

PRACTICE ORGANIZATION

**Whenever possible, the pool will open 20 minutes prior to the first training session for stretching and activation.

FIGURE PRACTICE:

1. During Music Training: Figure practice permitted in warm-up pool. May be permitted on the sides of competition pool during another Federation's music practice if permission is granted by the practicing Federation.
2. The host organization will provide 2-4 pre-swimmers for figures (ideally 2 pre-swimmers per panel). (this is more competition related)
3. Host organization will provide 2 figure markers for the designated panels during figure warm up prior to competition. One will be placed in the middle of the panel and one from the end to ensure proper athlete line up.
4. Figure Practice on Competition day for each age group:
 - a. 15 - 20 minute lap warm up prior to assigned figure warm up time
 - b. 30 - 45 minute figure warm up in competition pool prior to competition
 - c. Once figure competition has begun for a particular age group, there will be no further figure practice for those competitors. Age groups competing later in the day may be permitted to practice figures in the warm-up pool
 - d. Allow 10 to 15 minutes to clear the pool prior to figure competition

ROUTINE PRACTICE:

1. Music practice, Day One: The overall schedule should be determined based on the following considerations:
 - a. Facility space
 - b. Total number of hours available for music practice time
 - c. Number and type of routines entered by each Federation
2. Ensure that the the designated line/marker to begin the timing of walk-ons is identified or in place for routine practice.
3. In general, allow more music time for teams, then duets and then solos.
4. On competition day, allow 30 minutes of lap swimming prior to the first event in the morning. If there is a separate practice pool, lap swimming for subsequent events should be done there. Routine practice is allowable in the separate practice pool if there is no disruption to judges or competing athletes (no banging, tapping or underwater beeping or noise of any kind).

5. For official warm up prior to competition, allow 15 - 20 minutes of open pool spacing in the competition pool to be shared by all competitors for that event/age group.
6. For Team warm ups: Teams will be assigned 3-4 spaces in the pool and on a signal from an official (whistle) rotate every 5 minutes to occupy each of the spaces. This will allow each team time in deep water for lifts, and to perform walk ons, deck work and dive-ins.
7. If time permits on Free Combination competition day, allow each free combination routine music time run through in order of draw.