



# YOUTH NATIONAL TEAM TRIALS

## JAN 18TH, 2025 / PHASE 1 & 2

SCHEDULE AS OF  
DEC, 2024

7:30 a.m.	Doors Open
7:45 a.m.	Athletes check-in
7:45 - 8:00 a.m.	Coaches briefing meeting
8:00 - 8:50 a.m.	Figures Warm-up / Open Pool
9:00 - 1:00 p.m.	Figures Competition (1A)
1:00 - 2:00 p.m.	Lunch Break
2:00 - 2:30 p.m.	Land Skill Warm-up
2:30 - 5:30 p.m.	Flexibility, Strength & Speed Tests (1B)

All athletes from Phase 1A shall advance to Phase 1B and 1C.



# YOUTH NATIONAL TEAM TRIALS

## JAN 19TH, 2025 / PHASE 1 & 2

SCHEDULE AS OF  
DEC, 2024

7:30 a.m.	Doors Open
7:45 a.m.	Athletes check-in / Coaches briefing meeting
8:00 - 8:15 a.m.	Warm-up / Open Pool
8:15 - 8:30 a.m.	Free Hybrid Learning
8:30 - 11:15 p.m.	Stationary Technical Skill “A” & “B” Test (1C)
11:15 - 12:30 p.m.	Lunch Break
12:30 - 1:00 p.m.	Figures Warm-up / Open Pool
1:00 - 3:00 p.m.	Figures Competition (2A)
3:00 - 3:15 p.m.	ACRO Skills Test Warm-up
3:30 - 5:30 p.m.	ACRO Skills Test (2B)

Results of Phase 1 posted by 12:00 pm.

Up to 50 athletes, in rank order, shall advance to Phase 2A.

All athletes from Phase 2A shall advance to Phase 2B & 2C.



# YOUTH NATIONAL TEAM TRIALS

## JAN 20TH, 2025 / PHASE 1 & 2

SCHEDULE AS OF  
DEC, 2024

7:00 a.m.	Doors Open
7:15 a.m.	Athletes check-in / Coaches briefing meeting
7:30 - 8:30 a.m.	Warm-up / Open Pool
8:30 - 9:00 a.m.	Routine practice with music - Play through 6 times
9:00 - 12:30 p.m.	Routine Test (2C)

Results of Phase 2 posted by Friday 24th

Up to a maximum of 30 registered Trials athletes, in rank order, shall advance to Phase 3A.

NOTE: To ensure that Phase 3A has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the 30th ranked registered Trials athlete(s) in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the Phase 3 participants.