

Region A Age Group Championships

May 17-19 2013 New Canaan, CT

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
6:05-6:50	Intermediate and 12/U AG Solo competition (16)
6:50-7:20	Intermediate and 12/U AG Duet warm up (2 groups 15min each)
7:25-8:20	Intermediate and 12/U AG Duet competition (18)
Saturday	
7:30am	Doors open
7:45-8:00	Lap Swim
8:00-8:30	Intermediate and 12/U AG Figure warm up (2 groups 15min each split team in half)
8:35-10:45	Intermediate and 12/U AG Figure competition
10:45-11:10	Break
11:10-11:30	Intermediate and 12/U AG Trio warm up (2 groups 10min each)
11:35-12:25	Intermediate and 12/U AG Trio competition (16)
12:30-1:45	Intermediate and 12/U AG Team warm up (3 groups 15 min each 5 min rotations)
1:45-2:35	Intermediate and 12/U AG Team competition (14)
Intermediate and 12/U AG Awards will be in the gym Approx 3pm	
3:30-3:45	13/15 AG Lap Swim
3:45-4:05	13/15 AG Figure warm up
4:10-5:30	13/15 AG Figure competition
5:30-5:45	16/19 AG Lap Swim
5:45-6:05	16/19 AG Figure warm up
6:10-7:30	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	