

**2004 U.S. National Synchronized Swimming Championships**

**MEET SCHEDULE**

| Start               | End   | Event  |
|---------------------|-------|--|
| Tuesday, April 27   |       |  |
| PM 4:00             | 10:00 | Registration @ Sheraton                        |
| Wednesday, April 28 |       |  |
| AM 6:45             | 7:30  | Open Pool Comp/Diving Well                     |
| 8:00                | 5:00  | Registration @ Pool                            |
| 7:30                | 2:30  | Scheduled Practice w/ Music                    |
| 2:00                | 2:30  | <b>Officials/Coaches Meeting</b>               |
| 2:30                | 3:15  | Trials warm-up for '05 Phase I                 |
| 3:20                | 6:00  | 2005 Team Trials Phase I                       |
| 6:30                | 8:00  | Officials/Coaches Reception @ Arrillaga Cafe   |
| Thursday, April 29  |       |  |
| AM 7:00             | 8:00  | Open Pool Comp/Diving Well                     |
| 8:00                | 8:45  | Trials warm-up '04 Phase IV & '05 Phase II     |
| 8:50                | 10:30 | 2004 Team Trials Phase IV & 2004 Phase II      |
| 10:40               | 11:00 | Solo Technical warm-up (1 <sup>st</sup> half)  |
| 11:05               | 12:30 | Solo Technical Competition                     |
| 12:30               | 12:50 | Duet Technical warm-up (1 <sup>st</sup> half)  |
| 12:55               | 2:30  | Duet Technical Competition                     |
| 2:30                | 3:10  | Team Technical warm-up (2 @ 20 min each)       |
| 3:20                | 4:30  | Team Technical Competition                     |
| 4:30                | 5:00  | Athletes meeting & Trials de-briefing at Pool  |
| 6:30                | 8:00  | Banquet & All-American Awards @ Sheraton       |
| Friday, April 30    |       |  |
| AM 7:30             | 8:30  | Open Pool Comp/Diving Well                     |
| 8:30                | 10:00 | Team Free practice w/music                     |
| 10:00               | 10:20 | Solo Prelim warm-up (1 <sup>st</sup> half)     |
| 10:30               | 1:00  | Solo Prelim Competition                        |
| 1:00                | 1:20  | Duet Prelim warm-up (1 <sup>st</sup> half)     |
| 1:30                | 4:00  | Duet Prelim Competition                        |
| 4:00                | 5:00  | Team Free Prelim warm-up (3 @ 20 min each)     |
| 5:10                | 6:30  | Team Free Prelim Competition                   |
| Saturday, May 1     |       |  |
| AM 8:00             | 10:00 | Olympic Team Practice Comp/Diving Well Open    |
| 10:00               | 10:30 | Lap swimming Only Comp Pool                    |
| 10:30               | 11:00 | Solo Final warm-up                             |
| 11:00               | 11:30 | Duet Final warm-up                             |
| PM 12:00            | 1:00  | Solo Final Competition                         |
| 1:15                | 2:15  | Duet Final Competition                         |
| 2:15                | 3:15  | Team Final warm-up Pres-6 (30min) 7-12 (30min) |
| 3:45                | 4:00  | Parade   |
| 4:10                | 5:30  | Team Final Competition                         |
| 5:30                | 6:00  | Olympic Team Exhibition                        |
| 6:00                | 6:30  | Awards Presentation                            |