



2006 Esynchro Age Group

Synchronized Swimming Championships

June 23-July 1, Federal Way, WA

FINAL MEET SCHEDULE (as of June 19, 2006)

Start	End	Event
FRIDAY, JUNE 23		
PM 5:00	8:00	Registration at the pool
5:30	6:00	12-13 Officials & Coaches meeting at the pool
5:30	6:00	Lap Swim
6:00	8:30	12-13 Team practice with music
6:30	7:30	Reception for officials, coaches, sponsors & alumni
SATURDAY, JUNE 24		
AM 6:45	7:15	Lap swim/Open pool
8:00	12:00	Registration at the pool
7:15	10:15	12-13 Solo warm-up and competition
10:15	1:45	12-13 Duet warm-up and competition
PM 2:15	6:00	12-13 Team warm-up and competition
SUNDAY, JUNE 25		
AM 6:45	7:00	Lap swim
7:00	10:00	12-13 Trio warm-up and competition
9:00	2:30	Registration at the pool
9:30	10:00	14-15 Officials & Coaches meeting at the pool
10:15	2:15	14-15 Trio warm-up and competition
PM 2:15	5:00	12-13 Figures warm up and competition
5:00	5:15	Lap Swim
5:15	8:00	14-15 Team practice with music
MONDAY, JUNE 26		
AM 6:45	7:00	Lap swim
8:00	11:00	Registration at the pool
7:00	11:15	14-15 Duet warm-up and competition
11:15	3:00	14-15 Team warm-up and competition
PM 3:15	8:00	12-13 Parade of Athletes, Finals, and Awards
TUESDAY, June 27		
AM 6:45	7:00	Lap swim
7:00	10:30	14-15 Solo warm-up and competition
11:00	2:30	14-15 Figures warm up and competition
PM 4:00	6:00	Registration at pool
3:15	9:00	14-15 Parade of Athletes, Finals and Awards
WEDNESDAY, June 28		
AM 6:30	7:00	Lap swim/Open pool
6:30	7:00	16-19 Officials & Coaches meeting at pool
8:00	11:00	Registration at pool
7:00	11:15	16-17 Duet warm-up and competition
11:15	3:15	16-17 Trio warm-up and competition
PM 3:15	6:45	18-19 Trio warm-up and competition
6:50	9:35	18-19 team practice with music

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THURSDAY, June 29		
AM 6:45	7:00	Lap swim
8:00	11:00	Registration at pool
7:00	9:30	16-17 Team practice with music
9:30	1:15	16-17 Solo warm-up and competition
PM 1:15	4:45	18-19 Duet warm-up and competition
5:00	9:00	18-19 Team warm-up and competition
FRIDAY, JUNE 30		
AM 6:45	7:00	Lap swim
7:00	10:45	16-17 Team warm-up and competition
10:45	1:30	18-19 Solo warm-up and competition
PM 1:45	8:00	16-17 & 18-19 Figures warm-up and competition
SATURDAY, JULY 1		
AM 7:00	7:30	Lap swim/Open pool
7:30	8:15	16-17 Trio, Duet and Solo warm-up**
8:25	2:00	16-17 Parade of Athletes, Finals and Awards
PM 2:00	2:45	18-19 Trio, Duet and Solo warm-up**
2:55	8:15	18-19 Parade of Athletes, Finals and Awards **Team warm-ups will commence immediately following each Solo Final.