



**2012 EAST ZONE SR. CHAMPIONSHIPS**  
**TOWN OF TONAWANDA, NY**  
**\*\*\* FINAL MEET SCHEDULE \*\*\***



**Friday, March 9**

5:00 pm Registration at pool - Main lobby  
5:30 Coaches & Officials Meeting – on Deck  
5:30-6:00 Lap Swimming  
6:00-6:15 Warm-up **Semi-Final TRIOS (1<sup>st</sup> half)**  
6:20-7:00 **TRIO SEMI-FINAL COMPETITION 1<sup>st</sup> half**  
7:00-7:15 Warm-up **Semi-Final TRIOS (2<sup>nd</sup> half)**  
7:20-8:00 **TRIO SEMI-FINAL COMPETITION (2<sup>nd</sup> half)**

**Saturday, March 10**

8:00 am Lap Swimming  
8:15-8:30 Warm up **Semi-Final Duets (1<sup>st</sup> half)**  
8:35-9:30 **DUET Semi-Final COMPETITION (1<sup>st</sup> half)**  
9:30-9:45 Warm up **Semi-Final Duets (2<sup>nd</sup> half)**  
9:50-10:40 **DUET Semi-Final COMPETITION (2<sup>nd</sup> half)**  
  
10:45-11:00 Warm-up **Semi-Final SOLOS**  
11:00- 12:30 **SOLO Semi-Final COMPETITION**  
  
12:30-1:00 **LUNCH BREAK**  
  
1:00-1:30 Warm up **TEAM Semi Final Event**  
**\*\*2 Groups of 15 min Rotations\*\***  
1:35-3:00 **TEAM Semi-Final Competition**  
  
3:05-3:45 **Parade of Athletes, Zone awards, Kim Miller Scholarship**  
3:45-4:00 **BREAK**  
  
4:00-4:25 **5 Min Lap Swim, 20 Minute Figure Warm-up**  
4:30-6:30 **Figure Competition and Split test**  
  
7:30 **Zone meetings at Holiday Inn Amherst, Niagara Falls Blvd..**

**Sunday, March 11**

8:30 am Doors Open  
8:40-9:00 Lap Swimming  
9:00 Public Draw  
9:15-10:00 Trio, Duet, Solo, Warm-up  
10:05-12:05 **FINAL EVENTS: TRIO, DUET, SOLO, TEAM**  
12:10-12:40 Spacing (in order of placement after semi-finals)  
12:45-1:30 **FINAL EVENT: TEAM**  
2:00 **AWARDS and ANNOUNCEMENT OF EZ ALL-STARS**  
**\*Quiet** Lap swimming will be allowed in the shallow end, except during figure competition.