

# Interclub Cup & Level 1-6 Mock Meet

Friday February 1, 2019

TRA/TRS – Flight 1		
Stretch	12:25-12:40pm	A 12+ Women (10) A Men (4)
Warm-Up	12:40-1:00pm	
Competition	1:00-1:35pm	
Stretch	1:20-1:35pm	Maya, Arayne & Mercedes B 10- Women (7)
Warm-Up	1:35-1:55pm	B 12+ Men (7)
Competition	1:55-2:30pm	
Stretch	2:15-2:30pm	B 11- Men (11)
Warm-Up	2:30-2:45pm	
Competition	2:45-3:10pm	
Stretch	2:55-3:10pm	Owen&Maya, Arayne&Mercedes AB Synchro (13)
Warm-Up	3:10-3:30pm	Hannah&Charlotte, Arabella&Lilah
Competition	3:30-3:50pm	
Stretch	3:35-3:50pm	Masters Intermediate (5) Kristen&Justyna
Warm-Up	3:50-4:05pm	Masters Elite (4) Masters Synchro (3) Kristen&Justyna
Competition	4:05-4:30pm	

Friday February 1, 2019

## Important Notes:

- Please check in at registration before your stretch time
- Doors open at 12:00pm on Friday and 7:45am on Saturday
- There is a small cash entry fee for all spectators attending the competition as per the Call to Meet
- No LED lights or flash photography permitted for athlete safety; please check phones/cameras ahead of time!
- There will be no one/two touch warm-ups for Interclub
- Awards will occur after each group as quick as time allows

DMT – Flight 1		
Stretch	4:25-4:40pm	Masters Intermediate (3) Masters Advanced (2)
Warm-Up	4:40-4:50pm	
Competition	4:50-5:00pm	

Saturday February 2, 2019

TRA/TRS – Flight 2		
Stretch	8:00-8:15am	C Women (9) C Men (4) Owen D Mixed (3)
Warm-Up	8:15-8:35am	
Competition	8:35-9:15am	
Stretch	8:55-9:15am	2 Mixed
Warm-Up	9:15-9:40am	
Competition	9:40-10:25am	
Judges' Talk	10:25-10:40am	
Stretch	10:10-10:25am	Lilah & Hannah B 11-12 Women (13)
Warm-Up	10:25-10:40am	1 Mixed (14)
Competition	10:40-11:10am	
Stretch	10:50-11:10am	
Warm-Up	11:10-11:30am	
Competition	11:30-12:10pm	PNN Synchro (9)
Judges' Talk	12:10-12:25pm	
Stretch	11:50-12:10pm	
Warm-Up	12:10-12:25pm	
Competition	12:25-12:40pm	Judges' Talk
Judges' Talk	12:40-1:00pm	
Judges' Talk	12:40-1:00pm	
TRA – Flight 3		
Stretch	1:10-1:25pm	Avery Showcase (2) A 11- Women (12) Arabella
Warm-Up	1:25-1:45pm	B 13+ Women (13) Charlotte
Competition	1:45-2:20pm	
Stretch	2:05-2:20pm	5 Mixed (2) 6 Mixed (4) Junior Mixed (1)
Warm-Up	2:20-2:35pm	
Competition	2:35-3:05pm	
Judges' Talk	3:45-4:00pm	
Stretch	2:45-3:05pm	3 Mixed (7) 4 Mixed (10)
Warm-Up	3:05-3:20pm	
Competition	3:20-3:45pm	
Judges' Talk	4:00-4:20pm	
Stretch	3:40-4:00pm	3 Mixed (7) 4 Mixed (10)
Warm-Up	4:00-4:25pm	
Competition	4:25-5:10pm	
Judges' Talk	5:10-5:30pm	

Saturday February 2, 2019

DMT – Flight 2		
Stretch	8:15-8:30am	Showcase (2) Avery
Warm-Up	8:30-8:50am	A Women (12) Arabella, Mercedes & Arayne
Competition	8:50-9:20am	A Men (4)
Stretch	9:05-9:20am	B Women (12) Maya, Lilah, Hannah, and Charlotte
Warm-Up	9:20-9:40am	B Men (7)
Competition	9:40-10:10am	C Men (1) Owen
Stretch	9:50-10:10am	1 Mixed (12)
Warm-Up	10:10-10:20am	
Competition	10:20-10:45am	
Judges' Talk	10:45-11:00am	2 Mixed (4) 3 Mixed (3) 4-6 Mixed (3)
Stretch	10:25-10:45am	
Warm-Up	10:45-11:00am	
Competition	11:00-11:30am	
Judges' Talk	11:30-11:45am	
TRAK – Flight 2		
Stretch	11:20-11:35am	C Mixed (3) D Mixed (5) Masters Beginner & Advanced (2)
Warm-Up	11:35-11:45am	
Competition	11:45-12:00pm	
Stretch	11:45-12:00pm	B Mixed (9)
Warm-Up	12:00-12:10pm	
Competition	12:10-12:25pm	
Stretch	12:10-12:25pm	Showcase (1) A Mixed (15) Maya, Owen, Charlotte, Arayne and Lilah
Warm-Up	12:25-12:45pm	
Competition	12:45-1:10pm	
TUM – Flight 3		
Stretch	1:45-2:00pm	Showcase (3) Avery
Warm-Up	2:00-2:15pm	A Mixed (8) Hannah
Competition	2:15-2:35pm	B 11- Mixed (10) Mercedes
Stretch	2:20-2:35pm	
Warm-Up	2:35-2:45pm	
Competition	2:45-3:00pm	
Stretch	2:40-3:00pm	1 Mixed (12)
Warm-Up	3:00-3:15pm	
Competition	3:15-3:45pm	
Judges' Talk	3:45-4:00pm	
Stretch	3:30-3:45pm	B 12+ Mixed (9) C Mixed (3) Masters Beginner (1)
Warm-Up	3:45-4:00pm	2 Mixed (2) 3 Mixed (3) 5 Mixed (1)
Competition	4:00-4:20pm	
Stretch	4:00-4:20pm	
Warm-Up	4:20-4:30pm	
Competition	4:30-4:45pm	
Judges' Talk	4:45-5:00pm	

**Pickering Athletic Centre Inc.**  
1503 Sandy Beach Road  
Pickering, ON  
L1W 1Z5

We have vendors such as FitsUWell Boutique, GYMagic, and a snack bar available!