

**FINAL PROGRAM – REGIONALMEISERSCHAFTEN RZO-ROS-RSI 2024****Saturday, March 23<sup>rd</sup>, 2024**

08:30	Pool Opening for Breitensport Athletes, Coaches and Team Managers / Judges Breitensport
08:50 – 9:30	Warm up <b>Team Free BREITEN U1+ U2 + U3</b> – DTC observe music training.
08:50 – 09:30	10 min. swim + 30 min. Run through with music – Kat U3, Kat U2, Kat U1
09:00	Team Managers Meeting for Breitensport Categories in the school room
09:15	Judges Meeting Breitensport Teams in the school room
09:40 – 10:30	<b>TEAM FREE U3 (4)</b>
	<b>TEAM FREE U2 (2)</b>
	<b>TEAM FREE U1 (2)</b>
10:45– 11:10	Warm up <b>Figures J4</b> + <b>Figures J2</b> (1 group 25 minutes)
10:40	Team Managers Meeting for Performance Sport Categories in the school room.
11:15	Judges Figure discussion at panel
11:25 – 12:30	<b>FIGURE Competition J4 (23 - 2 panels)</b>
	<b>FIGURE Competition J2 (30 - 2 panels)</b>
12:45	Awards Ceremonies - Breitensport Teams U3 - U2 - U1
13:00 – 13:25	Warm up <b>Figures J3</b> (1 group 25 min)
13:30	Judges Figure discussion at panel
13:40 – 14:20	<b>FIGURE Competition J3 (48 - 4 panels)</b>
14:45 – 15:45	Warm up <b>Solo Tech J1&amp;E (3)</b> + <b>Team Free J4 (2)</b> + <b>Combo J2 (3)</b> – DTC observe music training.
	(2 groups - 30 min - 10 min. swim – 20 min. run through with music)
14:45 – 15:15	Warm Up Solo Tech J1&E + Warm Up Team Free J4
15:15 – 15:45	Combo J2
15:45	Judges Meeting - Roll Call at the pool desk
15:55 – 16:10	<b>SOLO TECH J1&amp;E (3)</b>
16:10 – 16:20	<b>TEAM FREE J4 (2)</b>
16:20 – 16:35	<b>COMBO J2 (3)</b>
16:45– 17:45	Warm up + <b>Combo J3 (2)</b> + <b>Duet U3-U2-U1 (5)</b> + <b>Duet Tech J1&amp;E (2)</b> – DTC observe music training.
	(2 groups 30 min -10 min. swim – 20 min. run through with music)
16:45– 17:15	Warm Up Combo J3 + Duet U3 + Duet U2
17:15– 17:45	Warm Up Duet U1 + Duet Tech J1&E
17:45	Judges Meeting - Roll Call at the pool desk
17:55 – 18:05	<b>COMBO J3 (2)</b>
18:05 – 18:35	<b>DUET FREE U3 (1)</b>
	<b>DUET FREE U2 (2)</b>
	<b>DUET FREE U1 (2)</b>
18:35 – 18:45	<b>DUET TECH J1&amp;E (2)</b>
19:00	Award Ceremonies for Figures J4 + Team Free J4 – Figures + Combo J3 Figures + Combo J2 – Solo Tech + Duet Tech J1&E + Figures + Duet/Mixed Duet Breiten Kat U3 + U2 + U1
19:35– 20:05	Warm up <b>Team Tech J1&amp;E</b> (1 group 30 min – 10 min swim + run through with music) DTC observe music training.
20:05	Judges Meeting - Roll Call at the pool desk
20:15 – 20:30	<b>TEAM TECH J1&amp;E (3)</b>
Circa 20:45	End of Day 1

**Sunday, March 24<sup>th</sup>, 2024**

07:45	Pool Opening
08:00	Team Managers Meeting for the whole day in School Room
08:00 – 09:00	Warm up <b>Duet Free J4</b> + <b>Duet Free J3</b> + <b>Duet Free J2</b> + <b>Duet Free J1&amp;E</b> - DTC observe music training. (2 groups 30 min - 10 min. swim – 20 min. run through with music)
08:00 – 08:30	Warm Up <b>Duet Free J4</b> + <b>Duet Free J3</b>
08:30 – 09:00	Warm Up <b>Duet Free J2</b> + <b>Duet Free J1&amp;E</b>
09:00	Judges Roll Call at the pool desk.
09:10 – 09:30	<b>DUET FREE J4</b> (4)
09:30 – 10:00	<b>DUET FREE J3</b> (5)
10:00 – 10:25	<b>DUET FREE J2</b> (4)
10:25 – 10:45	<b>DUET FREE J1&amp;E</b> (3)
11:00 – 12:00	Warm up <b>Solo U1-U2-U3</b> + <b>Solo Free J4</b> + <b>Solo Free J3 (3)</b> + <b>Solo Free J2 (4)</b> + <b>Solo Free J1&amp;E (4)</b> (2 groups 30 min – 10 min. swim + 20 minutes run through with music) - DTC observe music training.
11:00 – 11:30	Warm Up <b>Solo Free Solo Free Kat. U3-U2-U1</b> + <b>Solo Free J4</b>
11:30 – 12:00	Warm Up <b>Solo Free J2</b> + <b>Solo Free J1&amp;E</b>
12:00	Judges Roll Call at the pool desk.
12:10– 12:35	<b>SOLO FREE U3</b> (1) <b>SOLO FREE U2</b> (3) <b>SOLO FREE U1</b> (1)
12:35 – 12:40	<b>SOLO FREE J4</b> (1)
12:40 – 13:00	<b>SOLO FREE J3</b> (3)
13:00 – 13:20	<b>SOLO FREE J2</b> (3)
13:20– 13:40	<b>SOLO FREE J1&amp;E</b> (4)
14:00	Award Ceremonies for <b>Duet Free J4</b> + <b>Solo Free J4</b> – <b>Duet Free J3</b> – <b>Duet Free J2</b> + <b>Duet Free J1&amp;E</b> – <b>Solo Free Kat U3, U2 &amp; U1</b>
14:30 – 15:30	Warm up <b>Team Free J3</b> + <b>Team Free J2</b> + <b>Acrobatic Routine J1&amp;E</b> - DTC observe music training. (2 groups 30 min each – 10 min. swim + 20 minutes run through with music)
14:30 – 15:00	Warm Up <b>Team Free J3</b>
15:00 – 15:30	Warm Up <b>Team Free J2</b> + <b>Acrobatic Routine J1&amp;E</b>
15:30	Judges Roll Call at the pool desk.
15:40 – 16:15	<b>TEAM FREE J3</b> (6)
16:15 – 16:35	<b>TEAM FREE J2</b> (2)
16:35 – 16:40	<b>ACROBATIC ROUTINE J1&amp;E</b> (1)
17:15	Award Ceremonies for <b>Solo Free J3</b> + <b>Team Free J3</b> – <b>Solo Free J2</b> + <b>Team Free J2</b> – <b>Solo Free J1&amp;E</b> + <b>Team Tech J1&amp;E</b> - <b>Acrobatic Routine J1&amp;E</b>
18:00	End of the Competition