2020 East Zone Junior and Senior Championships

Friday March 6, 2020

Start	Finish	**Event start times will move up if preceding events finish early.
4:00pm		Doors Open
4:20pm	4:45pm	Lap Swim
4:30pm	4:45pm	Coaches meeting (on deck)
4:45pm	5:00pm	JR Free Solo warm up (pre-17)
5:05pm	6:00pm	JR Free Solo competition
6:05pm	6:20pm	JR Free Duet warm up (pre-13)
6:20pm	6:35pm	JR Free Duet warm up (14-27)
6:40pm	8:20pm	JR Free Duet competition

Saturday March 7, 2020

Start	Finish	
8am		Doors Open
8:15am	8:30am	Lap Swim
8:30am	8:45am	JR Tech Solo warm up (17)
8:50am	9:50am	JR Tech Solo competition
9:50am	10:05am	SR Tech Solo warm up (4)
10:10am	10:35am	SR Tech Solo competition
10:35am	10:45am	JR Tech Duet lap swim
10:45am	11:00am	JR Tech Duet warm up (pre-13)
11:00am	11:15am	JR Tech Duet warm up (14-27)
11:20am	12:55pm	JR Tech Competition
12:55pm	1:05pm	SR Tech Duet lap swim
1:05pm	1:20pm	SR Tech Duet warm up (3)
1:25pm	1:35pm	SR Tech Duet competition
1:45pm	2:40pm	Athlete meeting
2:45pm	4:00pm	Parade of athletes and zone awards
4:00pm	4:15pm	Lap Swim for all Junior and Senior Tech Teams
4:15pm	4:45pm	JR (10) and SR (1) Tech Team Spacing
4:50pm	5:50pm	JR and SR Tech Team competition
5:50pm	6:00pm	Draw for finals

Sunday March 8, 2020

Start	Finish	
8:00am		Doors Open
8:15am	8:30am	Lap Swim for all JR and SR Duet Free finalists
8:30am	8:45am	JR Free Final Duet warm up (pre, 1-12)
8:45am	9:00am	SR Free Final Duet warm up (1-9)
9:05am	10:30am	JR and SR Duet Free Final Competition
10:30am	10:40am	Lap Swim for all JR and SR Solo Free finalists
10:45am	11:00am	JR (pre, 1-12) and SR (6) Free Final Solo warm up
11:05am	12:15pm	JR and SR Free Solo competition
12:15pm	12:25pm	Lap Swim for all JR and SR Team Free finalists
12:25pm	12:55pm	JR (10) and SR (2) Free Team final spacing
1:00pm	1:55pm	JR and SR Free Team Final competition
2:00pm	2:20pm	Combo spacing (8 X 4 rotations)
2:25pm	3:05pm	Free Combo Final competition