



#### FINAL MEET SCHEDULE v6/21

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Friday, June 22		PAGE 1 of 4
5:00 PM	8:00 PM	Registration at Facilty Entrance
5:00 PM	5:30 PM	11-12 Officials and Coaches Meeting Wet Classroom
5:30 PM	6:00 PM	Lap Swim
6:00 PM	8:20 PM	11-12 Team practice with music (in order of draw) (Note 1)
Saturday, June 23		
6:30 AM	7:00 AM	Lap Swim/Open pool
8:00 AM	NOON	Registration at Facilty Entrance
7:00 AM	7:20 AM	11-12 Solo Warm up Pre 1, Pre 2 - 21
7:25 AM	8:35 AM	11-12 Solo competition Pre 1, Pre 2 - 21
8:35 AM	8:55 AM	11-12 Solo Warm up 22 - 44
9:00 AM	10:10 AM	11-12 Solo competition 22 - 44
10:15 AM	10:35 AM	11-12 Duet warm-up Pre 1, Pre 2 - 14 (first of THREE groups)
10:40 AM	11:35 AM	11-12 Duet competition Pre 1, Pre 2 - 14
11:35 AM	11:55 AM	11-12 Duet warm-up 15 - 30 (second of THREE groups)
12:00 PM	12:55 PM	11-12 Duet competition 15 - 30
12:55 PM	1:15 PM	11-12 Duet warm-up 31 - 45 (third of THREE groups)
1:20 PM	2:15 PM	11-12 Duet competition 31 - 45
2:20 PM	3:05 PM	11-12 Team warm-up 1 - 17 (three 15-minute groups)
3:10 PM	4:20 PM	11-12 Team Competition 1 - 17
4:20 PM	5:05 PM	11-12 Team warm-up 18 - 34 (three 15-minute groups)
5:10 PM	6:25 PM	11-12 Team Competition 18 - 34
Sunday, June 24		
6:30 AM	7:00 AM	Lap Swim/Open pool
9:00 AM	2:30 PM	Registration at Facilty Entrance
7:00 AM	7:20 AM	11-12 Trio warm-up Pre 1 - 14 (first of THREE groups)
7:25 AM	8:15 AM	11-12 Trio competition Pre 1 - 14
8:15 AM	8:35 AM	11-12 Trio warm-up 15 - 28 (second of THREE groups)
8:40 AM	9:30 AM	11-12 Trio competition 15 - 28
9:30 AM	9:50 AM	11-12 Trio warm-up 29 - 42 (third of THREE groups)
9:55 AM	10:45 AM	11-12 Trio competition 29 - 42
10:00 AM	10:30 AM	13-15 Officials and Coaches meeting Wet Classroom
10:50 AM	11:10 AM	13-15 Duet Warm up Pre 1, Pre 2 - 15 (first of THREE groups)
11:15 AM	12:20 PM	13-15 Duet Competition Pre 1, Pre 2 - 15
12:20 PM	12:40 PM	13-15 duet Warm up 16 - 32 (second of THREE groups)
12:45 PM	1:50 PM	13-15 Duet Competition 16 - 32
1:50 PM	2:10 PM	13-15 Duet Warm up 33-49 (third of THREE groups)
2:15 PM	3:20 PM	13-15 Duet Competition 33 - 49
3:20 PM	3:50 PM	11-12 Figure Warm up (two 15 minute groups) (Note 2)
3:50 PM	6:00 PM	11-12 Figure Competition (Note 3)
3:00 PM	5:00 PM	eSynchro Clinic Sports Forum
6:05 PM	9:05 PM	13-15 Team practice with music (in order of draw) (Note 1)
6:00 PM	9:00 PM	Reception for officials, coaches, sponsors & alumni
		Goggin Ice Center





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Monday, June 25		PAGE 2 of 4
6:30 AM	7:00 AM	Lap Swim/Open pool
8:00 AM	11:00 AM	Registration at Facilty Entrance
10:00 AM	2:00 PM	National Team Skills Training Clinic Goggin Ice Center Room 227
7:00 AM	7:20 AM	13-15 Trio Warm up Pre 1, Pre 2 - 14 (first of THREE groups)
7:25 AM	8:25 AM	13-15 Trio Competition Pre 1, Pre 2 - 14
8:25 AM	8:45 AM	13-15 Trio Warm up 15 - 30 (second of THREE groups)
8:50 AM	9:50 AM	13-15 Trio Competition 15 - 30
9:50 AM	10:10 AM	13-15 Trio Warm up 31 - 45 (third of THREE groups)
10:15 AM	11:15 AM	13-15 Trio Competition 31 - 45
11:15 AM	12:15 PM	13-15 Team Warm up 1 - 23 (four fifteen minute groups)
12:20 PM	2:05 PM	13-15 Team Competition 1 - 23
2:05 PM	3:05 PM	13-15 Team Warm up 24 - 46 (four fifteen minute groups)
3:10 PM	4:55 PM	13-15 Team Competition 24 - 46
4:55 PM	5:05 PM	11-12 Finals Draw (announcers stand)
5:05 PM	5:20 PM	11-12 Trio Finals Warm up
5:20 PM	5:35 PM	11-12 Duet Finals Warm up
5:35 PM	5:50 PM	11-12 Solo Finals Warm up
5:55 PM	6:10 PM	11-12 Parade of Athletes (line up at 5:40)
6:10 PM	6:55 PM	11-12 Trio Finals
6:55 PM	7:40 PM	11-12 Duet Finals
7:40 PM	8:15 PM	11-12 Solo Finals
8:15 PM	8:45 PM	11-12 Team Finals Warm up (two 15 minute groups)
8:50 PM	9:40 PM	11-12 Team Finals
9:40 PM	10:10 PM	11-12 Awards
Tuesday, June 26		
6:30 AM	7:00 AM	Lap Swim/Open pool
7:00 AM	7:20 AM	13-15 Solo Warm up Pre 1 - 24
7:25 AM	8:50 AM	13-15 Solo Competition Pre 1 - 24
8:50 AM	9:10 AM	13-15 Solo Warm up 25 - 48
9:15 AM	10:40 AM	13-15 Solo Competition 25 - 48
10:40 AM	10:55 AM	Open Pool
10:55 AM	11:25 AM	13-15 Figures Warm up (two 15 minute groups) (Note 2)
11:25 AM	1:35 PM	13-15 Figures Competition
12:00 PM	2:00 PM	eSynchro Clinic Sports Forum
2:00 PM	3:00 PM	Collegiate Synchro Opportunities Special Seminar Rec Center, Rm 57
4:00 PM	6:00 PM	Registration at Facilty Entrance
2:40 PM	2:50 PM	13-15 Finals Draw (announcers stand)
2:50 PM	3:05 PM	13-15 Trio Finals Warm up
3:05 PM	3:20 PM	13-15 Duet Finals Warm up
3:20 PM	3:35 PM	13-15 Solo Finals Warm up
3:40 PM	3:55 PM	13-15 Parade of Athletes (line up at 3:30)
4:00 PM	4:50 PM	13-15 Trio Finals
4:50 PM	5:40 PM	13-15 Duet Finals
5:40 PM	6:20 PM	13-15 Solo Finals
6:20 PM	6:50 PM	13-15 Team Finals Warm up (two 15 minute groups)
6:55 PM	7:45 PM	13-15 Team Finals
7:45 PM	8:30 PM	13-15 Awards





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Wednesday, June 2	7	PAGE 3 of 4
7:00 AM	7:30 AM	Lap Swim/Open pool
7:00 AM	7:30 AM	16-19 Officials and Coaches meeting Wet Classroom
8:00 AM	11:00 AM	Registration at Facilty Entrance
10:00 AM	2:00 PM	National Team Skills Training Clinic Goggin Ice Center Room 227
7:30 AM	7:50 AM	16-17 Duet Warm up Pre 1, Pre 2 - 18
7:55 AM	9:25 AM	16-17 Duet Competition Pre 1, Pre 2 - 18
9:25 AM	9:45 AM	16-17 Duet Warm up 19 - 37
9:50 AM	11:15 AM	16-17 Duet Competition 19 - 37
11:15 AM	11:35 AM	16-17 Trio Warm up Pre 1, Pre 2 - 16
11:40 AM	12:55 PM	16-17 Trio Competition Pre 1, Pre 2 - 16
12:55 PM	1:15 PM	16-17 Trio Warm up 17 - 33
1:20 PM	2:35 PM	16-17 Trio Competition 17 - 33
2:35 PM	2:55 PM	18-19 Trio Warm up 1 - 14
3:00 PM	4:00 PM	18-19 Trio Competition 1 - 14
4:00 PM	4:20 PM	18-19 Trio Warm up 15 - 28
4:25 PM	5:25 PM	18-19 Trio Competition 15 - 28
5:25 PM	6:15 PM	Lap Swim / Open Pool
6:15 PM	8:15 PM	18-19 Team practice with music (order of draw) (Note 1)
Thursday, June 28		
7:00 AM	7:30 AM	Lap Swim/Open pool
8:00 AM	11:00 AM	Registration at Facilty Entrance
7:30 AM	9:45 AM	16-17 Team practice with music (order of draw) (Note 1)
9:55 AM	10:15 AM	16-17 Solo Warm up 1 - 18
10:20 AM	11:30 AM	16-17 Solo competition 1 - 18
11:30 AM	11:50 AM	16-17 Solo Warm up 19 - 35
11:55 AM	1:05 PM	16-17 Solo competition 18 - 35
1:05 PM	1:25 PM	18-19 Duet warm-up 1 - 16
1:30 PM	2:40 PM	18-19 Duet competition 1 - 16
2:40 PM	3:00 PM	18-19 Duet warm-up 17 - 32
3:05 PM	4:20 PM	18-19 Duet competition 17 - 32
4:25 PM	4:55 PM	18-19 Team warm-up 1 - 13 (two 15 minute groups)
5:00 PM	6:10 PM	18-19 Team Competition 1 - 13
6:15 PM	6:45 PM	18-19 Team warm-up 14 - 25 (two 15-minute groups)
6:50 PM	7:55 PM	18-19 Team Competition 14 - 25
Friday, Jun 29		
6:30 AM	7:30 AM	Lap Swim/Open pool
7:30 AM	8:15 AM	16-17 Team warm-up Pre 1 - 13 (three 15 minute groups)
8:20 AM	9:30 AM	16-17 Team Competition Pre 1 - 13
9:30 AM	10:00 AM	16-17 Team warm-up 14 - 27 (two 15-minute groups)
10:05 AM	11:10 AM	16-17 Team Competition 14 - 27
11:10 AM	11:30 AM	18-19 Solo warm-up 1 - 28
11:35 AM	1:30 PM	18-19 Solo competition 1 - 28
1:00 PM	2:00 PM	Collegiate Synchro Opportunities Special Seminar Rec Center, Rm 57





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Friday, Jun 29 (Continued)		PAGE 4 of 4
2:15 PM	2:45 PM	16-17 and 18-19 Figures warm up (Note 2)
2:50 PM	8:00 PM	16-17 and 18-19 Figures competition
Saturday, June 30		
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	<b>16-17 and 18-19</b> Parade of Athletes (line up at 8:05)
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
- 2 For Figure warm-ups clubs will divide swimmers in half, 15 minutes each
- 3 13 15 Lap Swim and Team practice with music will commence immediately following 11 12 Figures