

2013 EAST ZONE JUNIOR MEET SCHEDULE

Prelim Duets & Semi Solo will be 10 min Lap Swim & 15 min routine placement = 25 min.
Semi Trios & Semi Duets will be 5 min Lap Swim & 15 min routine placement = 20 min

Figures will be separated into 2 flights. Each flight will have a warm up that will be split in half, 5min. lap swim followed by 15 min figure warm up, compete the repeat for 2nd flight.

We will move up events as time permits especially Saturday. Please be on time, arrive about 30 min before the event and have your team prepared and ready to go.

FRIDAY February 8, 2013			
	Start	End	Routine
Doors Open	5:30PM		
Lap Swim Duet 1 st group only 10 min.	5:45PM	5:55PM	
Coaches and Officials Meeting	5:45	6:00	
Duet Prelim warm up 1 st group 15 min	6:00	6:15	1-18
Duet Prelim event 1st group	6:20	7:40	
Lap swim 10 min - warm up 2 nd group 15m	7: 40	8:05	19-36
Duet Prelim event 2nd group	8:10	9:30	
SATURDAY February 9, 2013			
	Start	End	Routine
Doors Open	6:30AM		
Solo 1st group Lap Swim 10 m- warm 15m	6:40 AM	7:05	
Solo Semi Final 1st group	7:05	8:05	1-17
2 nd Lap Swim 10m - warm up 15m	8:05	8:30	
Solo Semi Final 2nd group	8:35	9:30	18-34
All Lap Swim 5min 15 Figure practice			
Figures and split test 1st Heat	Half each club	Half each club	1-90
**1st Lap Swim - Warm Up ½ each club	9:30 -9:50	9:50-10:10	
Figures 1st Heat	10:10	11:30	
Figures and split test 2nd group			91-179
**2nd Lap Swim - Warm Up ½ each club	11:30-11:50	11:50-12:10	
Figures 2nd Heat	12:10 PM	1:30PM	
Team Semi Finals 1st group			
	Start	End	Routine
1 st Lap Swim 5 min - team placement 30 min	1:30	2:15	
Team Semi Final 1st group	2:15	3:15	1-12
2 nd Lap Swim 5 min - team placement 30 min	3:15	3:50 PM	
Team Semi Final 2nd group	3:50	4:50	13-25
Trio Semi Final 1st group			1-13
1 st Lap Swim 5 min - Warm up 15 min	4:50	5:10	
Trio semi Final 1st group	5:10	6:00	
Trio Semi Final 2nd group			14-26
2 nd Lap Swim 5 min - Warm up 15 min	6:00	6:20	
Trio Semi Final 2nd group	6:20	7:10	
Duet Semi Final 1st group			1-13
1 st Lap Swim 5 min - Warm up 15min	7:10	7:30	
Duet Semi Final 1st group	7:30	8:30	
Duet Semi Final 2nd group			14-25
2 nd Lap Swim 5 min - Warm up 15 min	8:30	8:50	
Duet Semi Final 2nd group	8:50	10:00	

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SUNDAY February 10, 2013	Start	End		
Doors Open	8:00AM			
Public Draw	8:15AM			
Lap Swim for Trio, Duet, Solo	8:35AM	8:50AM		
Warm up (15 ea.) Trio, Duet, Solo	8:50	9:35		
Trio Final Event	9:35	10:30	PP 1-8	
Duet Final Event	10:30	11:25	PP 1-8	
10 min. break				
Solo Final Event	11:35	12:20	PP 1-8	
Lap Swim for Teams 10 minutes	12:20	12:30		
Team Spacing 2 groups of 15 min	12:30	1:00	Order of PP 1-3	Draw 4-8
Team Final Event	1:00	2:00		
Awards Immediately Following	2:00	2:45		

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