2014 CT & Metro Association Championship

Hamden, CT

April 26 & 27

Saturday April 26

Routine competition for Intermediates
Figure competition for Intermediates, 10&U AG, & 11/12 AG
Figure competition for 12& Under Age Group

Doors Open/Registration begins at 8:00am

Coaches & Officials Meeting, on deck, at 8:30am

Intermediate Trios (7)

8:45 - 8:50am	Lap Swim
8:50 - 9:05am	Warm Up
9:05 - 9:25am	**Trio Competition**

Intermediate Duets (9)

9:25 - 9:30am	Lap Swim
9:30 - 9:45am	Warm Up
9:45 - 10:15am	**Duet Competition**

Intermediate Solos (13)

10:15 - 10:20am	Lap Swim
10:20 - 10:35am	Warm Up
10:35 - 11:15am	**Solo Competition**

Intermediate Teams (7)

11:15 - 11:20pm	Lap Swim (1/2)
11:20 - 11:35pm	Team Spacing (1/2)
11:35 - 11:40	Lap Swim (2nd ½)
11:40 - 11:55	Team Spacing (2nd ½)
11:55 - 12:20pm	Team Competition

Intermediate, 10&U AG & 11/12 AG Figures (73)

12:30 - 12:35pm	Lap Swim
12:35 - 12:50pm	Figure Warm Up (1/2 your team)
12:50 - 1:05pm	Figure Warm Up (1/2 your team)
1:05 - 3:30pm	Figure Competition (2 panels)

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Saturday March 24 continued

12 & Under Age Group Trios (3)

3:45 - 3:50pm	Lap Swim
3:50 - 4:05pm	Warm Up
4:05 - 4:15pm	**Trio Competition**

12 & Under Age Group Duets (5)

4:15 - 4:20pm	Lap Swim
4:20 - 4:35pm	Warm Up
4:35 - 4:55pm	**Duet Competition**

12 & Under Age Group Solo (6)

4:55 - 5:00pm	Lap Swim
5:00 - 5:15pm	Warm Up
5:15 - 5:35pm	**Solo Competition**

12 & Under Age Group Teams (1)

5:35 - 5:40pm	Lap Swim
5:40 - 5:50pm	Team Spacing
5:40 - 5:45pm	**Team Competition**

Awards to follow

Sunday April 27

Figures and Routine Competition for 13/15 & 16/19 Age Groups

Doors open at 8:00
Coaches/Officials meeting at 8:30

13/15 Age Group Figures (42)

8:45 - 8:50am	Lap Swim
8:50 - 9:05am	Figure Warm Up
9:05 - 11:05am	Figure Competition (2 panels)

16/19 Age Group Figures (14)

11:05 - 11:10am	Lap Swim
11:10 - 11:25am	Figure Warm Up
11:25 - 12:10pm	Figure Competition (2 panels)

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<u>13/15 and 16/19 Age Group Trios</u> (7)

12:30 - 12:35pm	Lap Swim
12:35 - 12:50pm	Warm Up
12:50 - 1:20pm	**Trio Competition**

<u>13/15 and 16/19 Age Group Duets</u> (8)

1:20 - 1:25pm	Lap Swim
1:25 - 1:40pm	Warm Up
1:40 - 2:10pm	**Duet Competition**

<u>13/15 and 16/19 Age Group Solos</u> (7)

2:10 - 2:15pm	Lap Swim
2:15 - 2:30pm	Warm Up
2:30 - 3:00pm	**Solo Competition**

<u>13/15 and 16/19 Age Group Teams (5)</u>

3:00 - 3:05pm	Lap Swim
3:05 - 3:20pm	Team Spacing
3:20 - 3:50pm	**Team Competition**

Awards when locker rooms are clean

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All Final Meet information is available on-line at http://www.heronettes.org/eastZone/eastZone.shtml