



# 2024 East Zone Invitational A

## Hamden, CT

### March 16 and 17, 2024

#### Saturday March 16, 2024

Intermediate event order: 10 & Under, 11-12, 13-15, 16 & Over

Age Group event order: 12 & Under, Youth, 15 & Over

Male Solo will swim immediately after the Solos of the same age category

Mixed Duet will swim immediately after the Duets of the same age category

Events may start early if the previous event ends early.

7:30 AM	Doors Open
7:45 AM - 8:00 AM	Officials and Coaches Meeting in back hallway hospitality area
8:00 AM - 8:05 AM	Intermediate Figure lap swim 1 (1/3 of team)
8:05 AM - 8:20 AM	Intermediate Figure warm up 1 (1/3 of team)
8:20 AM - 8:25 AM	Intermediate Figure lap swim 2 (1/3 of team)
8:25 AM - 8:40 AM	Intermediate Figure warm up 2 (1/3 of team)
8:40 AM - 8:45 AM	Intermediate Figure lap swim 3 (1/3 of team)
8:45 AM - 9:00 AM	Intermediate Figure warm up 3 (1/3 of team)
9:00 AM - 10:25 AM	Intermediate Figure competition (132)
10:25 AM - 10:40 AM	Break (15 minutes)
10:40 AM - 10:55 AM	Officials and Coaches Meeting in back hallway hospitality area
10:55 AM - 11:00 AM	Intermediate Solo lap swim
11:00 AM - 11:15 AM	Intermediate Solo warm up 1 (10&U and 11-12)
11:15 AM - 11:30 AM	Intermediate Solo warm up 2 (13-15 and 16&O)
11:30 AM - 2:10 PM	Intermediate Solo competition (8, 9, 14, 3)
2:10 PM - 2:15 PM	Intermediate Duet & Mixed Duet lap swim
2:15 PM - 2:30 PM	Intermediate Duet & Mixed Duet warm up 1 (10&U, 11-12, 13-15 #1)
2:30 PM - 2:45 PM	Intermediate Duet & Mixed Duet warm up 2 (13-15 #2-8, 16&O)
2:45 PM - 4:30 PM	Intermediate Duet & Mixed Duet competition (3, 1, 4, 0, 8, 0, 2, 0)
4:30 PM - 4:35 PM	12 & Under Age Group Figure lap swim
4:35 PM - 4:50 PM	12 & Under Age Group Figure warm up
4:50 PM - 5:55 PM	12 & Under Age Group Figure competition (41)
5:55 PM - 6:00 PM	12 & Under, Youth and 15 & Over Age Group Duet and Mixed Duet lap swim
6:00 PM - 6:15 PM	12 & Under, Youth and 15 & Over Age Group Duet and Mixed Duet warm up 1 (12&U)
6:15 PM - 6:30 PM	12 & Under, Youth and 15 & Over Age Group Duet and Mixed Duet warm up 2 (Youth, 15&O)



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6:30 PM - 8:05 PM 12 & Under, Youth and 15 & Over Age Group Duet and Mixed Duet competition  
(8, 0, 3, 0, 2, 1)

## Sunday March 17, 2024

Intermediate event order: 10 & Under, 11-12, 13-15, 16 & Over

Age Group event order: 12 & Under, Youth, 15 & Over

Male Solo will swim immediately after the Solos of the same age category

Mixed Duet will swim immediately after the Duets of the same age category

Events may start early if the previous event ends early.

7:30 AM - 7:45 AM Doors Open

7:45 AM - 8:00 AM Officials and Coaches Meeting in back hallway hospitality area

8:00 AM - 8:05 AM Intermediate Trio lap swim

8:05 AM - 8:20 AM Intermediate Trio warm up 1 (10&U, 11-12, 13-15 #1)

8:20 AM - 8:35 AM Intermediate Trio warm up 2 (13-15 #2-4, 16&O)

8:35 AM - 9:45 AM Intermediate Trio competition (1, 3, 4, 3)

9:45 AM - 9:50 AM Intermediate Team lap swim 1 (10&U, 11-12 #1-4)

9:50 AM - 10:05 AM Intermediate Team warm up 1 (10&U, 11-12 #1-4)

10:05 AM - 10:10 AM Intermediate Team lap swim 2 (11-12 #5, 13-15 #1-5)

10:10 AM - 10:25 AM Intermediate Team warm up 2 (11-12 #5, 13-15 #1-5)

10:25 AM - 10:30 AM Intermediate Team and Combo lap swim 3 (13-15 #6-7, 13&O Combo)

10:30 AM - 10:45 AM Intermediate Team and Combo warm up 3 (13-15 #6-7, 13&O Combo)

10:45 AM - 12:45 PM Intermediate Team and Combo competition (2, 5, 7, 3, 2)

12:45 PM - 12:50 PM Youth Figure lap swim

12:50 PM - 1:05 PM Youth Figure warm up

1:05 PM - 1:30 PM Youth Figure competition (7)

1:30 PM - 2:30 PM Intermediate awards presentation

2:30 PM - 2:35 PM 12 & Under and Youth Age Group Team and Combo lap swim

2:35 PM - 2:55 PM 12 & Under and Youth Age Group Team and Combo warm up

2:55 PM - 3:45 PM 12 & Under and Youth Age Group Team and Combo competition (6, 0, 1)

3:45 PM - 3:50 PM 12 & Under, Youth and 15 & Over Age Group Solo lap swim

3:50 PM - 4:05 PM 12 & Under, Youth and 15 & Over Age Group Solo warm up

4:05 PM - 5:40 PM 12 & Under, Youth and 15 & Over Age Group Solo competition (7, 3, 5)

5:40 PM - 5:55 PM Break (15 minutes)



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5:55 PM - 6:25 PM 12 & Under, Youth and 15 & Over Age Group awards presentation