



**2011 eSynchro Age Group
Synchronized Swimming Championships
June 24 – July 2 • Federal Way, WA**

MEET SCHEDULE v6-20



Friday, June 24

5:00 PM	8:00 PM	Registration at the pool
5:00 PM	5:30 PM	11-12 Officials and Coaches meeting at the pool
5:30 PM	6:00 PM	Lap Swim
6:00 PM	8:15 PM	11-12 Team practice with music (in order of draw)

Saturday, June 25

7:00 AM	7:30 AM	Lap Swim/Open pool
8:00 AM	NOON	Registration at the pool
7:30 AM	7:50 AM	11-12 Solo Warm up Pre-22
7:55 AM	9:10 AM	11-12 Solo competition pre-22
9:10 AM	9:30 AM	11-12 Solo Warm up 23-46
9:35 AM	10:45 AM	11-12 Solo competition 23-46
10:50 AM	11:10 AM	11-12 Duet warm-up Pre-20
11:15 AM	12:25 PM	11-12 Duet competition Pre-20
12:25 PM	12:45 PM	11-12 Duet warm-up 21-40
12:50 PM	2:05 PM	11-12 Duet competition 21-40
2:10 PM	2:55 PM	11-12 Team warm-up 1-17 (three 15-minute groups)
3:00 PM	4:10 PM	11-12 Team Competition 1-17
4:10 PM	4:55 PM	11-12 Team warm-up 18-34 (three 15-minute groups)
5:00 PM	6:15 PM	11-12 Team Competition 18-34

Sunday, June 26

6:30 AM	7:00 AM	Lap Swim/Open pool
9:00 AM	2:30 PM	Registration at the pool
7:00 AM	7:20 AM	11-12 Trio warm-up Pre-18
7:25 AM	8:35 AM	11-12 Trio competition Pre-18
8:35 AM	8:55 AM	11-12 Trio warm-up 19-38
9:00 AM	10:10 AM	11-12 Trio competition 19-38
9:30 AM	10:00 AM	13-15 Officials and Coaches meeting at the pool
10:15 AM	10:35 AM	13-15 Trio Warm up Pre - 14 (first of THREE groups)
10:40 AM	11:40 AM	13-15 Trio Competition Pre - 14
11:40 AM	12:00 PM	13-15 Trio Warm up 15-29 (second of THREE groups)
12:05 PM	1:05 PM	13-15 Trio Competition 15-29
1:05 PM	1:25 PM	13-15 Trio Warm up 30-43 (third of THREE groups)
1:30 PM	2:30 PM	13-15 Trio Competition 30-43
2:30 PM	3:00 PM	11-12 Figure Warm up
3:05 PM	5:15 PM	11-12 Figure Competition
3:00 PM	5:00 PM	eSynchro Clinic
5:15 PM	5:30 PM	13-15 Lap Swim
5:30 PM	8:15 PM	13-15 Team practice with music (in order of draw)
6:00 PM	8:00 PM	Reception for officials, coaches, sponsors & alumni
6:00 PM	7:30 PM	Sync or Swim special feature film screening, Clarion Hotel, 31611 20th Ave South, Federal Way
8:00 PM	9:30 PM	Sync or Swim special feature film screening, Clarion Hotel, 31611 20th Ave South, Federal Way

Monday, June 27

6:30 AM	7:00 AM	Lap Swim/Open pool
8:00 AM	11:00 AM	<i>Registration at the pool</i>
10:00 AM	2:00 PM	<i>National Team Skills Training Clinic</i>
10:00 AM	11:30 AM	<i>Sync or Swim special feature film screening, at the Aquatic Center</i>
12:30 PM	2:00 PM	<i>Sync or Swim special feature film screening, at the Aquatic Center</i>
7:00 AM	7:20 AM	13-15 Duet Warm up Pre - 16 (first of THREE groups)
7:25 AM	8:30 AM	13-15 Duet Competition Pre - 16
8:30 AM	8:50 AM	13-15 Duet Warm up 17-33 (second of THREE groups)
8:55 AM	10:00 AM	13-15 Duet Competition 17-33
10:00 AM	10:20 AM	13-15 Duet Warm up 34-49 (third of THREE groups)
10:25 AM	11:30 AM	13-15 Duet Competition 34-49
11:30 AM	12:30 PM	13-15 Team Warm up 1-21 (four fifteen minute groups)
12:35 PM	2:05 PM	13-15 Team Competition 1-21
2:05 PM	2:50 PM	13-15 Team Warm up 22-39 (three fifteen minute groups)
2:55 PM	4:25 PM	13-15 Team Competition 22-39
4:30 PM	4:40 PM	11-12 Finals Draw (announcers stand)
4:40 PM	4:55 PM	11-12 Trio Finals Warm up
4:55 PM	5:10 PM	11-12 Duet Finals Warm up
5:10 PM	5:25 PM	11-12 Solo Finals Warm up
5:30 PM	5:45 PM	11-12 Parade of Athletes (line up at 5:15)
5:45 PM	6:30 PM	11-12 Trio Finals
6:30 PM	7:15 PM	11-12 Duet Finals
7:15 PM	7:50 PM	11-12 Solo Finals
7:50 PM	8:20 PM	11-12 Team Finals Warm up (two 15 minute groups)
8:25 PM	9:15 PM	11-12 Team Finals
9:15 PM	9:45 PM	11-12 Awards

Tuesday, June 28

6:30 AM	7:00 AM	Lap Swim/Open pool
7:00 AM	7:20 AM	13-15 Solo Warm up Pre - 22
7:25 AM	8:45 AM	13-15 Solo Competition Pre - 22
8:45 AM	9:05 AM	13-15 Solo Warm up 23-46
9:10 AM	10:30 AM	13-15 Solo Competition 23-46
10:30 AM	11:00 AM	Open Pool
11:00 AM	11:30 AM	13-15 Figures Warm up
11:30 AM	1:50 PM	13-15 Figures Competition
11:30 AM	1:30 PM	<i>eSynchro Clinic</i>
1:45 PM	2:45 PM	<i>Collegiate Synchro Opportunities Seminar</i>
4:00 PM	6:00 PM	<i>Registration at the Pool</i>
3:00 PM	3:10 PM	13-15 Finals Draw (announcers stand)
3:10 PM	3:25 PM	13-15 Trio Finals Warm up
3:25 PM	3:40 PM	13-15 Duet Finals Warm up
3:40 PM	3:55 PM	13-15 Solo Finals Warm up
3:55 PM	4:10 PM	13-15 Parade of Athletes (line up at 3:40)
4:15 PM	5:05 PM	13-15 Trio Finals
5:05 PM	5:55 PM	13-15 Duet Finals
5:55 PM	6:35 PM	13-15 Solo Finals
6:35 PM	7:05 PM	13-15 Team Finals Warm up (two 15 minute groups)
7:10 PM	8:05 PM	13-15 Team Finals
8:05 PM	8:50 PM	13-15 Awards

Wednesday, June 29

7:00 AM	7:30 AM	Lap Swim/Open pool
7:00 AM	7:30 AM	16-19 Officials and Coaches meeting at the pool
8:00 AM	11:00 AM	Registration at the pool
10:00 AM	2:00 AM	National Team Skills Training Clinic
10:00 AM	11:30 AM	Sync or Swim special feature film screening, at the Aquatic Center
12:30 PM	2:00 PM	Sync or Swim special feature film screening, at the Aquatic Center
7:30 AM	7:50 AM	16-17 Duet Warm up Pre - 20
7:55 AM	9:25 AM	16-17 Duet Competition Pre - 20
9:25 AM	9:45 AM	16-17 Duet Warm up 21-41
9:45 AM	11:20 AM	16-17 Duet Competition 21-41
11:30 AM	11:50 AM	16-17 Trio Warm up Pre - 16
11:55 AM	1:10 PM	16-17 Trio Competition Pre - 16
1:10 PM	1:30 PM	16-17 Trio Warm up 17-33
1:35 PM	2:50 PM	16-17 Trio Competition 17-33
2:50 PM	3:10 PM	18-19 Trio Warm up Pre - 13
3:15 PM	4:15 PM	18-19 Trio Competition Pre - 13
4:15 PM	4:35 PM	18-19 Trio Warm up 14-27
4:40 PM	5:40 PM	18-19 Trio Competition 14-27
5:40 PM	6:15 PM	Lap Swim / Open Pool
6:15 PM	8:30 PM	18-19 Team practice with music (order of draw)

Thursday, June 30

7:00 AM	7:30 AM	Lap Swim/Open pool
8:00 AM	11:00 AM	Registration at the pool
10:00 AM	11:30 AM	Sync or Swim special feature film screening, at the Aquatic Center
12:30 PM	2:00 PM	Sync or Swim special feature film screening, at the Aquatic Center
7:30 AM	9:20 AM	16-17 Team practice with music (order of draw)
9:30 AM	9:50 AM	16-17 Solo Warm up Pre-17
9:55 AM	11:05 AM	16-17 Solo competition Pre-17
11:05 AM	11:25 AM	16-17 Solo Warm up 18-35
11:30 AM	12:40 PM	16-17 Solo competition 18-35
12:45 PM	1:05 PM	18-19 Duet warm-up Pre-15
1:10 PM	2:20 PM	18-19 Duet competition Pre-15
2:20 PM	2:40 PM	18-19 Duet warm-up 16-32
2:45 PM	4:00 PM	18-19 Duet competition 16-32
4:05 PM	4:50 PM	18-19 Team warm-up 1-14 (three 15 minute groups)
4:55 PM	6:05 PM	18-19 Team Competition 1-14
6:10 PM	6:40 PM	18-19 Team warm-up 15-26 (two 15-minute groups)
6:45 PM	7:50 PM	18-19 Team Competition 15-26

Friday, July 1

6:30 AM	7:30 AM	Lap Swim/Open pool
7:30 AM	8:00 AM	16-17 Team warm-up 1-11 (two 15 minute groups)
8:05 AM	9:05 AM	16-17 Team Competition 1-11
9:05 AM	9:35 AM	16-17 Team warm-up 12-22 (two 15-minute groups)
9:40 AM	10:40 AM	16-17 Team Competition 12-22
10:45 AM	11:05 AM	18-19 Solo warm-up Pre-11
11:10 AM	12:00 PM	18-19 Solo competition pre-11
12:00 PM	12:20 PM	18-19 Solo warm-up 12-22
12:25 PM	1:10 PM	18-19 Solo competition 12-22
1:00 PM	2:00 PM	Collegiate Synchro Opportunities Special Seminar
2:15 PM	2:45 PM	16-17 and 18-19 Figures warm up
2:50 PM	8:00 PM	16-17 and 18-19 Figures competition

Saturday, July 2

6:30 AM	7:30 AM	Lap Swim/Open pool
7:00 AM	7:10 AM	16-17 Finals Draw (announcers stand)
7:30 AM	7:45 AM	16-17 Trio Finals Warm up
7:45 AM	8:00 AM	16-17 Duet Finals Warm up
8:00 AM	8:15 AM	16-17 Solo Finals Warm up
8:20 AM	8:40 AM	16-17 and 18-19 Parade of Athletes (line up at 8:00)
8:45 AM	9:40 AM	16-17 Trio Finals
9:40 AM	10:35 AM	16-17 Duet Finals
10:35 AM	11:20 AM	16-17 Solo Finals
11:25 AM	11:55 AM	16-17 Team Finals Warm up (two 15 minute groups)
12:00 PM	1:00 PM	16-17 Team Finals
1:00 PM	1:10 PM	18-19 Finals Draw (announcers stand)
1:10 PM	1:55 PM	16-17 Awards
2:00 PM	2:15 PM	18-19 Trio Finals Warm up
2:15 PM	2:30 PM	18-19 Duet Finals Warm up
2:30 PM	2:45 PM	18-19 Solo Finals Warm up
2:50 PM	3:45 PM	18-19 Trio Finals
3:45 PM	4:40 PM	18-19 Duet Finals
4:40 PM	5:25 PM	18-19 Solo Finals
5:30 PM	6:00 PM	18-19 Team Finals Warm up (two 15 minute groups)
6:05 PM	7:10 PM	18-19 Team Finals
7:15 PM	8:00 PM	18-19 Awards

Notes:

For Team practice with Music, during Team X swim time, Team X-1 may practice walkouts; and Team X+1 may practice lifts in the start end, non-walkout side corner

If events finish more than 15 minutes early, pool will be Open.