

2017 East Zone Region D Intermediate and Age Group Championships May 20-21st

Saturday, May 20th

7:00 AM	Doors Open, Registration
7:10 AM	Coaches and Officials Meeting on deck
7:10 AM - 7:25 AM	13-15 AG Lap Swim
7:25 AM - 7:45 AM	13-15 AG Figure Warm-up
7:50 AM - 8:50 PM	13-15 AG Figures (24)
9:00 AM - 9:25 AM	Intermediate and 12&U AG Figure Warm-up (10 min lap swim, 15 min figure warm-up) (1st Third)
9:25 AM - 9:50 AM	Intermediate and 12&U AG Figure Warm-up (10 min lap swim, 15 min figure warm-up) (2nd Third)
9:50 AM - 10:15 AM	Intermediate and 12&U AG Figure Warm-up (10 min lap swim, 15 min figure warm-up) (3rd Third)
10:20 AM - 12:20 PM	Intermediate and 12&U AG Figures (114)
12:20 PM - 12:30 PM	BREAK
12:30 PM - 12:45 PM	Intermediate Solo Warm-up
12:45 PM - 1:30 PM	Intermediate Solo Competition (14)
1:30 PM - 1:45 PM	Intermediate Duet Warm-up (1st half)
1:45 PM - 2:00 PM	Intermediate Duet Warm-up (2nd half)
2:00 PM - 3:00 PM	Intermediate Duet Competition (15)
3:00 PM - 3:15 PM	Intermediate Trio Warm-up (1st half)
3:15 PM - 3:30 PM	Intermediate Trio Warm-up (2nd half)
3:30 PM - 4:30 PM	Intermediate Trio Competition (15)
4:30 PM - 4:50 PM	Intermediate Team Warm-up (5 min lap, 15 min team warm-up) (6)
4:50 PM - 5:10 PM	Intermediate Team Warm-up (5 min lap, 15 min team warm-up) (6)
5:15 PM - 6:15 PM	Intermediate Teams (12)
6:30 PM	Intermediate awards

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Sunday, May 21st

8:00 AM	Doors Open, Registration
8:10 AM	Coaches and Officials Meeting on deck
8:15 AM - 8:35 AM	16 – 19 AG Lap Swim
8:35 AM - 8:55 AM	16 – 19 AG Figure Warm-up
9:00 AM - 10:30 AM	16 – 19 AG Figures (44)
10:30 AM - 10:45 AM	BREAK
10:45 AM - 10:55 AM	Solo Lap Swim
10:55 AM - 11:10 AM	Solo Warm-up (1st half)
11:10 AM - 11:25 AM	Solo Warm-up (2nd half)
11:30 AM - 12:20 PM	Age Group Solo Competition (15 w/ preswimmer)
12:25 PM - 12:40 PM	Combination Lap Swim
12:40 PM - 12:55 PM	Combination Warm-up
1:00 PM - 1:25 PM	Combination Routines (4)
1:25 PM - 1:35 PM	Duet Lap Swim
1:35 PM - 1:50 PM	Duet Warm-up (1st half)
1:50 PM - 2:05 PM	Duet Warm-up (2nd half)
2:10 PM - 3:05 PM	Age Group Duet Competition (13)
3:10 PM - 3:35 PM	Age Group Team Warm-up (10 min lap, 15 min team warm-up) (5)
3:35 PM - 4:00 PM	Age Group Team Warm-up (10 min lap, 15 min team warm-up) (5)
4:05 PM - 4:55 PM	Age Group Team Competition (10)
5:15 PM	Age Group awards