



**2012 EAST ZONE Region A  
Intermediate & Age Group Championship  
MAY 19 – 20, Schenectady, NY**



**FINAL SCHEDULE**

**SATURDAY**

8:00 am	Doors Open
8:15 – 8:25	Lap Swim and Officials Meeting
8:30 – 8:40	Solo Warm up (10/U I, 11/12 I, 13/O I, 10/U AG)
8:45 – 9:10	Solo Competition (10/U I, 11/12 I, 13/O I, 10/U AG)
9:10 – 9:20	Duet Warm up (10/U I, 11/12 I, 13/O I, 10/U AG)
9:25 – 10:10	Duet Competition (10/U I, 11/12 I, 13/O I, 10/U AG)
10:10 – 10:20	Trio Warm up (10/U I, 11/12 I, 13/O I, 10/U AG)
10:25 – 10:55	Trio Competition (10/U I, 11/12 I, 13/O I, 10/U AG)
10:55 – 11:05	Lap Swim
11:05 – 11:35	Team Spacing (15 min # 1-5, 15 min #6 – 9)
11:35 – 12:05pm	Team Competition (10/U I, 11/12 I, 13/O I, 10/U AG)
12:05 – 12:15	Lap Swim
12:15 – 12:45	Figure Warm up (clubs divide swimmers into halves)
12:45 – 2:15	Figure Competition (Intermediates and 12/U AG)

**Break**

2:45	<b>Awards</b> for Intermediate & 10/U AG
3:20 – 3:30	Lap swim
3:30 – 3:40	Warm up all 11/12 AG Trios
3:45 – 4:05	Trio Competition (11/12 AG)
4:05 – 4:15	Warm up 11/12 AG Duets
4:20 – 4:40	Duet Competition (11/12 AG)
4:40 – 4:50	Warm up 11/12 Solos
4:55 – 5:05	Solo Competition
5:05 – 5:15	Lap Swim
5:15 – 5:30	Team Spacing
5:30 -5:45	Team Competition 11/12 AG Teams
6:00	<b>Awards</b> for 11/12 AG



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**FINAL SCHEDULE**

SUNDAY

8:00 am	Doors Open
8:15 – 8:25	Lap Swim and Officials Meeting
8:30 – 9:00	Warm up 13/15 Figures
9:00 – 10:00	13/15 Figures
10:05 – 10:15	Lap Swim
10:15 – 10:45	Warm up 16/19 Figures
10:45 – 11:45	16/19 Figures
11:50 – 12:00pm	Lap Swim
12:00 – 12:10	Warm up Trios (13/15, 16/17, 18/19)
12:15 – 1:15	Trio Competition
1:15 – 1:25	Warm up Duets (13/15, 16/17, 18/19)
1:30 – 2:30	Duet Competition
2:30 – 2:40	Solo Warm up (13/15, 16/17, 18/19)
2:45 – 3:20	Solo competition
3:20 – 3:30	Lap Swim
3:30 – 4:00	Team Spacing (15 min # 1-4, 15 min #5 – 8)
4:00 – 4:40	Team Competition
4:45	<b>Awards</b>

**Other Important Info from the host team:**

1. NO DEGELLING.
2. Parking on Saturday morning will be shared with an outdoor track event. Local street parking is available surrounding the school, so you might need to plan time for drop off and parking.
3. The boy's locker room is ours on Saturday morning and all day Sunday. We will need to give it up for Saturday afternoon, after the Intermediate Awards.