



*2010 eSynchro Age Group
Synchronized Swimming Championships*
FINAL MEET SCHEDULE 6/9/10
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NOTES: All preliminary warmups will be split with first half prior to the event, and second half after half routines have swum EXCEPT 18-19 Solo, which will be all warmed up at once prior to the event starting.

Friday, June 25

5:00pm- 8:00pm
5:00pm- 5:30pm
5:30pm- 6:00pm
6:00pm- 8:30pm

Registration at the pool
11-12 Officials and Coaches meeting at the pool
Lap Swim
11-12 Team practice with music (in order of draw)

Saturday, June 26

6:30am- 7:00am
8:00am-12:00pm
7:00am-10:00am
10:00am- 2:00pm
2:00pm- 6:30pm
7:00pm-10:00pm

Lap Swim/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
11-15 Athlete Social (see form J)

Sunday, June 27

6:30am- 7:00am
7:00am-10:30am
9:00am- 2:30pm
10:00am-10:30am
10:30am- 2:15pm
2:15pm- 5:00pm
5:15pm- 8:00pm
6:00pm- 9:00pm

Lap Swim/Open pool
11-12 Trio warm-up and competition
Registration at the pool
13-15 Officials and Coaches meeting at the pool
13-15 Trio warm-up and competition
11-12 Figures warm up and competition
13-15 Team practice with music (in order of draw)
Reception for officials, coaches, sponsors & alumni

Monday, June 28

6:30am- 7:00am
8:00am-11:00am
7:00am-11:15am
11:15am- 4:00pm
4:00pm- 9:00pm

Lap Swim/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, and Awards

Tuesday, June 29

6:30am- 7:00am
7:00am- 10:45am
10:00am- 2:00pm
11:15am- 2:00pm
2:00pm- 3:00pm
4:00pm- 6:00pm
3:15pm- 9:00pm

Lap Swim/Open pool
13-15 Solo warm-up and competition
Niagara Falls tour (see form K)
13-15 Figures warm-up and competition
Collegiate Synchro Opportunities Special Seminar
Registration at the pool
13-15 Parade of Athletes, Finals and Awards

FINAL MEET SCHEDULE
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Wednesday, June 30

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| 7:00am- 7:30am | Lap Swim/Open pool |
| 7:00am- 7:30am | 16-19 Officials and Coaches meeting at the pool |
| 8:00am-11:00am | Registration at the pool |
| 7:30am-11:30am | 16-17 Duet warm-up and competition |
| 11:30am- 3:15pm | 16-17 Trio warm-up and competition |
| 3:15pm- 6:00pm | 18-19 Trio warm-up and competition |
| 6:00pm-10:00pm | Niagara Falls Tour (see form K) |
| 6:00pm- 6:30pm | Lap Swim/Open pool |
| 6:30pm- 8:30pm | 18-19 Team practice with music |

Thursday, July 1

| | |
|----------------|------------------------------------|
| 7:00am- 7:30am | Lap Swim/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- 4:15pm | 18-19 Duet warm-up and competition |
| 4:15pm- 7:30pm | 18-19 Team warm-up and competition |
| 7:00pm-10:00pm | 16-19 Athlete Social (see form J1) |

Friday, July 2

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| 6:30am- 7:30am | Lap Swim/Open pool |
| 7:30am-10:30am | 16-17 Team warm-up and competition |
| 10:30am- 12:30pm | 18-19 Solo warm-up and competition (Entire warmup prior to the event) |
| 12:30pm- 1:30pm | Collegiate Synchro Opportunities Special Seminar |
| 1:45pm- 7:30pm | 16-17 & 18-19 Figures warm-up and competition |
| 6:00pm-10:00pm | Niagara Falls Tour (see form K) |

Saturday, July 3

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|-----------------------|-------------------------------------|
| 6:30am- 7:30am | Lap Swim/Open pool |
| 7:30am- 8:15am | 16-17 Trio, Duet and Solo warm-up** |
| 8:15am- 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- 8:00pm | 18-19 Finals and Awards |

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