

2010 U.S. National Synchronized Swimming Championships Final Schedule

Start	End	Event
Wednesday, April 14		
AM 8:00	9:00	Open Pool
9:00	4:30	Registration @ Pool
9:00	5:00	Scheduled Practice w/ Music
5:00	6:00	Sport Science Seminar for coaches and other s interested– Dr Jim Miller
6:00	7:00	Athlete seminar, Antidoping: what you need to know– Dr Jim Miller
Thursday, April 15		
AM 8:00	9:00	Coaches/Officials Meeting
8:00	9:00	Open Pool
9:00	9:20	Solo Preliminary Free warm-up
9:25	11:15	Solo Preliminary Free Competition
~11:15	11:30	Open Pool
11:30	11:50	Duet Preliminary Free warm-up
11:55	1:45	Duet Preliminary Free Competition
~1:45	2:00	Open Pool
2:00	3:00	Team Preliminary Free warm-up (3 x 20 min warmups)
3:05	4:25	Team Preliminary Free Competition
4:30	5:00	Preliminary Free Routine Awards
Friday, April 16		
8:00	9:00	Open Pool
8:30	8:45	Draw for all Technical Events
9:00	9:40	Team Preliminary Technical practice w/music (1 time thru in order of draw)
9:40	10:00	Open Pool
10:00	10:20	Solo Preliminary Technical warm-up
10:25	11:25	Solo Preliminary Technical Competition
11:30	11:50	Duet Preliminary Technical warm-up
11:55	1:00	Duet Preliminary Technical Competition
1:00	2:30	Athletes Meeting-Pool- Elections will be held
2:30	3:15	Open Pool (earlier if athlete's meeting ends early)
3:15	4:15	Combination practice w/ music (15 minutes each team, in order of draw)
4:30	5:30	Team Preliminary Technical warm-up (3 x 20 min warmups)
5:30	6:30	Team Preliminary Technical Competition
6:30	6:45	Huntersville Synchro Watershow
6:45	7:05	Combination warm-up (1 x 20 min warmup)
7:10	7:40	Combination Preliminary Competition
Saturday, April 17		
AM 8:00	9:00	Open Pool
8:30	9:00	Draw for all Final Events
9:00	9:20	Combination Final warm-up (1 x 20 minutes)
9:25	9:55	Combination Final Competition
10:00	10:20	Solo Final Free warm-up
10:20	10:50	Duet Final Free warm-up
10:55	11:45	Solo Final Free Competition
11:50	12:45	Duet Final Free Competition
12:55	1:25	Team Final Free warm-up (2 x 15 minutes)
1:30	2:30	Team Final Free Competition
2:40	2:55	Parade of Athletes
3:00		Awards Presentation