

**2010 Tri-State Associations
Jr & Sr Championships**
(Connecticut, Metropolitan, New Jersey)
January 31st - Hamden, CT

MEET MANAGER: Teena Griggs
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Hamden, CT 06518
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VENUE: Hamden High School
2040 Dixwell Ave.
Hamden, CT 06514

FIGURES:

Junior Figures (for both Jr & Sr)		
313	Kip Split Closing 180	2.5
112f	Ibis Continuous Spin	2.8
307	Flying Fish	3.0
115c	Catalina Twirl	2.8

LOCKER ROOMS: Assigned by Team – look for signs

GEL STATION: Back hallway outside the locker rooms – look for signs

FOOD: Concessions will be provided by the
Hamden Heronettes Parents Association
throughout the meet
No Food/Drink (other than water) Allowed in Pool Area

SCHEDULE:

Doors open @ 8am Registration
8:30am Coaches/Officials Meeting on Deck
8:45am Lap Swim
9:00am Figure warm-up
9:30am Figure Competition (55)

All routine events will run Jr followed by Sr

11:00am Trio Warm Up & Competition (14)
12:30pm Duet Warm Up & Competition (17)
2:15pm Solo Warm Up & Competition (10)
3:15pm Team Warm Up & Competition (6)
4:15pm Awards