

20  
24

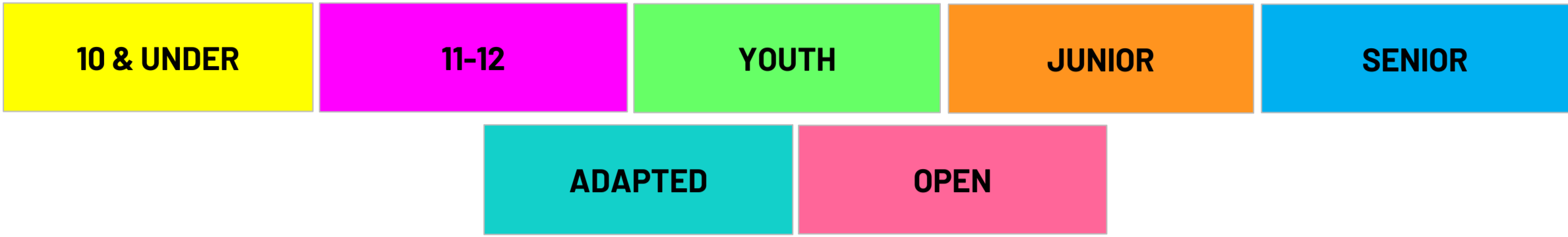
WEST REGION

**LISA ALEXANDER  
FIGURES & SKILLS MEET**

**TENTATIVE SCHEDULE**

Saturday, December 14, 2024  
Laurier Athletic Complex  
Waterloo, ON

Version 2 (2024.12.09)



<b>SAT 14/ 12</b>	8:00AM	8:25AM	<b>W</b>		11-12, 10U & Adapted Figures & Skills Warmup		
	8:25AM	9:20AM	81	14	11-12 Figures (2 Panels)		10U Figures (1 Panel)
			45		Adapted Figures (1 Panel - following 11-12 Figures)		
	9:20AM	10:10AM	81	14	11-12 Water Skills (2 Panels)		10U Water Skills (1 Panel)
			45		Adapted Water Skills (1 Panel - following 11-12 Water Skills)		
	10:10AM	10:20AM	<b>W</b>		Transition (11-12, 10U & Adapted Dryland Skills Warmup)		
	10:20AM	11:05AM	81	14	11-12 Dryland Skills (2 Panels)		10U Dryland Skills (1 Panel)
			45		Adapted Dryland Skills (1 Panel - following 11-12 Dryland Skills)		
	11:05AM	11:30AM	<b>W</b>		Youth Figures & Skills Warmup		
	11:30AM	12:15PM	52		Youth Figures (2 Panels) - N then P		
	12:15PM	1:00PM	52		Youth Water Skills (2 Panels) - N then P		Junior Dryland Skills (1 Panel) - starting at 12:15PM, N then P
			47	8			Senior Dryland Skills (1 Panel) - following Junior, N then P
	1:00PM	1:10PM	<b>W</b>		Transition (Youth Dryland Skills Warmup)		
	1:10PM	1:55PPM	52		Youth Dryland Skills (2 Panels) - N then P		
	1:55PM	2:20PM	<b>W</b>		Junior & Senior Elements & Skills Warmup		
	2:20PM	3:10PM	47		Junior Elements (2 Panels) - N then P		
8			Senior Elements (2 Panels) - following Junior Elements				
3:10PM	4:00PM	47		Junior Water Skills (2 Panels) - N then P			
		8		Senior Water Skills (2 Panels) - N then P			