

# 2012 East Zone Invitational

Hamden, CT

March 24 - 25

## \*\*\* FINAL MEET SCHEDULE \*\*\*

### Saturday March 24

Routine competition for Intermediates and 10&U Age Group  
Figure competition for Intermediates, 10&U AG, & 11/12 AG  
Figure competition for 13/15 Age Group

Doors Open/Registration begins at 7:15am

Coaches & Officials Meeting, on deck, at 7:45am

#### **Intermediate and 10&U Age Group Solos (14)**

8:00 - 8:05am	Lap Swim
8:05 - 8:20am	Warm Up
8:20 - 9:00am	<b>Solo Competition</b>

#### **Intermediate and 10&U Age Group Duets (13)**

9:00 - 9:05am	Lap Swim – All Intermediates & 10&U AG
9:05 - 9:20am	Warm Up – 10&U & 11/12 Intermediates
9:20 - 9:35am	Warm Up – 13&O Intermediates & 10&U AG
9:35 - 10:15am	<b>Duet Competition</b>

#### **Intermediate and 10&U Age Group Trios (9)**

10:15 - 10:20am	Lap Swim – All Intermediates & 10&U AG
10:20 - 10:35am	Warm Up
10:35 - 11:05am	<b>Trio Competition</b>

#### **Intermediate and 10&U Age Group Teams (12)**

11:05 - 11:10am	Lap Swim – All Intermediate & 10&U AG
11:10 - 11:40am	Team Spacing
11:40 - 12:25pm	Team Competition

#### **Intermediate, 10&U AG & 11/12 AG Figures (125)**

1:00 - 1:05pm	Lap Swim (1/2 your team)
1:05 - 1:20pm	Figure Warm Up
1:20 - 1:25pm	Lap Swim (1/2 your team)
1:25 - 1:40pm	Figure Warm Up
1:40 - 3:45pm	Figure Competition

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**Saturday March 24 continued**

**13/15 Age Group Figures (54)**

3:45 - 3:50pm	Lap Swim
3:50 - 4:05pm	Figure Warm Up
4:05 - 5:00pm	Figure Competition

Intermediate & 10&U Age Group awards (when locker rooms are clean)

**Sunday March 25**      Routine competition for 11/12 and 13/15 Age Group

Doors open at 7:15am

**11/12 and 13/15 Age Group Solos (12)**

8:00 - 8:05am	Lap Swim
8:05 - 8:20am	Warm Up
8:20 - 9:00am	<b>Solo Competition</b>

**11/12 and 13/15 Age Group Duets (19)**

9:00 - 9:05am	Lap Swim – All 11/12 & 13/15 AG
9:05 - 9:20am	Warm Up – 11/12 AG
9:20 - 9:35am	Warm Up – 13/15 AG
9:35 - 10:40am	<b>Duet Competition</b>

**11/12 and 13/15 Age Group Trio (13)**

10:40 - 10:45am	Lap Swim
10:45 - 11:00am	Warm Up – 11/12 AG
11:00 - 11:15am	Warm Up – 13/15 AG
11:15 - 12:00pm	<b>Trio Competition</b>

**11/12 and 13/15 Age Group Teams (11)**

12:15 - 12:20pm	Lap Swim – 11/12 AG
12:20 - 12:35pm	Team Spacing – 11/12 AG
12:35 - 12:40pm	Lap Swim – 13/15 AG
12:40 - 12:55pm	Team Spacing – 13/15 AG
12:55 - 1:35pm	<b>Team Competition</b>

11/12 & 13/15 Age Group awards (when locker rooms are clean)

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