

**Final Schedule  
East Zone Invitational  
March 26-27, 2011  
Tonawanda, NY**

**Saturday, March 26<sup>th</sup>:**

7:45 am	Doors Open
8:00 am	15 min Lap Swim Coaches Meeting on Deck
8:15-8:25:	Trio Warm up for 10/U Int; 10/U AG;
8:25-8:35	Trio Warm up for 11/12 Int; 13/O Int
8:40-9:25	<b>Trio Competition (14)</b>
9:30-9:40	Warm-up Duets (10/U Int; 10/U AG; )
9:40-9:50	Warm-up Duets (11/12 Int ; 13/O Int)
9:55-10:55	<b>Duet Competition (18)</b>
11:00-11:10	Warm up Solos (10/U Int; 10/u AG; 11/12 Int; 13/O Int)
11:15-12:00	<b>Solo Competition (14)</b>
<b>12:00-12:30</b>	<b>Lunch Break</b>
12:30-1:10	Team Warm-up (5 min pool or swim thru with music/in order of Draw) 10/U Int; 10/U AG; 11/12 Int; 13/O Int)
1:15- 1:55	<b>Team competition (8)</b>
2:00-2:15	Lap Swim All Intermediates and 12/Under Age Group
2:15-2:30	Figure Warm-up (All Intermediates and 12/Under Age Group)
2:35- 4:00	<b>Figure Competition</b>
4:05-4:20	Lap Swim All 13/15 Age Group
4:20-4:35	Figure Warm-up All 13/15 Age Group
4:40-5:30	<b>Figure Competition</b>

**Awards for All Intermediates and 10/Under Age Group when ready**

**Sunday, March 27<sup>th</sup>:**

- 7:45 am      Doors Open  
8:00-8:15    Lap Swim  
8:15-8:30    Warm up All Trios (11/12 AG and 13/15 AG)  
8:35-9:00    **Trio Competition (6)**
- 9:05-9:20    Warm up All Duets (11/12 AG and 13/15 AG)  
9:25-10:00   **Duet Competition (10)**
- 10:05-10:20 Warm up All Solos (11/12 AG and 13/15 AG)  
10:25-11:00 **Solo Competition (11)**
- 11:10-11:35 Warm up All Teams (11/12AG and 13/15 AG)  
                  5 min pool or swim thru with music  
11:40-12:05: **Team Competition (5)**

**Awards for 11/12 AG and 13/15 AG when ready.**