

2013 East Zone Invitational
Hamden, CT
March 15 - 17

***** FINAL MEET SCHEDULE *****

Friday, March 15

Solo & Duet Competition for Intermediates and 10&U Age Group

Doors Open/Registration begins at 4:00pm

Coaches & Officials Meeting on deck at 4:30pm

Intermediate and 10&U Age Group Solos (18)

4:45 - 4:50pm	Lap Swim
4:50 - 5:05pm	Warm Up
5:10 - 6:05pm	Solo Competition

Intermediate and 10&U Age Group Duets (19)

6:10 - 6:15pm	Lap Swim (10&U Int, 11/12 Int, 13&O Int #1-3)
6:15 - 6:30pm	Warm Up
6:30 - 6:35pm	Lap Swim (13&O Int #4-10, 10&UAG)
6:35 - 6:50pm	Warm Up
6:55 - 8:00pm	Duet Competition

Saturday, March 16

Trio & Team Competition for Intermediates and 10&U Age Group

Figure competition for Intermediates, 10&U AG and 11/12 AG

Figure competition for 13/15 Age Group

Trio Competition for 11/12 Age Group and 13/15 Age Group

Doors Open/Registration begins at 8:00am

Coaches & Officials Meeting on deck at 8:30am

Intermediate Trios (18)

8:45 - 8:50am	Lap Swim (10&U Int, 11/12 Int)
8:50 - 9:05am	Warm Up
9:05 - 9:10am	Lap Swim (13&O Int)
9:10 - 9:25am	Warm Up
9:30 - 10:30am	Trio Competition

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Saturday, March 16 continued

Intermediate and 10&U Age Group Teams (16)

10:35 - 10:40am	Lap Swim (10&U Int, 11/12 Int #1-6)
10:40 - 11:00am	Team Spacing
11:00 - 11:05am	Lap Swim (11/12 Int #7, 13&O Int)
11:05 - 11:25am	Team Spacing
11:30 - 12:30pm	Team Competition

Lunch Break

Intermediate, 10&U AG & 11/12 AG Figures (158)

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
1:45 - 4:20pm	Figure Competition

13/15 Age Group Figures (31)

4:30 - 4:35pm	Lap Swim
4:35 - 4:50pm	Figure Warm Up
4:55 - 5:30pm	Figure Competition

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

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

6:15 - 6:20pm	Lap Swim
6:20 - 6:35pm	Warm Up – 11/12 AG
6:35 - 6:50pm	Warm Up – 13/15 AG
6:55 - 7:40pm	Trio Competition

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Sunday, March 17

Solo, Duet and Team Competition for 11/12 and 13/15 Age Group

Doors open at 8:00am

11/12 and 13/15 Age Group Solos (10)

8:30 - 8:35am	Lap Swim
8:35 - 8:50am	Warm Up
8:55 - 9:30am	Solo Competition

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

9:35 - 9:40am	Lap Swim – All 11/12 & 13/15 AG
9:40 - 9:55am	Warm Up – 11/12 AG #1-7
9:55 - 10:10am	Warm Up – 11/12 AG #8-9, 13/15 AG
10:15 - 11:00am	Duet Competition

11/12 and 13/15 Age Group Teams (9)

11:05 - 11:10am	Lap Swim – 11/12 AG
11:10 - 11:15am	Lap Swim – 13/15 AG
11:15 - 11:35am	Team Spacing
11:40 - 12:20pm	Team Competition

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