



**2013 East Zone Intermediate and 12&Under Age Group  
Championship and 13&Over Age Group Routine Only Open**

**Andover, MA**

**Final Meet Schedule**

**We will move up events as time permits especially Saturday. Please be on time, arrive about 30 min before the event and have your team prepared and ready to go. Flight 2 warm up won't start earlier than 1:15pm team spacing #1 won't start earlier than 3:45.**

**Friday June 7th**

Intermediate and 10&U AG SOLO and DUET competition

3:15 PM Doors open, registration begins

3:45 PM Coaches meeting on the pool deck

4:00- 4:10 PM Solo Lap

4:10-4:25 PM Solo Warm Up

4:30-5:45 PM Intermediate and 10&U AG Solo competition (26)

5:45-5:55 PM Duet Lap

5:55-6:15 PM Duet Warm Up 1/2 & 1/2 10 min each

6:15-7:45 PM Intermediate and 10&U AG Duet competition (27)



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**Saturday June 8th**

Intermediate and 10&U AG TRIO, FIGURES and TEAM competition

8:20 AM Doors open, registration begins

8:30 AM Coaches meeting in the hospitality room

8:45 -8:55 AM Trio lap

8:55-9:15 AM Trio Warm Up 1/2 & 1/2 10 min each

9:20-10:40 AM Intermediate and 10&U AG Trio competition (24)

Intermediate and 12&U AG figures flight 1 (135)

10:40-10:55 AM figure warm up 1/3 of the swimmers 5 min lap 10 min warm up

10:55-11:10 AM figure warm up 1/3 of the swimmers 5 min lap 10 min warm up

11:10-11:25 AM figure warm up 1/3 of the swimmers 5 min lap 10 min warm up

11:30-1:30 PM Intermediate and 12&U AG figures flight 1 competition

Intermediate and 12&U AG figures flight 2 (134)

1:30-1:45 PM figure warm up 1/3 of the swimmers 5 min lap 10 min warm up

1:45-2:00 PM figure warm up 1/3 of the swimmers 5 min lap 10 min warm up

2:00-2:15 PM figure warm up 1/3 of the swimmers 5 min lap 10 min warm up

2:20-4:20 PM Intermediate and 12&U AG figures flight 2 competition

4:20-4:40 PM 5 min lap, 15 min team spacing #1

4:40-5:00 PM 5 min lap, 15 min team spacing #2

5:00-5:20 PM 5 min lap, 15 min team spacing #3

5:25- 6:30 PM Intermediate and 10&U AG Team competition 1st half (16)

6:30-6:50 PM 5 min lap, 15 min team spacing #4

6:50-7:10 PM 5 min lap, 15 min team spacing #5

7:10-7:30 PM 5 min lap, 15 min team spacing #6

7:35-8:40 PM Intermediate and 10&U AG Team competition second half (16)

8:50 PM Awards



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**Sunday June 9th**

11-12 and 13&O AG TRIO, DUET, TEAM & SOLO competition

7:15 AM Doors open

7:30-7:40 AM Trio lap

7:40-8:00 AM Trio Warm Up 1/2 & 1/2 10 min each

8:05-9:30 AM 11-12 and 13&O AG trio competition (20)

9:30-9:40 AM Duet lap

9:40-9:50 AM Duet Warm Up

9:55-11:20 AM 11-12 and 13&O AG Duet competition (21)

11:25-11:45AM 5 min lap, 15 min team spacing #1

11:45-12:05 PM 5 min lap, 15 min team spacing #2

12:10-1:00 PM 11-12 and 13&O AG Team competition (12)

1:05-1:15 PM Solo lap

1:15-1:25 PM Solo Warm Up

1:30-2:45 PM 11-12 and 13-15 AG Solo competition (22)

3:00 PM Parade of Athletes and Awards

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