



**2010 U.S. Masters Synchronized Swimming Championships**  
LA MIRADA, CALIFORNIA – OCTOBER 20-23, 2010



**FINAL SCHEDULE (as of 10/12/10 2pm PDT)**

All events start with age group 70. If events finish early, the next event may start early.

**Wednesday, October 20**

5:00 pm	9:00 pm	Registration at the Host Hotel (Holiday Inn Select)
7:00 pm	9:00 pm	<b>Welcome Reception at the Host Hotel</b>
8:00 pm	9:00 pm	<b>Officials and Coaches Meeting at the Host Hotel</b>

**Thursday, October 21**

7:00 am	7:30 am	Open Pool - Lap Swimming Only
7:30 am	8:30 am	<b>Figure Warm-up and Competition</b>
8:30 am	8:45 am	Tech Solo Warm-up – First Group (70, 80, 90, 20, 30)
8:50 am	10:05 am	<b>Tech Solo Competition (70, 80, 90, 20, 30)</b>
10:05 am	10:20 am	Tech Solo Warm-up – Second Group (40, 50, 60)
10:25 am	12:00 pm	<b>Tech Solo Competition (40, 50, 60) &amp; Figure Awards</b>
12:00 pm	12:20 pm	Free Solo Warm-up – First Group (70, 80, 90, 20, 30)
12:25 pm	2:20 pm	<b>Free Solo Competition (70, 80, 90, 20, 30)</b>
2:20 pm	2:40 pm	Free Solo Warm-up – Second Group (40, 50 #1-7)
2:45 pm	3:50 pm	<b>Free Solo Competition (40, 50 #1-7)</b>
3:50 pm	4:10 pm	Free Solo Warm-up – Third Group (50 #8-14, 60)
4:15 pm	5:35 pm	<b>Free Solo Competition (50 #8-14, 60) &amp; Solo Awards</b>
5:45 pm	6:45 pm	<b>Athlete Meeting at the pool</b>

**Friday, October 22**

7:00 am	7:30 am	Open Pool - Lap Swimming Only
7:30 am	7:45 am	Tech Duet Warm-up – First Group (70, 80, 20, 30, 40)
7:50 am	9:30 am	<b>Tech Duet Competition (70, 80, 20, 30, 40)</b>
9:30 am	9:45 am	Tech Duet Warm-up – Second Group (50, 60)
9:50 am	11:05 am	<b>Tech Duet Competition (50, 60)</b>
11:05 am	11:20 am	Tech Trio Warm-up – All Age Groups (70, 20, 30, 40, 50, 60)
11:25 am	1:00 pm	<b>Tech Trio Competition (70, 20, 30, 40, 50, 60)</b>
1:00 pm	1:20 pm	Free Duet Warm-up – First Group (70, 80, 20, 30)
1:25 pm	3:15 pm	<b>Free Duet Competition (70, 80, 20, 30)</b>
3:15 pm	3:35 pm	Free Duet Warm-up – Second Group (40, 50 #1-8)
3:40 pm	5:10 pm	<b>Free Duet Competition (40, 50, 60)</b>
5:10 pm	5:30 pm	Free Duet Warm-up – Third Group (50 #9-16, 60)
5:35 pm	7:00 pm	<b>Free Duet Competition (40, 50, 60), part 2 &amp; Duet Awards</b>
7:20 pm	9:30 pm	Team practice with music (70, 80, 20, 30, 40, 50, 60)

**Saturday, October 23**

7:00 am	7:15 am	Open Pool - Lap Swimming Only
7:15 am	7:45 am	Tech Team Warm-up – First Groups (70, 80, 20, 30 #1), (30 #2-9)
7:50 am	8:45 am	<b>Tech Team Competition (70, 80, 20, 30)</b>
8:45 am	9:30 am	Tech Team Warm-up – Second Groups (40), (50 #1-6), (50 #7-8, 60)
9:35 am	10:35 am	<b>Tech Team Competition (40, 50, 60)</b>
10:35 am	10:55 am	Free Trio Warm-up – First Group (70, 20, 30)
11:00 am	12:05 pm	<b>Free Trio Competition (70, 20, 30)</b>
12:05 pm	12:25 pm	Free Trio Warm-up – Second Group (40, 50, 60)
12:30 pm	1:50 pm	<b>Free Trio Competition (40, 50, 60) &amp; Trio Awards</b>
1:50 pm	2:20 pm	Free Team Warm-up – First Groups (70, 80, 20, 30#1), (30 #2-9)
2:25 pm	3:50 pm	<b>Free Team Competition (70, 80, 20, 30)</b>
3:50 pm	4:35 pm	Free Team Warm-up – Second Groups (40), (50 #1-6), (50 #7-8, 60)
4:40 pm	6:25 pm	<b>Free Team Competition (40, 50, 60)</b>
6:25 pm	6:40 pm	Combination Warm-up
6:45 pm	7:20 pm	<b>Combination Competition (50-64, 34-49)</b>
	8:00 pm*	<b>Banquet – Team, Combination, Hall of Fame Contributor, High Point and Mae McEwan Awards (* flexible start based on actual times)</b>