

2010 U.S. JUNIOR SYNCHRONIZED SWIMMING CHAMPIONSHIPS

March 25 – 27, Austin TX

FINAL SCHEDULE 3-21

Wednesday, March 24, 2010	
daytime	Fee-based Practice Only
6:30 pm – 8:00 pm	Welcome Reception / Coaches & Officials Meeting at the Swim Center
Thursday, March 25, 2010	
8:00 am – 8:30 am	Lap Swimming
8:30 am – 9:00 am	Figure Warm-up – First Flight (~93)
9:05 am – 10:40 pm	Figure Competition -Junior Team Trials Phase 1-First Flight
10:45 am – 11:15 am	Figure Warm-up – Second Flight (~93)
11:20 am – 1:00 pm	Figure Competition-Junior Team Trials Phase 1-Second Flight
1:00 pm – 2:00 pm	Lunch break
1:00 pm – 2:00 pm	Seminar – Collegiate Synchro Overview – all parents, athletes and coaches invited - Alderson Rm, 2nd floor, Swim Center
2:15 pm – 3:55 pm	Combo Practice – with music (~7, walkout, lifts and swim through with music, 10 min each, in order of draw, see detailed schedule)
3:55 pm – 5:35 pm	Team Practice – with music (~17, walkout, lifts and swim through with music, 5 min each, in order of draw, see detailed schedule)
Friday, March 26, 2010	
7:30 am – 8:00 am	Lap Swim
8:00 am - 8:20 am	Duet Warm-up – 1 st Half – Pre - 17
8:25 am – 9:45 am	Duet Semi-Final Competition – 1st Half – Pre - 17
9:50 am - 10:10 am	Duet Warm-up – 2 nd Half – 18-34
10:15 am – 11:35 am	Duet Semi-Final Competition – 2nd Half – 18-34
11:35 am – 12:10 pm	Lunch Break
12:10 pm – 12:30 pm	Solo Warm-up – 1 st Half – Pre - 18
12:35 pm – 1:45 pm	Solo Semi-Final Competition – 1st Half – Pre - 18
1:45 pm – 2:05 pm	Solo Warm-up – 2 nd Half – 19 - 35
2:10 pm – 3:30 pm	Solo Semi-Final Competition – 2nd Half – 19-35
3:30 pm – 4:30 PM	Seminar – Collegiate Synchro Overview – all parents, athletes and coaches invited (repeat of seminar offered Thursday) - Alderson Rm, 2nd floor, Swim Center
4:15 pm – 5:00 pm	Team Warm-up (three groups, 15 minutes each)
5:05 pm - 6:35 pm	Team Semi-Final Competition
Saturday, March 27, 2010	
	*Note – During Finals, the diving well will only be used for lap swimming for warm-up for the next event. The lap lanes on either side of the competition pool are closed except to the prior routine cooling down before their scores are read.
8:00 am – 8:30 am	Lap Swim
8:30 am – 9:00 am	Combo Warm-up (15 min each half)
9:05 am – 9:50 am	Combo Semi-Final Competition
9:55 am – 10:35 am	Duet & Solo Warm-up (20 min each)
10:40 am – 11:30 am	Duet Final Competition
11:35 am – 12:20 pm	Solo Final Competition
12:35 pm – 1:05 pm	Team Final Warm-up (15 min each pre-4, 5-8)
1:10 pm – 2:10 pm	Team Final Competition
2:15pm – 2:45 pm	Combo Warm-up (15 min each half)
2:50 pm – 3:35 pm	Combo Final Competition
3:45 pm – 4:30 pm	Parade of Athletes and United States Synchronized Swimming National Team Exhibition
4:30 pm	Awards
5:00 – 6:00 pm	“Give Synchro a Try” A free, one hour session for Austin area 8- 12 yr olds, after the National Team Exhibition – hosted by the Austin Angelfish swimmers and coaches.