

Final Meet Schedule\*  
Region A Intermediate and AG Championships  
May 20-22, 2011 New Canaan YMCA

\*Events will move up if the meet runs ahead of schedule

Friday

- 4:00 Doors Open
- 4:00-4:30 Registration (in gym)
- 4:35-4:45 Coaches' and officials' meeting (pool deck)
- 4:45-4:55 Lap swim for all Int. and AG routines
- 5-5:15 Intermediate and AG solo warm up
- 5:20-5:45 Intermediate and 10/U AG solo competition (8)
- 5:50-6:05 Intermediate and 10/U AG duet warm up
- 6:10-6:55 Intermediate and 10/U AG duet competition (14)

## Saturday

- 8:00am Doors Open
- 8:15-8:30 Lap swim for all Int. and 10/U AG routines
- 8:30-8:45 Intermediate and 10/U AG trio warm up
- 8:50-9:10 Intermediate and 10/U AG trio competition (6)
- 9:15-9:30 Intermediate and 10/U AG team spacing (6)
- 9:35-10:00 Intermediate and 10/U AG team competition
- 10:30-10:45 Lap swim for all Intermediate and 12/U AG swimmers
- 10:45-11:15 Figure warm up for all intermediate and 12/U AG swimmers (2 groups 15 min each)
- 11:20-12:45 Figure competition for all intermediate and 12/U AG swimmers
- 1:00-1:15 Lap swim for all 13/15 AG swimmers
- 1:15-1:30 Figure warm up for all 13/15 AG swimmers
- 1:35-2:10 Figure competition for all 13/15 AG swimmers
- 1:30 Awards for all Intermediate and 10/U AG swimmers (in gym)
- 2:10-2:30 Break
- 2:30-2:45 11/12 and 13/15 trio warm up
- 2:50-3:20 11/12 and 13/15 AG trio competition (8 + pre)
- 3:25-3:40 11/12 and 13/15 AG duet warm up
- 3:45-4:25 11/12 and 13/15 AG duet competition (9 + pre)
- 4:30-4:45 11/12 and 13/15 AG solo warm up
- 4:50-5:20 11/12 and 13/15 AG solo competition (9)
- 5:25-5:40 11/12 AG team spacing (5)
- 5:40-5:55 13/15 AG team spacing (2)
- 6:00-6:35 11/12 and 13/15 team competition
- 7:00 11/12 and 13/15 Awards (in gym)



## Sunday

- 8:00am Doors open
- 8:15-8:30 Lap swim for 16/19 AG figures
- 8:30-8:50 Figure warm up 16/19 figures
- 8:55-9:35 Figure competition
- 9:35-10:00 Break
- 10:00-10:15 16/17 and 18/19 Trio warm up
- 10:20-10:55 16/17 and 18/19 Trio competition (7)
- 11:00-11:15 16/17 and 18/19 Duet warm up
- 11:20-11:55 16/17 and 18/19 Duet competition (7)
- 12:00-12:15 16/17 and 18/19 Solo warm up
- 12:20-12:30 16/17 and 18/19 Solo competition (2)
- 12:30-12:45 16/17 and 18/19 Team spacing
- 12:50-1:10 16/17 and 18/19 Team competition (4)
- 1:30 Awards for all 16/19 swimmers (in gym)