



2011 EAST ZONE CHAMPIONSHIP

March 11 – 13 Schenectady, NY



*** FINAL MEET SCHEDULE ***

Friday, March 11

4:00 pm	Doors Open - Registration in Main lobby
4:15	Coaches & Officials Meeting – on Deck
4:20-4:30	Lap Swimming
4:30-4:45	Warm-up Semi-final Solos
4:45-6:10	SOLO SEMI-FINAL COMPETITION
6:10-6:20	Warm-up 1 st half Semi-final Duets
6:20-7:20	First half DUET SEMI FINAL COMPETITION
7:20-7:30	Warm-up 2nd half Semi-final Duets
7:30-8:30	Second half DUET SEMI FINAL COMPETITION

Saturday, March 12

8:00 am	Doors Open
8:10-8:20	Lap Swimming
8:20-8:30	Warm up 1 st half Trio Semi Final Event
8:30-9:20	First half TRIO SEMI FINAL COMPETITION
9:20-9:30	Warm up 2nd half Trio Semi Final Event
9:30-10:15	Second half TRIO SEMI FINAL COMPETITION
10:15-11:30	Warm up - Team Semi Final Event (3 groups of 15 min rotations)
11:30-1:00	TEAM SEMI FINAL COMPETITION
1:15-2:00	Parade of athletes, Zone awards, Kim Miller Scholarship BREAK
2:15-2:55	Figure Warm up (split into two 20 min. halves)
3:00-5:00	Figure Competition and Split test
7:00	Zone meetings at Holiday Inn Wolf Road

Sunday, March 13

8:30 am	Doors Open
8:40-8:50	Lap Swimming
8:50	Public Draw
9:15-9:45	Team Spacing (in order of placement after semi-finals)
9:45-10:45	Trio, Duet, Solo Warm-up
11:00-1:30	FINAL EVENTS: TRIO, DUET, SOLO, TEAM
2:00	AWARDS and ANNOUNCEMENT OF EZ ALL-STARS

*** **Quiet Lap swimming** in the shallow end beyond the bulkhead will be allowed throughout meet, except during figure competition. This may be altered at the discretion of the technical chair and/or meet manager.