

AGE GROUP 10 & UNDER

COMPULSORY:	Blossom	1.4
	Sailboat Alt	1.3
Optional Group 1:	Back Tuck SS	1.1
	Ballet leg Single	1.6
Optional Group 2:	Front Pike SS	1.7
	Bt Knee Join to Vertical & Vertical Descent	1.4

AGE GROUP 12 & UNDER

Compulsory:	101	Ballet Leg Single	1.6
	360	Walkover, Front	2.1
Optional Group 1:	321	Somersub	2.0
	315	Kipnus	1.6
Optional Group 2:	355	Porpoise	1.9
	401	Swordfish	2.0
Optional Group 3:	344	Neptunus	1.8
	301	Barracuda	2.0

AGE GROUP 13 - 15

Compulsory:	420	Walkover, Back	2.0
	355e	Porpoise Spinning 360	2.1
Optional Group 1:	342	Heron	2.1
	311a	Kip 1/2 Twist	2.2
Optional Group 2:	240	Albatross	2.2
	345	Catalina Reverse	2.1
Optional Group 3:	301d	Barracuda Spinning 180	2.1
	140	Flamingo Bent Knee	2.4

AGE GROUP 16 -18/Junior FINA

Compulsory:	313	Kip Split Closing 180	2.5
	112 f	Ibis Continuous Spin (720)	2.8
Optional Group 1:	336	Gaviata Open 180	2.8
	436	Cyclone	2.7
Optional Group 2:	355 b	Porpoise Full Twist	2.5
	150	Knight	3.1
Optional Group 3:	307	Flying Fish	3.0
	115 c	Catalina Twirl	2.8

Time Limits for Routines

Including Deck Work, routines shall have the following maximum times, in minutes:

	Solo	Duet	Team	Free Combination
Age Group 10 & Under	1:45	2:15	2:45	3:15
Age Group 12 & Under	2:00	2:30	3:00	3:30
Age Group 13 - 15	2:30	3:00	3:30	Espoir 4:00
Age Group 16 - 18	3:00	3:30	4:00	COSSC 4:30
Junior FINA	3:00	3:30	4:00	COSSC 4:30
Senior FINA – technical	2:00	2:20	2:50	
Senior FINA – free	3:00	3:30	4:00	COSSC 4:30
Masters Technical	1:30	1:40	1:50	
Masters Free	3:00	3:30	4:00	5:00
Masters Free		3:30 TRIO		

For all routines, there shall be an allowance of fifteen seconds less or plus the allotted time limit, beyond which a penalty is incurred. For all routines, there shall be a time limit for walk ons – see 4.2.4

For Masters, there is no minimum time.