barracuda, Bent Knee

FIGURE SPACING AWD



WARM UP POOL



START

SOUND

Tier 3:

1: Kip

2: Porpoise

3: Ballet Leg, Straight

4: Barracuda

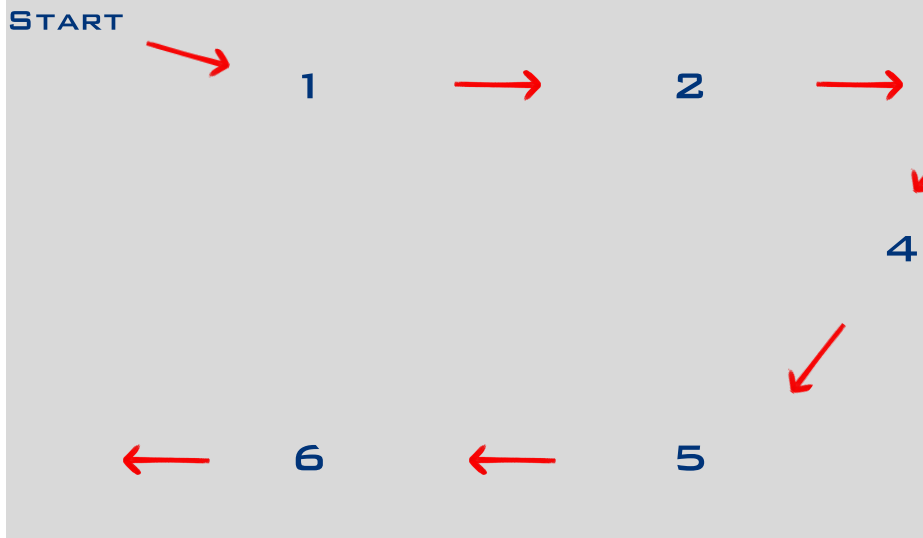


TEAM PRACTICE WITH MUSIC

3: WALK ON STATION

4: SWIM THRU STATION

WARM UP POOL



START

SOUND

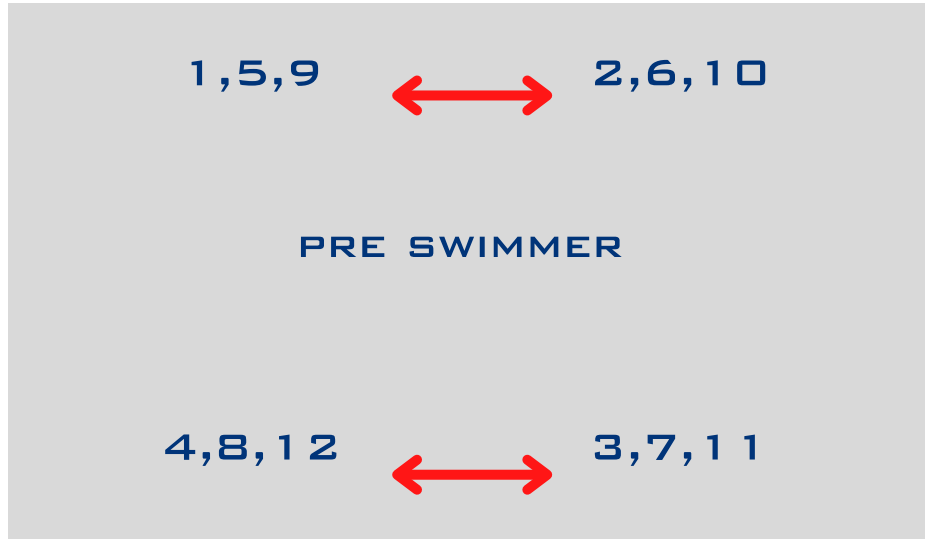


TEAM FINALS SPACING

12U & 13-15 FINALS

GROUP 1: PRE - 4
GROUP 2: 5 - 8
GROUP 3: 9 - 12

WARM UP POOL



START

SOUND

START SIDE WILL ROTATE 1/2 WAY WITH WARM UP POOL SIDE
MIDDLE GROUP DOES NOT ROTATE

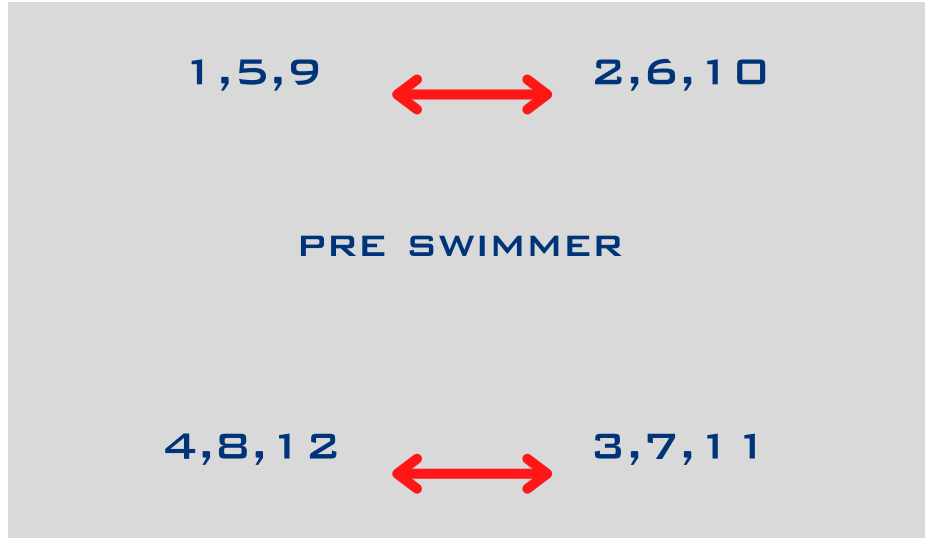


TEAM FINALS SPACING

16-17 & 18-19 FREE TEAM

GROUP 1: PRE - 4
GROUP 2: 5 - 8
GROUP 3: 9 - 12

WARM UP POOL



SOUND

START SIDE WILL ROTATE 1/2 WAY WITH WARM UP POOL SIDE
MIDDLE GROUP DOES NOT ROTATE

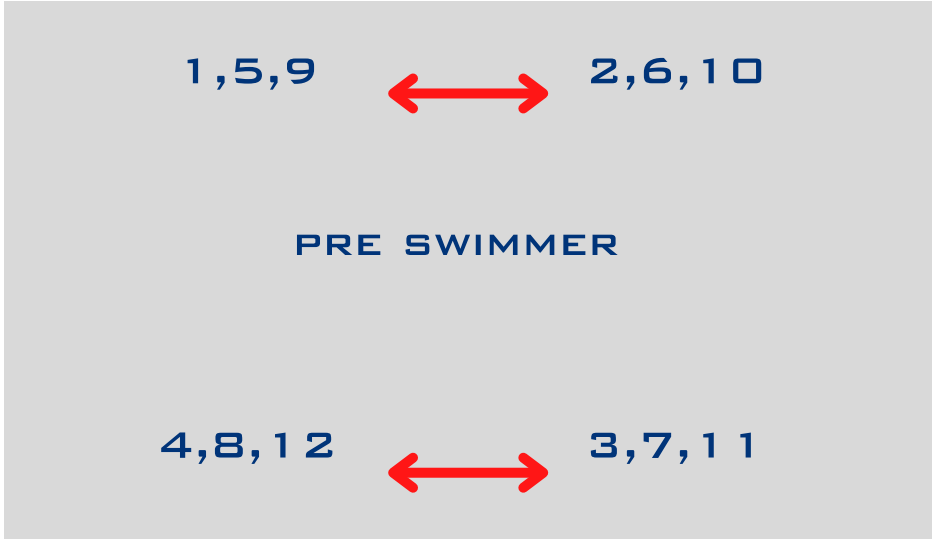


TEAM FINALS SPACING

16-17 TEAM TECH FINAL

- GROUP 1: PRE - 4
- GROUP 2: 5 - 8
- GROUP 3: 9 - 12

WARM UP POOL



START

SOUND

START SIDE WILL ROTATE 1/2 WAY WITH WARM UP POOL SIDE
MIDDLE GROUP DOES NOT ROTATE

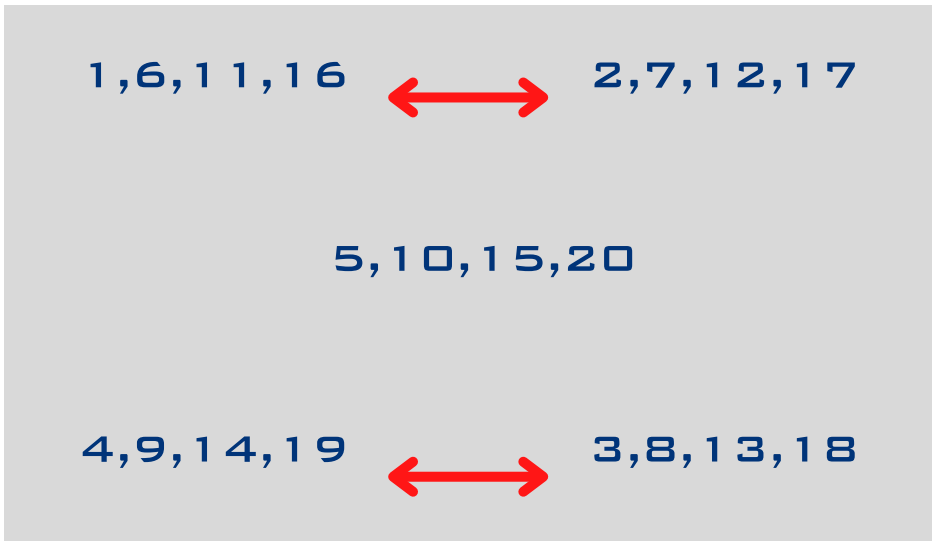


TEAM FINALS SPACING

18-19 TEAM TECH FINAL

- GROUP 1: 1 - 5
- GROUP 2: 6 - 10
- GROUP 3: 11 - 15
- GROUP 4: 16 - 20

WARM UP POOL



START

SOUND

START SIDE WILL ROTATE 1/2 WAY WITH WARM UP POOL SIDE
MIDDLE GROUP DOES NOT ROTATE