

East Zone Synchronized Swimming Region A Championships MEET ANNOUNCEMENT

Date: May 17 and May 18, 2014

Location: Mohonasen High School
2072 Curry Rd, Schenectady, NY 12303

Hosted by: Adirondack Association

SCHEDULE

(may be adjusted after all entries are received)

Saturday, May 17th:

8:00 am	Doors Open
8:00 – 8:30	Registration
8:30 – 8:45	Coaches and Officials Meeting at the Sound Table
8:45 – 9:00	Lap Swim
9:00-9:30	Figure Warm-up for all Intermediate and 12/Under Age Group Swimmers (Coaches: Please divide your swimmers – 15 minutes for each half)
9:30-10:30	Intermediate and 12/Under Age Group Figure Competition
10:30 – 11:00	Break
11:00-11:10	Warm-Up – All Intermediate Soloists (11)
11:15 – 11:50	Intermediate Solo Competition
11:50 – 12:00	Warm-up – All Intermediate Duets (10)
12:05 – 12:40	Intermediate Duet Competition
12:45 – 12:55	Warm-up – All Intermediate Trios (8)
1:00 – 1:30	Intermediate Trio Competition

1:30 – 1:40	Lap Swim
1:40 – 2:00	Warm-up – All Intermediate Teams (6)
2:00 – 2:30	Intermediate Team Competition
2:30 – 2:45	Break
2:45 – 3:00	Lap Swim – All 12/Under Age Group Competitors
3:00 – 3:30	Warm-up All 12/under solos, duets and trios
3:35 – 3:55	12/Under Age Group Solo Competition (5)
4:00 – 4:35	12/Under Age Group Duet Competition (6)
4:40 – 5:00	12/Under Age Group Trio Competition (4)
5:05 – 5:25	Warm-up – All 12/under Age Group Teams (3)
5:30 – 5:50	12/Under Age Group Team Competition

Intermediate and 12/Under Age Group Awards

Sunday, May 18th, 2014

9:00 am	Doors Open
9:00 – 9:30	Registration
9:30 – 9:45	Coaches Meeting by the Sound Table
9:30-9:45	Lap Swim – All 13/15, 16/16, and 18/19 Competitors
9:45 – 10:00	13/15 Figure Warm Up
10:00 – 11:00	13-15 Figure Competition
11:00 – 11:15	16/19 Figure Warm Up
11:15 – 12:00	16/19 Figure Competition
12:00 – 12:15	Break

12:15 – 12:25	Warm-up Solos (9)
12:30 – 1:05	13 and Older Age Group Solo Competition
1:10 – 1:20	Warm-up Duets (9)
1:25 – 2:00	13 and Older Age Group Duet Competition
2:05 – 2:10	Warm-up Trios (8)
2:15 – 2:50	13 and Older Trio Competition
2:50 – 3:00	Lap Swim
3:00 – 3:15	All 13 and Older Teams Warm up (6)
3:20 – 4:00	13 and Older Team Competition

13 and Over Awards