

2009 Esynchro Age Group Synchronized Swimming Championships

FINAL MEET SCHEDULE (6-18-2009)

Page 1 of 2 (Events will NOT begin prior to the published start time)

Friday, June 26

5:00pm- 8:00pm

5:30pm- 6:00pm

6:00pm- 8:15pm

Registration at the pool

11-12 Officials and Coaches meeting at the pool

11-12 Team practice with music

Saturday, June 27

7:30am- 8:00am

8:00am-12:00pm

8:00am-11:00am

11:15am- 2:00pm

2:30pm- 6:00pm

Open pool

Registration at the pool

11-12 Solo warm-up and competition

11-12 Duet warm-up and competition

11-12 Team warm-up and competition

Sunday, June 28

7:00am- 7:30am

7:30am-10:30am

9:00am- 2:30pm

10:00am-10:30am

10:30am- 2:15pm

2:15pm- 5:00pm

Open pool

11-12 Trio warm-up and competition

Registration at the pool

13-15 Officials and Coaches meeting at the pool (repeat)

13-15 Trio warm-up and competition

11-12 Figures & Phase 1 Team Trials warm up and competition

13-15 Team practice with music

Reception for officials, coaches, sponsors & alumni

Monday, June 29

6:30am- 7:00am

8:00am-11:00am

7:00am-11:15am

11:15am- 3:15pm

3:15pm- 8:45 pm

Open pool

Registration at the pool

13-15 Duet warm-up and competition

13-15 Team warm-up and competition

11-12 Parade of Athletes, Finals, National Team 1 Exhibition and Awards

Tuesday, June 30

6:30am- 7:00am

7:00am-10:45am

11:15am- 2:00pm

4:00pm- 6:00pm

3:15pm- 8:30pm

Open pool

13-15 Solo warm-up and competition

13-15 Figures & Phase 1 Team Trials warm-up and competition

Registration at the pool

13-15 Parade of Athletes, Finals and Awards



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Page 2 of 2 (Events will NOT begin prior to the published start time)

Wednesday, July 1

7:00am- 7:30am	Open pool
7:00am- 7:30am	16-19 Officials and Coaches meeting at the pool (repeat)
8:00am-11:00am	Registration at the pool
7:30am-11:30am	16-17 Duet warm-up and competition
11:45am- 3:15pm	16-17 Trio warm-up and competition
3:30pm- 6:15pm	18-19 Trio warm-up and competition
6:15pm- 6:40pm	Open pool
6:40pm- 9:00pm	18-19 Team practice with music

Thursday, July 2

7:00am- 7:30am	Open pool
8:00am-11:00am	Registration at the pool
7:30am- 9:30am	16-17 Team practice with music
9:30am- 1:00pm	16-17 Solo warm-up and competition
1:00pm- 4:00pm	18-19 Duet warm-up and competition
4:30pm- 8:00pm	18-19 Team warm-up and competition
8:00pm- 9:00pm	Open pool

Friday, July 3

6:30am- 7:30am	Open pool
7:30am-10:45am	16-17 Team warm-up and competition
10:45am- 12:30pm	18-19 Solo warm-up and competition
1:45pm- 8:00pm	16-17 & 18-19 Figures warm-up and competition

Saturday, July 4

6:30am- 7:30am	Lap Swim/Open pool
7:30am- 8:15am	16-17 Trio, Duet and Solo warm-up**
8:20am- 8:35am	Parade of Athletes 16-17 & 18-19
8:40am- 2:00pm	16-17 Finals and Awards
2:00pm- 2:45pm	18-19 Trio, Duet and Solo warm-up**
2:50pm- 7:30pm	18-19 Finals and Awards

**Team warm-ups will commence immediately following Solo Final.

