

**2015 East Zone Intermediate and 12&Under Age Group Championship and
13&Over Age Group Routine Only Open
June 5 – 7 in Hamden, CT**

FINAL MEET SCHEDULE

Friday, June 5 **Doors Open at 3pm** (*please do not arrive before 2:45pm as buses need to clear the school grounds before we can enter high school property*)
Registration is open from 3-4pm
Coaches Meeting at 3:20pm on deck

Intermediate Solos – 10&U, 11/12, 13/O

3:40 - 3:45pm	Lap Swim
3:45 - 4:05pm	Solo Warm Up (2x10 min)
4:10 - 5:30pm	Solo Competition (32 = 9, 10, 11 – 2 pre-swim)

Intermediate Duets – 10&U, 11/12, 13/O

5:35 - 5:40pm	Lap Swim
5:40 - 6:10pm	Duet Warm Up (3x10 min)
6:15 - 7:50pm	Duet Competition (31 = 10, 11, 9 – 1 pre-swim)

Saturday, June 6 **Doors open at 7am** (building opens at 7am)
Registration is open from 7-8:30am
Coaches Meeting at 7:15am on deck

Intermediate and 12&U Age Group Figures

7:15 - 8:15am	Lap Swim & Warm Up (3x20 min) Flight #1
8:25 - 10:25am	Figure Competition for Flight #1 (122)
10:30 - 11:30am	Lap Swim & Warm Up (3x20 min) Flight #2
11:40 - 1:40pm	Figure Competition for Flight #2 (121)

Intermediate Trios – 10&U, 11/12, 13/O

1:45 - 1:50pm	Lap Swim
1:50 - 2:10pm	Trio Warm Up (2x10 min)
2:15 - 3:20pm	Trio Competition (21 = 5, 10, 6)

Intermediate Teams – 10&U, 11/12, 13/O

3:25 - 4:05pm	Lap Swim & Team Spacing (2x20 min) 10&U & 11/12
4:10 - 4:55pm	Team Competition for 10&U & 11/12 (12 = 6, 6)
5:00 - 6:00pm	Lap Swim & Team Spacing (3x20 min) 13&O
6:05 - 7:05pm	Team Competition for 13&O (17)

Intermediate awards
(when locker rooms are clean)

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FINAL MEET SCHEDULE

Sunday June 7 Doors Open at 8am (building opens at 8am)

12&U Age Group and 13/O Age Group Duets

8:30 - 8:35am	Lap Swim
8:35 - 8:50am	12&Under AG Duet Warm Up
8:55 - 9:35am	Duet Competition – 12&U AG (12)
9:40 - 9:45am	Lap Swim
9:45 - 10:00am	13/O AG Duet Warm Up
10:05 - 10:30am	Duet Competition – 13&O AG (8)

12&U Age Group and 13/O Age Group Solos

10:35 - 10:40am	Lap Swim
10:40 - 10:55am	12&Under AG Solo Warm Up
10:55 - 11:10pm	13/15 AG Solo Warm Up
11:15 - 12:15pm	Solo Competition – 12&U AG (11), 13&O AG (9)

Lunch break

12&U Age Group and 13/O Age Group Teams

12:45 - 1:25pm	Lap Swim & Team Spacing (2x20min)
1:30 - 2:10pm	Team Competition – 12&U AG (8), 13&O AG (2)

Age Group awards
(when locker rooms are clean)