

Connecticut and Metropolitan Association Meet

New Canaan YMCA April 21-22

Intermediate and 12/U Age Group Schedule Saturday April 21, 2012	
8:00am	Doors open
8:30am	Coaches meeting
8:30-8:45	Lap Swim
8:45-9:15	Intermediate and 12/U AG figure warm up (split team in 1/2, 15 min warm up each)
9:25-11:00	Intermediate and 12/U AG figure competition
11:00-11:30	Break
11:30-11:45	Intermediate and 10/U AG trio warm up (4)
11:45-12:00	11/12 AG trio warm up (5)
12:05-12:35	Intermediate and 12/U AG trio competition
12:35-12:50	Intermediate duet warm up (11)
12:50-1:05	10/U and 11/12 AG duet warm up (9)
1:10-2:10	Intermediate and 12/U AG duet competition
2:10-2:25	Intermediate and 12/U AG solo warm up (14)
2:30-3:05	Intermediate and 12/U solo competition
3:15-3:30	Intermediate and 10/U AG team warm up (5)
3:30-3:45	11/12 AG team warm up (3)
3:50-4:30	Intermediate and 12/U AG team competition
4:45	Intermediate and 12/U AG Awards
13/15 and 16/19 Age Group Sunday April 22, 2012	
8:00	Doors Open
8:30-8:45	Lap Swim for 13/15 AG figure swimmers
8:45-9:05	13/15 AG figure warm up
9:10-10:15	13/15 AG figure competition
10:15-10:30	Lap Swim for 16/19 AG figure swimmers
10:35-11:30	16/19 figure competition
11:30-11:50	Break
11:50-12:05	13/15 AG trio warm up (5)
12:05-12:20	16/19 AG trio warm up (6)
12:25-1:15	13/15 and 16/19 AG trio competition
1:15-1:30	13/15 AG duet warm up (9)
1:30-1:45	16/19 AG duet warm up (7)
1:50-3:00	13/15 and 16/19 AG duet competition
3:00-3:15	13/15 (6) and 16/19 (5) AG solo warm up
3:20-4:00	13/15 and 16/19 AG solo competition
4:00-4:15	13/15 (3) and 16/19 (2) AG team warm up
4:20-4:45	13/15 and 16/19 AG team competition
5:00	13/15 and 16/19 AG Awards