

PROGRAM NSM MAI 27TH-29TH 2023, PISCINE DU LIGNON, 1219 LE LIGNON

SATURDAY; MAI 27TH 2023

07:30	POOL OPENING FOR J3 AND TEAM MANAGERS/JUDGES FIGURES J3
07:35	TEAM MANAGERS MEETING
07:40	JUDGES MEETING J3 FIGURES ONLY
07:40-08:50	WARM UP FOR FIGURES J3 (IN 2 GROUPS, 35 MIN: EACH)
07:40-08:15	WARM UP FIGURES J3 (1/2 ATHLETES PER CLUB)
08:15-08:50	WARM UP FIGURES J3 (1/2 ATHLETES PER CLUB)
08:50	JUDGES FIGURES DISCUSSION AT PANEL
09:00-10:50	FIGURES COMPETITION J3 (113 4 PANELS)
11:00	JUDGES MEETING J2 FIGURES ONLY
11:15	DRAW J3
11:05-12:15	WARM UP FOR FIGURES J2 (IN 2 GROUPS, 35 MIN: EACH)
11:05-11:40	WARM UP FIGURES J2 (1/2 ATHLETES PER CLUB)
11:40-12:15	WARM UP FIGURES J2 (1/2 ATHLETES PER CLUB)
12:00	JUDGES FIGURES DISCUSSION AT PANEL
12:15-14:15	FIGURES COMPETITION J2 (121 4 PANELS)
14:30	DRAW J2
14:30	TECHNICAL CONTROLLER'S MEETING SOLO TECH ON POOL SIDE
14:30-15:00	WARM UP SOLO TECH
15:00	JUDGES MEETING SOLO TECH
15:15-16:25	SOLO TECHNICAL COMPETITION (15)
16:35	TECHNICAL CONTROLLER'S MEETING TEAM FREE J3 ON POOL SIDE
16:35-17:45	WARM UP TEAM FREE J3 (IN 2 GROUPS, 35 MIN. EACH)
16:55-17:10	WARM UP START 1-6
17:10-17:45	WARM UP START 7-12
17:45	JUDGES MEETING TEAM FREE J3
18:00-19:35	TEAM FREE J3 COMPETITION (12)
19:40-19:50	WARM UP TEAM TECH
19:40	TECHNICAL CONTROLLER'S MEETING ON POOL SIDE
19:50-20:15	RUN TROUGH WITH MUSIC IN ORDER OF START
20:15	JUDGES MEETING TEAM TECHNICAL
20:30-21:15	TEAM TECHNICAL COMPETITION (6)
21:30	AWARDS CEREMONY OF THE DAY

SPONSORS

PARTNERS

NATIONAL PARTNERS



SUNDAY, MAI 28TH 2023

07:00	POOL OPENING
07:10	TEAM MANAGERS MEETING
07:15-07:45	WARM UP DUET FREE J3
07:15	TECHNICAL CONTROLLER'S MEETING DUET FREE J3 ON POOL SIDE
07:45	JUDGES MEETING DUET FREE J3
08:00-9:45	COMPETITION DUET FREE J3 (18)
09:55-10:25	WARM UP SOLO FREE J1
09:55	TECHNICAL CONTROLLER'S MEETING SOLO FREE J1 ON POOL SIDE
10:20	JUDGES MEETING SOLO FREE J1
10:35-11:50	COMPETITION SOLO FREE J1 (12)
12:05-12:35	WARM UP SOLO FREE J2
12:05	TECHNICAL CONTROLLER'S MEETING SOLO FREE J2 ON POOL SIDE
12:30	JUDGES MEETING SOLO FREE J2
12:45-14:10	COMPETITION SOLO FREE J2 (15)
14:15	AWARDS CEREMONY OF THE HALF DAY
14:45-15:15	WARM UP DUET TECH
14:45	TECHNICAL CONTROLLER'S MEETING DUETT TECH ON POOL SIDE
15:15	JUDGES MEETING DUET TECH
15:30-16:15	COMPETITION DUET TECH (7)
16:50-17:00	WARM UP TEAM FREE J2 GROUP 1 STARTNUMBER 1-5
16:20	TECHNICAL CONTROLLER'S MEETING TEAM FREE J2 ON POOL SIDE
17:00-17:20	RUN TROUGH WITH MUSIC IN ORDER OF THE START 1-5
17:20-17:30	WARM UP TEAM FREE J2 GROUP 2 STARTNUMBER 6-9
17:00	JUDGES MEETING TEAM FREE J2
17:00-17:20	RUN TROUGH WITH MUSIC IN ORDER OF THE START 6-9
17:35-18:55	COMPETITION TEAM FREE J2 (9)
19:00-19:10	WARM UP TEAM FREE J1
19:00	TECHNICAL CONTROLLER'S MEETING TEAM FREE J1 ON POOL SIDE
19:05-19:30	RUN TROUGH WITH MUSIC IN ORDER OF THE START
19:30	JUDGES MEETING TEAM FREE J1
19:45-20:15	COMPETITION TEAM FREE J1 (3)
20:30	AWARDS CEREMONY OF THE HALF DAY

MONDAY, MAI 29TH 2023

07:00	POOL OPENING
07:10	TEAM MANAGERS MEETING
07:20-07:50	WARM UP DUET FREE J2
07:20	TECHNICAL CONTROLLER'S MEETING DUET FREE J2 ON POOL SIDE
07:50	JUDGES MEETING DUET FREE J2
08:05-10:00	<u>COMPETITION DUET FREE J2 (17)</u>
10:05-10:35	WARM UP DUET FREE J1
10:05	TECHNICAL CONTROLLER'S MEETING DUET FREE J1 ON POOL SIDE
10:35	JUDGES MEETING DUET FREE J1
10:50-12:00	<u>COMPETITION DUET FREE J1 (10)</u>
12:05-12:35	WARM UP SOLO FREE J3
12:05	TECHNICAL CONTROLLER'S MEETING SOLO FREE J3 ON POOL SIDE
12:35	JUDGES MEETING SOLO FREE J3
12:50-14:30	<u>COMPETITION SOLO FREE J3 (18)</u>
14:35	AWARDS CEREMONY OF THE HALF DAY
15:05-15:15	WARM UP ACROBATIC ROUTINE
15:05	TECHNICAL CONTROLLER'S MEETING ACROBATIC ROUTINE ON POOL SIDE
15:15-15:35	RUN TROUGH WITH MUSIC IN ORDER OF THE START
15:35	JUDGES MEETING ACROBATIC ROUTINE
15:50-16:35	<u>COMPETITION ACROBATIC ROUTINE (6)</u>
16:40-17:10	WARM UP COMBINATION J3
16:40	TECHNICAL CONTROLLER'S MEETING COMBINATION J3 ON POOL SIDE
17:10	JUDGES MEETING COMBINATION J3
17:25-17:55	<u>COMPETITION COMBINATION J3 (3)</u>
18:00-18:10	WARM UP COMBINATION J2
18:00	TECHNICAL CONTROLLER'S MEETING COMBINATION J2 ON POOL SIDE
18:10-18:30	RUN TROUGH WITH MUSIC IN ORDER OF THE START
18:10	JUDGES MEETING COMBINATION J2
18:30-19:00	<u>COMPETITION COMBINATION J2 (5)</u>
19:05	AWARDS CEREMONY OF THE HALF DAY