

Understanding a Synchro Meet!

Synchronised swimming is both an individual and team sport. Swimmers may compete individually during figures, and then as a team during the routine. They may also compete in solo or duet routines. They compete within their own competitive stream and age group.



Parts of a meet:

- Figures
- Routines
- Other: there may be testing or camps for additional skills training or learning of synchro related topics.

