

East Zone Invitational B

**Saturday, March 18th**

<b>8:00 AM</b>	Doors Open
<b>8:10 AM</b>	Coach / Judges meeting on pool deck
<b>8:15 AM - 8:25 AM</b>	12U AG Figure Lap Swim
<b>8:25 AM - 8:40 AM</b>	12U AG Figure Warm-up
<b>8:40 AM - 8:50 AM</b>	Figure Review for Judges
<b>8:50 AM - 9:30 AM</b>	<b>12U AG Figure Competition (30)</b>
<b>9:30 AM - 9:40 AM</b>	Intermediate Figure Lap Swim - First Half
<b>9:40 AM - 9:55 AM</b>	Intermediate Figure Warm-up - First Half
<b>9:55 AM - 10:05 AM</b>	Intermediate Figure Lap Swim - Second Half
<b>10:05 AM - 10:20 AM</b>	Intermediate Figure Warm-up - Second Half
<b>10:20 AM - 10:30 AM</b>	Figure Review for Judges
<b>10:30 AM - 12:10 PM</b>	<b>Intermediate Figure Competition (84)</b>
<b>12:10 PM - 12:30 PM</b>	Lunch Break & Coach / Judges Meeting if needed
<b>12:30 PM - 12:40 PM</b>	12U AG & 16&O AG Solo Lap Swim
<b>12:40 PM - 12:55 PM</b>	12U AG & 16&O AG Solo Routine Warm-up
<b>1:00 PM - 1:50 PM</b>	<b>12U AG &amp; 16&amp;O AG Solo Competition (6 + 4)</b>
<b>1:50 PM - 2:00 PM</b>	Review
<b>2:00 - 2:10 PM</b>	12U AG & 16&O AG Duet Lap Swim
<b>2:10 PM - 2:25 PM</b>	12U AG & 16&O AG Duet Routine Warm-up
<b>2:30 PM - 3:20 PM</b>	<b>12U AG &amp; 16&amp;O AG Duet Competition (7 + 3)</b>
<b>3:20 PM - 3:30 PM</b>	Review
<b>3:30 PM - 3:40 PM</b>	12U AG & 12U Combo Lap Swim
<b>3:40 PM - 3:55 PM</b>	12U AG & Combo Routine Warm-up
<b>4:00 PM - 4:20 PM</b>	<b>12U AG Team Competition (4)</b>
<b>4:20 PM - 4:25 PM</b>	<b>12U AG Combo Competition (1)</b>
<b>4:25 PM - 4:35 PM</b>	Review
<b>4:35 PM - 4:45 PM</b>	Break / Age Group Awards Presentation in Gym
<b>4:45 PM - 4:55 PM</b>	Intermediate Team Lap Swim #1 - 10U INT #1, 11-12 INT #1-#3, 13-15 INT #1
<b>4:55 PM - 5:10 PM</b>	Intermediate Team Routine Warm-up #1 - 10U INT #1, 11-12 INT #1-#3, 13-15 INT #1
<b>5:10 PM - 5:20 PM</b>	Intermediate Team Lap Swim #2 - 13-15 INT #2-#6, 16&O INT #1
<b>5:20 PM - 5:35 PM</b>	Intermediate Team Routine Warm-up #2 - 13-15 INT #2-#6, 16&O INT #1
<b>5:35 PM - 6:30 PM</b>	<b>Intermediate Team Routine Competition (11)</b>
<b>6:30 PM - 6:40 PM</b>	Review

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**Sunday, March 19th**

<b>8:00 AM</b>	Doors Open
<b>8:15 AM - 8:25 AM</b>	Intermediate Solo Lap Swim
<b>8:25 AM - 8:40 AM</b>	Intermediate Solo Warm-up
<b>8:45 AM - 10:00 AM</b>	<b>Intermediate Solo Competition (18)</b>
<b>10:00 AM - 10:10 AM</b>	Review
<b>10:10 AM - 10:20 AM</b>	Intermediate Duet Lap Swim #1
<b>10:20 AM - 10:35 AM</b>	Intermediate Duet Warm-up #1
<b>10:35 AM - 10:45 AM</b>	Intermediate Duet Lap Swim #2
<b>10:45 AM - 11:00 AM</b>	Intermediate Duet Warm-up #2
<b>11:05 AM - 12:15 PM</b>	<b>Intermediate Duet Competition (17)</b>
<b>12:15 PM - 12:25 PM</b>	Review
<b>12:25 PM - 12:35 PM</b>	Intermediate Trio Lap Swim #1
<b>12:35 PM - 12:50 PM</b>	Intermediate Trio Warm-up #1
<b>12:50 PM - 1:00 PM</b>	Intermediate Trio Lap Swim #2
<b>1:00 PM - 1:15 PM</b>	Intermediate Trio Warm-up #2
<b>1:20 PM - 2:05 PM</b>	<b>Intermediate Trio Competition (11)</b>
<b>2:05 PM - 2:15 PM</b>	Review
<b>2:30 PM</b>	Intermediate Awards Presentation on the Pool Deck

Please be prepared for delays in the schedule as we all adjust to running meets under the new World Aquatics rules.