

Combo Practice

Note: practice walkout 3 routines prior to swim through, practice lift 2 routines prior. Be on deck ready to jump in by the completion of the routine prior to your swim.

TIME	WALKOUT	LIFT PRACTICE	SWIM THROUGH
2:15	Draw #1 Los Angeles Synchro		
2:25	Draw #2 Arizona Aqua Stars	Los Angeles Synchro	
2:35	Draw #3 ANA Synchers	Arizona Aqua Stars	
2:45	Draw #4 Coral Springs Aquacades	ANA Synchers	Los Angeles Synchro
2:55	Draw #5 Walnut Creek Aquanuts	Coral Springs Aquacades	Arizona Aqua Stars
3:05	Draw #6 Cincinatti Synchrogators	Walnut Creek Aquanuts	ANA Synchers
3:15	Draw #7 MAC Synchro	Cincinatti Synchrogators	Coral Springs Aquacades
3:25	end	MAC Synchro	Walnut Creek Aquanuts
3:35		end	Cincinatti Synchrogators
3:45			MAC Synchro
3:55			end

Team Practice

Note: practice walkout 3 routines prior, practice lift 2 routines prior. Be on deck ready to jump in by the completion of the routine prior to your swim.

TIME	WALKOUT	LIFT PRACTICE	SWIM THROUGH
3:55	Draw #Pre Austin Angelfish		
4:00	Draw #1 Indy Synchro	Austin Angelfish	
4:05	Draw #2 New Canaan Y Aquianas	Indy Synchro	
4:10	Draw #3 Coral Springs Aquacades	New Canaan Y Aquianas	Austin Angelfish
4:15	Draw #4 Cincinatti Synchogators	Coral Springs Aquacades	Indy Synchro
4:20	Draw #5 Riverside Aquettes	Cincinatti Synchogators	New Canaan Y Aquianas
4:25	Draw #6 Santa Clara Aquamaids	Riverside Aquettes	Coral Springs Aquacades
4:30	Draw #7 Los Angeles Synchro	Santa Clara Aquamaids	Cincinatti Synchogators
4:35	Draw #8 Santa Clara Aquamaids	Los Angeles Synchro	Riverside Aquettes
4:40	Draw #9 Arizona Aqua Stars	Santa Clara Aquamaids	Santa Clara Aquamaids
4:45	Draw #10 Seattle Synchro	Arizona Aqua Stars	Los Angeles Synchro
4:50	Draw #11 ANA Synchers	Seattle Synchro	Santa Clara Aquamaids
4:55	Draw #12 Flagler County Belles	ANA Synchers	Arizona Aqua Stars
5:00	Draw #13 MAC Synchro	Flagler County Belles	Seattle Synchro
5:05	Draw #14 New Canaan Y Aquianas	MAC Synchro	ANA Synchers
5:10	Draw #15 Walnut Creek Aquanuts	New Canaan Y Aquianas	Flagler County Belles
5:15	Draw #16 St Paul Stars	Walnut Creek Aquanuts	MAC Synchro
5:20	end	St Paul Stars	New Canaan Y Aquianas
5:25		end	Walnut Creek Aquanuts
5:30			St Paul Stars
5:35			end