

LAND DRILL EVENT

Event Information

The land drill event has been made a mandatory event for all athletes competing at Ontario Winter Games. This is a standalone event, and does not contribute towards championship scores.

Event Procedure

To create the testing station, a yoga or sports mat will be placed parallel to the Officials' panel and marked with a straight piece of tape to act as a guide for Officials.

A metronome set to 135 bpm will be placed and active at the testing station for the entirety of the event.

Athletes will be individually assessed by a panel of OAS Officials in the designated dryland event area. Assessments will occur one at a time, in Figure Draw order. Each athlete will approach the testing station after being called by the panel ref and perform their dryland skill.

Uniform

Athletes are asked to wear a fitted black bottom which does not cover the knee, and a fitted black top (can be a t-shirt, black figure suit, or jacket).