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| **Friday** | | |
| **start time** | **end time** | **event** |
| 2:00 PM |  | doors open |
| 2:15 PM | 2:30 PM | COACHES AND OFFICIALS MEETINGS |
| 2:30 PM | 2:45 PM | jr tech solo, sr tech solo, male tech solo, and youth solo lap swim |
| 2:45 PM | 3:00 PM | jr tech solo, sr tech solo and male tech solo warmup |
| 3:00 PM | 3:45 PM | jr tech solo, sr tech solo and male tech solo competition (6, 3, 1) |
| 3:45 PM | 4:00 PM | youth solo warmup |
| 4:00 PM | 4:45 PM | youth solo competition (9) |
| 4:45 PM | 5:00 PM | jr tech duet and sr tech duet lap swim and OFFICIALS MEETING |
| 5:00 PM | 5:15 PM | jr tech duet and sr tech duet warmup |
| 5:15 PM | 6:00 PM | jr tech duet and sr tech duet competition (5,1) |
| 6:15 PM | 6:30 PM | dtc/stc q&a in **Wagner Room** |
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| **Saturday** | | |
| 7:30AM |  | doors open |
| 7:45AM | 8:15AM | OFFICIALS MEETING |
| 8:00 AM | 8:20AM | youth figure lap swim |
| 8:20AM | 8:40AM | 1/2 of team figure warmup |
| 8:40AM | 9:00 AM | 1/2 of team figure warmup |
| 9:00 AM | 10:45AM | youth figure competition (79) |
| 10:45AM | 11:00 AM | jr free solo, jr male solo, and sr free solo lap swim |
| 11:00 AM | 11:15 AM | jr free solo, jr male solo and sr free solo warmup |
| 11:15 AM | 12:30 PM | jr free solo, jr male solo, and sr free solo competition (9, 2, 4) |
| 12:30 PM | 12:45 PM | youth duet lap swim |
| 12:45 PM | 1:00 PM | youth duet warmup |
| 1:00 PM | 2:00 PM | youth duet competition (12) |
| 2:00 PM | 2:15 PM | jr free duet, jr male duet, sr free duet and mixed duet lap swim and OFFICIALS MEETING |
| 2:15 PM | 2:30 PM | jr free duet and jr male duet warmup |
| 2:30 PM | 3:30 PM | jr free duet and jr male duet competition (10,1) |
| 3:30 PM | 3:45 PM | sr free duet and mixed duet warmup |
| 3:45 PM | 4:15 PM | sr free duet and mixed duet competition (3, 2) |
| 4:15 PM | 4:30 PM | free combination and acrobatic routine lap swim and OFFICIALS MEETING |
| 4:30 PM | 4:50 PM | combo warmup |
| 4:50 PM | 5:10 PM | acro warmup |
| 5:10 PM | 6:00 PM | combo and acro competition (4, 3) |
| 6:15 PM | 6:30 PM | dtc/stc q&a in **Wagner Room** |
| 6:30 PM | 8:30 PM | ZONE MEETINGS in **Wagner Room** (dinner provided for coaches and judges) |
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| **Sunday** | | |
| 7:30 AM |  | doors open |
| 7:45 AM | 8:15 AM | OFFICIALS MEETING |
| 8:00 AM | 8:20 AM | jr tech team and sr tech team lap swim |
| 8:20 AM | 8:40 AM | jr tech team 1-5 warmup |
| 8:40 AM | 9:00 AM | jr tech team 6&7 and sr tech team 1&2 warmup |
| 9:00 AM | 10:00 AM | jr tech team and sr tech team competition (7, 2) |
| 10:00 AM | 10:15 AM | youth team lap swim |
| 10:15 AM | 10:35 AM | youth team 1-5 warmup |
| 10:35 AM | 10:55 AM | youth team 6-10 warmup |
| 10:55 AM | 12:00 PM | youth team competition (10) |
| 12:00 PM | 12:15 PM | jr free team and sr free team lap swim |
| 12:15 PM | 12:35 PM | jr free team 1-5 warmup |
| 12:35 PM | 12:55 PM | jr free team 6&7 and sr free team 1-3 warmup |
| 12:55 PM | 2:00 PM | jr free team and sr free team competition (7, 3) |
| 2:15 PM | 2:30 PM | dtc/stc q&a in **Wagner Room** |
| 2:30 PM | 3:30 PM | zone and event awards **on deck** |