

# The 102nd Japan Swimming Championships(2026) Artistic Swimming Practice Schedule (Tentative)

Updated April 21

	Main Pool		Diving Pool
	Competition Area	Outside Area (30m)	
<b>5/21(木)</b>			
Venue Opens 9:15	10:00 ~ 11:30 Not available	Group practice	Free all day
Venue Closes 19:30	11:30 ~ 19:10 Not available Group Music-run practice	(per official schedule)	
<b>5/22(金)</b>			
Venue Opens 9:15	9:25 ~ 9:40 Warming-up	<b>*Event-specific practice only(no acrobatic)</b>	Warming-up
	9:40 ~ 10:10 Women's Duet Tech - Music-run (1-23)	<b>*Practice prohibited until the end of the award ceremony</b>	Free all day
	10:10 ~ 10:20 Acrobatic Routine - Music-run (1-5)	9:25~9:40 Warming-up	
	10:20 ~ 10:30 Acrobatic Routine - Music-run (6-10)	9:40~10:00 Solo Tech only	*Contact caution during acrobatics
	10:30 ~ 10:50 Women's/Men's Solo Tech only	Acrobatic Routine (6-10)	
	<b>11:00 ~ 11:10 Opening Ceremony</b>	Acrobatic Routine (1-5)	
	<b>11:20 ~ 14:00 Women's Solo Technical</b>	Women's Duet Tech only	
	<b>Men's Solo Technical</b>	*Practice is not allowed during the ceremony	
	<b>14:15 ~ Solo Technical Award Ceremony</b>	Solo/Duet Tech only	
	<b>15:15 ~ 17:20 Women's Duet Technical</b>	*Practice prohibited until the end of the award ceremony	
	<b>17:35 ~ Women's Duet Technical Award Ceremony</b>	Duet Tech / Acrobatic Routine only	
	<b>18:00 ~ 19:00 Acrobatic Routine</b>	*Practice prohibited until the end of the award ceremony	
	<b>19:15 ~ Acrobatic Routine Award Ceremony</b>	Acrobatic Routine only	
Venue Closes 19:45		*Practice prohibited until the end of the award ceremony	
<b>5/23(土)</b>			
Venue Opens 9:15	9:25 ~ 9:40 Warming-up	<b>*Event-specific practice only(no acrobatic)</b>	Warming-up
	9:40 ~ 9:55 Women's Solo Free / Mixed Duet Tech only	<b>*Practice prohibited until the end of the award ceremony</b>	Free all day
	9:55 ~ 10:00 Mixed Duet Tech - Music-run (1-3)	9:25~9:45 Warming-up	
	10:00 ~ 8 Team Tech (1-8)	9:45~10:00 Team Tech (1-8)	*Contact caution during acrobatics
	10:06 ~ 10:15 Team Tech - Music-run (1-8)	10:00~10:15 Team Tech (9-15)	
	10:15 ~ Team Tech (9-15)	10:15~10:30 Team Tech (16-22)	
	10:22 ~ 10:30 Team Tech - Music-run (9-15)	10:30~	
	10:30 ~ Team Tech (16-22)	Mixed Duet Tech / Solo only	
	10:37 ~ 10:45 Team Tech - Music-run (16-22)		
	<b>11:00 ~ 11:15 Mixed Duet Technical</b>	*Practice prohibited until the end of the award ceremony	
	<b>11:30 ~ Mixed Duet Technical Award Ceremony</b>	Solo/Team Tech only	
	<b>11:55 ~ 14:15 Women's Solo Free</b>		
	<b>Men's Solo Free</b>		
	<b>14:30 ~ Solo Free Award Ceremony</b>	*Practice prohibited until the end of the award ceremony	
	<b>15:30 ~ 17:55 Team Technical</b>	Team Tech only	
	<b>18:10 ~ Team Technical Award Ceremony</b>	*Practice prohibited until the end of the award ceremony	
Athlete Exit 18:40	18:30~ 18:50 First Swim practice (18:40 - Music run)		
Venue Closes 19:10			
<b>5/24(日)</b>			
Venue Opens 9:15	9:25 ~ 9:35 Warming-up	<b>*Event-specific practice only(no acrobatic)</b>	Warming-up
	9:35 ~ 9:45 First Swim - Music-run	<b>*Practice prohibited until the end of the award ceremony</b>	Free all day
	9:45 ~ Women's Duet Free / Mixed Duet Free only	9:25~9:40 Warming-up	
	9:51 ~ 10:14 Women's Duet Free - Music run (1-23)	9:40~	*Contact caution during acrobatics
	10:14 ~ 10:20 Mixed Duet Free - Music-run (1-6)	Women's Duet/Mixed Duet Free only	
	10:20 ~ Team Free (1-6)	10:10~10:20 Team Free (1-6)	
	10:24 ~ 10:30 Team Free - Music-run (1-6)	10:20~10:30 Team Free (7-12)	
	10:30 ~ Team Free (7-12)	10:30~10:40 Team Free (13-17)	
	10:34 ~ 10:40 Team Free - Music-run (7-12)	10:40~ Free	
	10:40 ~ Team Free (13-17)		
	10:44 ~ 10:50 Team Free - Music-run (13-17)		
	<b>11:00 ~ 11:10 First Swim</b>	*No practice during the First Swim	
	<b>11:20 ~ 14:15 Women's Duet Free</b>	Women's Duet/Mixed Duet Free only	
	<b>Mixed Duet Free</b>		
	<b>14:30 ~ Women's Duet/Mixed Duet Free Award Ceremony</b>	*Practice prohibited until the end of the award ceremony	
	<b>15:15 ~ 17:00 Team Free</b>	Team Free / GALA only	
	<b>17:15 ~ Team Free Award Ceremony</b>	*No practice after the competition	
	<b>17:40 ~ 18:30 GALA</b>		
Venue Closes 19:00			

※During music-run practice, only the group whose music is being played may use the competition area.

※To prevent accidents during practice, please exercise caution with lifts and acrobatic movements.