2026 WEST REGION
LISA ALEXANDER FIGURES & SKILLS MEET

Saturday, November 28, 2026
Canada Games Aquatic Centre
London, Ontario

TENTATIVE SCHEDULE

Version: 23.10.26

10 & UNDER | **11-12** | **YOUTH** | **ADAPTED** | **SENIOR** | **JUNIOR**

	PANEL 1 & 2				PANEL 3				
SAT 28/11	8:30 AM	9:00 AM	W	11-12, Junior & Senior Provincial, and Junior & Senior National Warmup					
	9:05 AM	10:20 AM	75	11-12 Figures (2 Panels)	9:05 AM	10:05 AM	18	7	Junior & Senior Provincial and National Elements (1 Panel)
	10:20 AM	10:30 AM		BREAK	10:05 AM	10:15 AM			BREAK
	10:30 AM	11:45 AM		11-12 Skills (2 Panel)	10:15 AM	11:15 AM	2	3	Junior & Senior Provincial and National Skills (1 Panel)
	11:50 PM	12:20 PM	W	10U & Adapted Warmup					
	12:25 PM	12:55 PM	32	10U Figures (2 Panels)	12:25 PM	12:45 PM	8		Adapted Figures (2 Panels)
	12:55 PM	1:05 PM		BREAK	12:45 PM	1:05 PM			Adapted Skills (2 Panels) *Immediately following Figures*
	1:05 PM	1:45 PM		10U Skills (2 Panels)					
	1:50 PM	2:20 PM	W	Youth Warmup					
	2:25 PM	3:15 PM	50	Youth Provincial Figures (2 Panels)	2:25 PM	3:10 PM	18		Youth National Figures (1 Panel)
	3:15 PM	3:25 PM		BREAK	3:10 PM	3:20 PM			BREAK
	3:25 PM	4:15 PM		Youth Provincial Skills (2 Panels)	3:20 PM	4:05 PM			Youth National Skills (1 Panel)