

2011 eSynchro Age Group Synchronized Swimming Championships

TENTATIVE MEET SCHEDULE

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(Times may be revised based on actual entries)

Friday, June 24

5:00pm- 8:00pm	Registration at the pool
5:00pm- 5:30pm	11-12 Officials and Coaches meeting at the pool
5:30pm- 6:00pm	Lap Swim
6:00pm- 8:30pm	11-12 Team practice with music (in order of draw)

Saturday, June 25

6:30am- 7:00am	Lap Swim/Open pool
7:00am-10:30am	11-12 Solo warm-up and competition
8:00am-12:00pm	Registration at the pool
10:30am- 2:15pm	11-12 Duet warm-up and competition
2:15pm- 7:00pm	11-12 Team warm-up and competition

Sunday, June 26

6:30am- 7:00am	Lap Swim/Open pool
7:00am-10:30am	11-12 Trio warm-up and competition
9:00am- 2:30pm	Registration at the pool
10:00am-10:30am	13-15 Officials and Coaches meeting at the pool
10:30am- 2:15pm	13-15 Trio warm-up and competition
2:15pm- 5:00pm	11-12 Figures warm up and competition
2:30pm- 4:30pm	eSynchro clinic
5:15pm- 8:00pm	13-15 Team practice with music (in order of draw)
6:00pm- 8:00pm	Reception for officials, coaches, sponsors & alumni
6:00pm- 7:30pm	Sync or Swim, Clarion Hotel, 31611 20th Ave South, Federal Way
8:00pm- 9:30pm	Sync or Swim, Clarion Hotel, 31611 20th Ave South, Federal Way

Monday, June 27

6:30am- 7:00am	Lap Swim/Open pool
7:00am-11:15am	13-15 Duet warm-up and competition
8:00am-11:00am	Registration at the pool
10:00am- 2:00pm	National Team Skills Training Clinic
10:00am- 11:30am	Sync or Swim
11:15am- 4:00pm	13-15 Team warm-up and competition
12:30pm- 2pm	Sync or Swim
4:00pm- 9:00pm	11-12 Parade of Athletes, Finals, and Awards

Tuesday, June 28

6:30am- 7:00am	Lap Swim/Open pool
7:00am- 10:45am	13-15 Solo warm-up and competition
11:15am- 2:00pm	13-15 Figures warm-up and competition
12:00pm- 2:00pm	eSynchro clinic
2:00pm- 3:00pm	Collegiate Synchro Opportunities Special Seminar
4:00pm- 6:00pm	Registration at the pool
3:15pm- 8:30pm	13-15 Parade of Athletes, Finals and Awards

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Wednesday, June 29

7:00am- 7:30am	Lap Swim/Open pool
7:00am- 7:30am	16-19 Officials and Coaches meeting at the pool
7:30am-11:45am	16-17 Duet warm-up and competition
8:00am-11:00am	Registration at the pool
10:00am- 2:00pm	National Team Skills Training Clinic
10:00am- 11:30am	Sync or Swim
11:45am- 3:30pm	16-17 Trio warm-up and competition
12:30pm- 2pm	Sync or Swim
3:30pm- 6:30pm	18-19 Trio warm-up and competition
6:30pm- 7:00pm	Lap Swim/Open pool
7:00pm- 9:30pm	18-19 Team practice with music

Thursday, June 30

7:00am- 7:30am	Lap Swim/Open pool
7:30am- 9:30am	16-17 Team practice with music
8:00am-11:00am	Registration at the pool
9:30am- 1:00pm	16-17 Solo warm-up and competition
10:00am- 11:30am	Sync or Swim
12:30pm- 2pm	Sync or Swim
1:00pm- 4:00pm	18-19 Duet warm-up and competition
4:15pm- 8:00pm	18-19 Team warm-up and competition

Friday, July 1

6:30am- 7:30am	Lap Swim/Open pool
7:30am-10:45am	16-17 Team warm-up and competition
10:45am- 1:00pm	18-19 Solo warm-up and competition
1:00pm- 2:00pm	Collegiate Synchro Opportunities Special Seminar
2:15pm- 8:00pm	16-17 & 18-19 Figures warm-up and competition

Saturday, July 2

6:30am- 7:30am	Lap Swim/Open pool
7:30am- 8:15am	16-17 Trio, Duet and Solo warm-up**
8:15am- 8:35am	Parade of Athletes 16-17 & 18-19
8:40am- 2:00pm	16-17 Finals and Awards
2:00pm- 2:45pm	18-19 Trio, Duet and Solo warm-up**
2:50pm- 8:00pm	18-19 Finals and Awards

**Team warm-ups will commence immediately following Solo Final.