

Region A Age Group Championships

May 17-19 2013 New Canaan, CT

Tentative Schedule	
Friday	
5:00	Doors open
5:30	Coaches meeting
5:30-5:45	Lap Swim
5:45-6:00	Intermediate and 12/U AG Solo warm up
6:05-6:40	Intermediate and 12/U AG Solo competition (14)
6:40-7:10	Intermediate and 12/U AG Duet warm up (2 groups 15min each)
7:10-8:05	Intermediate and 12/U AG Duet competition (18)
Saturday	
8:00am	Doors open
8:15-8:30	Lap Swim
8:30-9:00	Intermediate and 12/U AG Figure warm up (2 groups 15min each split team in half)
9:05-10:05	Intermediate and 12/U AG Figure competition
10:05-10:30	Break
10:30-11:00	Intermediate and 12/U AG Trio warm up (2 groups 15min each)
11:05-11:55	Intermediate and 12/U AG Trio competition (16)
12:00-12:45	Intermediate and 12/U AG Team warm up (3 groups 15 min each 5 min rotations)
12:50-1:40	Intermediate and 12/U AG Team competition (14)
	Intermediate and 12/U AG Awards will be in the gym Approx 2pm
2:00-2:15	13/15 AG Lap Swim
2:15-2:35	13/15 AG Figure warm up
2:40-3:30	13/15 AG Figure competition
3:30-3:45	16/19 AG Lap Swim
3:45-4:05	16/19 AG Figure warm up
4:05-5:15	16/19 Figure Competition
Sunday	
8:00am	Doors open
8:15-8:30	13/15 and 16/19 Lap Swim
8:30-8:45	13/15 and 16/19 AG Trio warm up
8:50-9:35	13/15 and 16/19 AG Trio competition (12)
9:35-9:15	13/15 and 16/19 AG Duet warm up
9:20-10:15	13/15 and 16/19 AG Duet competition (14)
10:15-10:30	13/15 and 16/19 AG Solo warm up
10:35-11:20	13/15 and 16/19 AG Solo competition (12)
11:30-12:00	13/15 and 16/19 AG Team warm up (2 groups 15min each, 5 min rotations)
12:05-12:50	13/15 and 16/19 AG Team competition (9)
13/15 and 16/19 AG Awards will begin as soon as they are available	