

2019 East Zone Invitational

March 15-17, 2019

Hass Athletic Center – Wheaton College, 26 East Main Street, Norton, MA 02766

Please be prepared to swim ahead of schedule. Events will move up if and when possible.

Friday, March 15th

4:00 Doors Open
4:15 Coaches and Officials meeting on deck

Solo Warm-up #1: all 10 & Unders + 11-12s #1-5
Solo Warm-up #2: 11-12s #6-8 + all 13-15s + all 16 & Overs

4:30 - 4:45 Intermediate Solo Lap Swim - All solos
4:45 - 5:00 Intermediate Solo Warm-up #1
5:00 - 5:15 Intermediate Solo Warm-up #2
5:25 - 7:00 Intermediate Solo Competition (27) - 5 minute break between 11-12 and 13-15 solos

Saturday, March 16th

7:00 Doors Open
7:15 Coaches and Officials meeting on deck

**Please split your team into 3 equal groups for figure lap swims and warm-ups*

7:30 - 7:45 Intermediate Figure Lap Swim #1
7:45 - 8:00 Intermediate Figure Warm-up #1 and Intermediate Figure Lap Swim #2 (in shallow end)
8:00 - 8:15 Intermediate Figure Warm-up #2 and Intermediate Figure Lap Swim #3 (in shallow end)
8:15 - 8:30 Intermediate Figure Warm-up #3
8:40 - 11:00 Intermediate Figure Competition (137)

11:00 - 11:30 Lunch Break
**If we are running behind schedule, duet lap swim will begin at 11:30 regardless of what time the lunch break begins*

Duet Lap Swim/Warm-up #1: all 10 & Unders + 11-12s #1-9
Duet Lap Swim/Warm-up #2: 11-12s #10-12 + all 13-15s + all 16 & Overs

11:30 - 11:45 Intermediate Duet Lap Swim #1
11:45 - 12:00 Intermediate Duet Warm-up #1 and Duet/Mixed Duet Lap Swim #2 (in shallow end)
12:00 - 12:15 Intermediate Duet Warm-up #2
12:25 - 2:45 Intermediate Duet Competition (34) - 5 minute break between 11-12 and 13-15 duets

Trio Lap Swim/Warm-up #1: all 10 & Under trios + all 11-12 trios
Trio Lap Swim/Warm-up #2: all 13-15 trios
Intermediate Trios #1 - quiet lap swim in shallow end during duet competition

2:45 - 3:00 Intermediate Trio Warm-up #1 and Intermediate Trio Lap Swim #2 (in shallow end)
3:00 - 3:15 Intermediate Trio Warm-up #2
3:25 - 4:30 Intermediate Trio Competition (17)

Team & Combo Lap Swims/Warm-ups:
Lap Swim/Warm-up #1: All 10 & Under teams + 11-12 teams #1-4
Lap Swim/Warm-up #2: 11-12 team #5 + all 13-15 teams
Lap Swim/Warm-up #3: all 16 & Over teams + all 13 & Over combos
Intermediate Teams and Combos #1 - quiet lap swim in shallow end during trio competition

4:30 - 4:45 Intermediate Teams and Combos Warm-up #1 and Lap Swim #2
4:45 - 5:00 Intermediate Teams and Combos Warm-up #2 and Lap Swim #3
5:00 - 5:15 Intermediate Teams and Combos Warm-up #3
5:25 - 6:45 Intermediate Team (16) and Combo (2) Competition

7:00 Awards on Deck

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Sunday, March 17th

7:00	Doors Open
7:15	Coaches and Officials meeting on deck
7:30 - 7:45	Age Group 12 & Under Figure Lap Swim
7:45 - 8:00	Age Group 12 & Under Figure Warm-up
8:10 - 9:40	Age Group 12 & Under Figure Competition (42)
	<i>Age Group 13-15 Figures - quiet lap swim in shallow end during 12 & Under figure competition</i>
9:45 - 10:00	Age Group 13-15 Figure Warm-up
10:10 - 11:00	Age Group 13-15 Figure Competition (14)
11:00 - 11:30	Lunch Break
	<i>*if we are running behind schedule, combo warm-up will begin at 11:30 regardless of what time the lunch break begins</i>
	<i>Age Group Combo Lap Swim during the lunch break</i>
11:30 - 11:45	Age Group Combo Warm-up
11:55 - 12:05	Age Group Combo Competition (2)
	<i>Age Group Solo - quiet lap swim in shallow end during combo competition</i>
12:05 - 12:20	Age Group Solo Warm-up
12:30 - 1:05	Age Group Solo Competition (10)
	<i>Age Group Duet - quiet lap swim in shallow end during solo competition</i>
1:05 - 1:20	Age Group Duet Warm-up
1:30 - 2:00	Age Group Duet Competition (8)
	<i>Age Group Teams - quiet lap swim in shallow end during duet competition</i>
2:00 - 2:15	Age Group Team Warm-up
2:25 - 3:00	Age Group Team Competition (6)
3:15	Awards on Deck

