

**East Zone Invitational
Intermediate, 10/U, 11/12, 13/15 AG
Final Meet Schedule
New Canaan, CT.**

Friday March 25, 2011

4:00 Doors Open

4:00-4:30 Registration

4:30- Coaches and officials meeting (on deck)

4:30-4:45 Lap Swim (all)

4:45-5:00 Solo warm up; all int. and 10/U AG

5:05-6:05 Solo competition; all int. and 10/U AG (24)

6:10-6:40 Duet warm up; all int. and 10/U AG (2 groups)

6:45-7:45 Duet competition; all int. and 10/U AG (23)

Saturday March 26, 2011

7:45- Doors Open

8:00- Coaches meeting (on deck)

8:15-8:30 Lap Swim (all)

8:30-9:00 Trio warm up; All int. and 10/U AG (2 groups)

9:00-10:00 Trio Competition; All int. and 10/U AG (18)

10:15-10:30 Lap swim for all int., 10/U, and 11/12 AG figure swimmers

10:30- 11:15 Figure warm up all int., 10/U and 11/12 AG (15 min X 3 groups)

11:20 -1:05 Figure competition; all int., 10/U and 11/12 AG (207)

1:15 – 2:15 Team warm up; All int. and 10/U AG (15 min X 4 groups)

2:20-3:40 Team competition; All int. and 10/U AG (22)

3:45-4:00 Lap swim for 13/15 figure swimmers

4:00 Awards for all intermediate and 10/U AG athletes in gymnasium

4:00-4:15 Figure warm up; 13/15 AG

4:20- 5:05 Figure competition; 13/15 AG (31)

5:05-5:20 Trio warm up; 11/12 AG

5:20-5:50 Trio competition; 11/12 AG (9)

5:50-6:05 Trio warm up; 13/15 AG

6:10-6:30 Trio competition; 13/15 AG (4)

Sunday March 27, 2011

7:45 Doors open

8:00-8:15 Lap swim (all)

8:15-8:30 Solo warm up; 11/12 and 13/15 AG

8:35-9:10 Solo competition; 11/12 (6) and 13/15 AG (4)

9:15-9:45 Duet warm up; 11/12 and 13/15 AG (2 groups)

9:50-10:50 Duet competition; 11/12 and 13/15 AG

11:00-11:45 Team warm up; (15 min X 3 groups)

11:45-12:35 Team competition; 11/12 (8) and 13/15 AG (10)

12:40 Awards for 11/12 and 13/15 AG on pool deck