**2018 East Zone Invitational Schedule**

**March 17, Cheektowaga, NY**

8:00-8:05 Lap Swim for Intermediate Group One

8:05-8:25 Figure Warm Up Group One Intermediate

8:25-8:30 Lap Swim for Intermediate Group Two

8:30-8:50 Figure Warm Up Group Two Intermediate

**8:55-9:55 Figure Competition Intermediate (77)**

9:55-10:00 Lap Swim for 12&U and 13-15 AG

10:00-10:20 Figure Warm Up 12&U and 13-15 AG (22) (14)

**10:20- 11:10 Figure Competition 12&U and 13-15 AG**

11:10-11:15 Lap Swim For Intermediate Trios and 13-15 AG Combo

11:15 –11:30 Warm Up Intermediate Trios

11:30- 11:40 13-15 AG Combo Warm Up

**11:40-12:05 Intermediate Trio Competition (7)**

**12:05-12:10 Combo Competition (1)**

12:10-12:15 Lap Swim All Novice Routines

12:15-12:40 Warm For All Novice Routines + One Swim Through With Music For Team

12:45-12:50 Lap Swim For Intermediate, Age Group And Mixed Duets

**12:45- 1:00 Novice Routines Duet (1), Trio (2), Solo (2), Team (2) Competition**

1:05-1:20 Warm Up for Intermediate Duets

1:20- 1:35 Warm Up for Age Group and Mix Duets

**1:40- 3:10 Intermediate (14), Age Group (11) and Mix Duet (3) Competition**

3:10-3:15 Lap Swim for Intermediate and AG Solos

3:15- 3:30 Warm Up for Intermediate and Age Group Solos

**3:35- 4:25 Intermediate and Age Group Solo Competition (18)**

5 Min Lap Swim for Intermediate and AG Teams

4:30- 5:05 Team Warm Up two Groups

– Deep, Mid, Shallow X Half Pool Total 15 Min. Each See Diagram 6 Routines In First Group 7 In The Second

**5:10- 6:15 Intermediate And Age Group Team Competition (13)**

Awards