

## Program

Regionalmeisterschaften Artistic Swimming 2022  
RZO / ROS / RSI  
Hallenbad Flös Buchs  
12. – 13. March 2022

### Saturday, March 12<sup>th</sup>, 2022

09.00 Pool open

**09.15** *Team Managers Meeting*

**09.30** *Judges Meeting*

09.15 Warm up Solo Technical (25 minutes)

09.45 Warm up Figures U10 and U15 (25 minutes)

**10.15** **Routine Competition SOLO TECH Juniors (1) + Elite (4)**

**11.00** **Figure Competitions U10 (27) and U15 (39) (2 panels each)**

12.30 Warm up Duet Tech and Kat. III + U10 Duet Free (25 minutes)

**13.00** **Routine Competition DUET TECH Juniors (3) + Elite (3) / DUET MIXED Kat. III (1) + DUET U10 (4)**

14.00 Warm up U12 Figures (25 minutes)

**14.30** **Figure Competition U12 (48) (four panels)**

15.30 Warm up Kat. I, U15, Junior and Elite Solo Free routines (25 minutes)

16.00 Warm up U10 + Kat. III Team (25 minutes)

**16.30** **Routine Competitions SOLO Kat. I (1) + U15 (8) / SOLO FREE Elite (1) / TEAM U10 (3)**

17.30 Warm up Routines U12 + Kat. II Duet / Kat. I (25 minutes)

18.00 U15 + Junior + Elite Team Free (25 minutes)

**18.30** *Parade of all Athletes and welcoming words*

*Award ceremony U10/Kat. III: Figures, Duet and Team /  
Figure U12, Solo Tech Junior+Elite, Duet Tech Junior+ Elite*

**19.15** **Routine Competitions DUET Kat. II (4) + U12 (7) / DUET MIXED Kat. U12 (1)  
TEAM Kat. I (2) + U15 (3) / TEAM FREE Junior (1) + Elite (1)**

*Followed by Award ceremonies / premazioni  
Duet Free U12+Kat. II / Solo Free Kat. I+U15+Junior+Elite /  
Team Free Kat. I+ U15+ Junior+ Elite*

**21.00** End of day one

## Program

**Sunday, March 13<sup>th</sup>, 2022**

08.30 Pool open

**08.45 Team Managers Meeting**

**09.00 Judges Meeting**

08.45 Warm up Routines Kat. III + U10 Solo Free, Kat. II + U12 Solo Free (25 minutes)

09.15 Warm up Kat. I + U15 Duet Free, Junior + Elite Duet Free (25 minutes)

**09.45 Routine Competitions SOLO U10 (3) + U12 (6) / DUET U15 (5) / DUET FREE Juniors (1) + Elite (3)**

*Followed by Award ceremonies*

*Kat. III+U10, Kat.II+U12 Solo Free / Kat. I+U15 Duet Free, Junior+ Elite Duet Free*

11.30 Warm up Routines Kat. II + U12 Team Free (25 minutes)

12.00 Warm up Junior + Elite Team Tech (25 minutes)

**13.00 Routine Competitions TEAM Kat. II (1) + U12 (6) / TEAM TECH Juniors (1) + Elite (1)**

13.45 Warm up Routines Free Combo all categories (25 minutes)

**14.30 Routine Competitions Free Combo all Categories (2)**

*Followed by Award ceremonies*

*Kat. II+U12 Team Free/Junior + Elite Team Tech /  
Free Combo all categories*

**15.30 End of competition**