



**2013 eSynchro Age Group
Synchronized Swimming Championships
June 21 – June 29 • Riverside, CA.**



FINAL MEET SCHEDULE v6/14

Friday, June 21				PAGE 1 of 4
	4:00 PM	8:00 PM	Registration at Pool Entrance	
	5:00 PM	6:00 PM	11 - 12 Officials and Coaches Meeting -- Pool Hospitality Area	
	5:30 PM	6:00 PM	Open Pool	
	6:00 PM	8:30 PM	11-12 Team practice with music (in order of draw) (Note 1)	
Saturday, June 22				
	6:30 AM	7:00 AM	Open Pool	
	8:00 AM	11:00 AM	Registration at Pool Entrance	
	7:00 AM	7:15 AM	11-12 Solo Warm up Pre 1 - 18 (first of TWO groups)	
	7:20 AM	8:25 AM	11-12 Solo competition Pre 1 - 18	
	8:25 AM	8:40 AM	11-12 Solo Warm up 19 - 38 (second of TWO groups)	
	8:45 AM	9:40 AM	11-12 Solo competition 19 - 38	
	9:45 AM	10:00 AM	11-12 Duet warm-up Pre 1 - 19 (first of TWO groups)	
	10:05 AM	11:20 AM	11-12 Duet competition Pre 1 - 19	
	11:20 AM	11:35 AM	11-12 Duet warm-up 20 - 39 (second of TWO groups)	
	11:40 AM	12:45 PM	11-12 Duet competition 20 - 39	
	12:45 PM	1:00 PM	Competition Pool Closed	
	1:05 PM	1:50 PM	11-12 Team warm-up 1 - 17 (three 15-minute groups)	
	1:55 PM	3:00 PM	11-12 Team Competition 1 - 17	
	3:00 PM	3:45 PM	11-12 Team warm-up 18 - 34 (three 15-minute groups)	
	3:50 PM	4:50 PM	11-12 Team Competition 18 - 34	
	8:00 PM	10:00 PM	Fundraising Reception at Riverside Art Museum	
Sunday, June 23				
	6:30 AM	7:00 AM	Open Pool	
	9:00 AM	2:30 PM	Registration at Pool Entrance	
	7:00 AM	7:15 AM	11-12 Trio warm-up Pre 1 - 18 (first of TWO groups)	
	7:20 AM	8:30 AM	11-12 Trio competition Pre 1 - 18	
	8:30 AM	8:45 AM	11-12 Trio warm-up 19 - 37 (second of TWO groups)	
	8:50 AM	9:55 AM	11-12 Trio competition 19 - 37	
	9:30 AM	10:30 AM	13 - 15 Officials and Coaches meeting -- Pool Hospitality Area	
	10:00 AM	10:15 AM	13-15 Duet Warm up Pre 1 - 24 (first of TWO groups)	
	10:20 AM	12:00 PM	13-15 Duet Competition Pre 1 - 24	
	12:00 PM	12:15 PM	13-15 Duet Warm up 25 - 48 (second of TWO groups)	
	12:20 PM	1:55 PM	13-15 Duet Competition 25 - 48	
	1:55 PM	2:05 PM	Lap Swim	
	2:10 PM	2:40 PM	11-12 Figure Warm up (two 15 minute groups) (Note 2)	
	2:40 PM	4:50 PM	11-12 Figure Competition (Note 3)	
	3:00 PM	5:00 PM	eSynchro Clinic -- Sports Forum Hall of Fame	
	4:50 PM	5:00 PM	Lap Swim	
	5:05 PM	7:50 PM	13-15 Team practice with music (in order of draw) (Note 1)	

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Monday, June 24				PAGE 2 of 4
	6:30 AM	7:00 AM	Open Pool	
	8:00 AM	11:00 AM	<i>Registration at Pool Entrance</i>	
	10:00 AM	2:00 PM	<i>National Team Skills Training Clinic -- Heritage Room</i>	
	7:00 AM	7:15 AM	13-15 Trio Warm up Pre 1 - 15 (first of THREE groups)	
	7:20 AM	8:20 AM	13-15 Trio Competition Pre 1 - 15	
	8:20 AM	8:35 AM	13-15 Trio Warm up 16 - 30 (second of THREE groups)	
	8:40 AM	9:40 AM	13-15 Trio Competition 16 - 30	
	9:40 AM	9:55 AM	13-15 Trio Warm up 31 - 45 (third of THREE groups)	
	10:00 AM	11:00 AM	13-15 Trio Competition 31 - 45	
	11:00 AM	12:00 PM	13-15 Team Warm up Pre 1 - 23 (four fifteen minute groups)	
	12:05 PM	1:50 PM	13-15 Team Competition Pre 1 - 23	
	1:50 PM	2:35 PM	13-15 Team Warm up 24 - 41 (three fifteen minute groups)	
	2:40 PM	4:10 PM	13-15 Team Competition 24 - 41	
	4:10 PM	4:20 PM	11-12 Finals Draw (announcers stand)	
	4:20 PM	4:35 PM	11-12 Trio Finals Warm up	
	4:35 PM	4:50 PM	11-12 Duet Finals Warm up	
	4:50 PM	5:05 PM	11-12 Solo Finals Warm up	
	5:00 PM	6:00 PM	<i>Town Meeting -- On Hillside Bleachers</i>	
	5:10 PM	5:30 PM	<i>11 - 12 Parade of Athletes (line up at 4:55)</i>	
	5:35 PM	6:20 PM	11-12 Trio Finals	
	6:25 PM	7:10 PM	11-12 Duet Finals	
	7:10 PM	7:20 PM	<i>Official's Break</i>	
	7:20 PM	7:55 PM	11-12 Solo Finals	
	7:55 PM	8:25 PM	11-12 Team Finals Warm up (two 15 minute groups)	
	8:30 PM	9:20 PM	11-12 Team Finals	
	9:20 PM	10:00 PM	11-12 Awards	
Tuesday, June 25				
	6:30 AM	7:00 AM	Open Pool	
	7:00 AM	7:15 AM	13-15 Solo Warm up Pre 1 - 24 (first of TWO groups)	
	7:20 AM	8:50 AM	13-15 Solo Competition Pre 1 - 24	
	8:50 AM	9:05 AM	13-15 Solo Warm up 25 - 49 (second of TWO groups)	
	9:10 AM	10:35 AM	13-15 Solo Competition 25 - 49	
	10:35 AM	10:50 AM	Lap Swim	
	10:50 AM	11:20 AM	13-15 Figures Warm up (two 15 minute groups) (Note 2)	
	11:20 AM	1:25 PM	13-15 Figures Competition	
	12:00 PM	2:00 PM	<i>eSynchro Clinic -- Sports Forum Hall of Fame</i>	
	2:00 PM	3:00 PM	<i>Collegiate Synchro Opportunities Special Seminar -- Heritage Room</i>	
	2:30 PM	2:45 PM	13-15 Finals Draw (announcers stand)	
	2:45 PM	3:00 PM	13-15 Trio Finals Warm up	
	3:00 PM	3:15 PM	13-15 Duet Finals Warm up	
	3:15 PM	3:30 PM	13-15 Solo Finals Warm up	
	3:35 PM	3:55 PM	<i>13 - 15 Parade of Athletes (line up at 3:20)</i>	
	4:00 PM	6:00 PM	<i>Registration at Pool Entrance</i>	
	4:00 PM	4:50 PM	13-15 Trio Finals	
	4:55 PM	5:45 PM	13-15 Duet Finals	
	5:45 PM	5:55 PM	<i>Official's Break</i>	
	5:45 PM	6:25 PM	13-15 Solo Finals	
	6:25 PM	6:55 PM	13-15 Team Finals Warm up (two 15 minute groups)	
	7:00 PM	7:50 PM	13-15 Team Finals	
	7:50 PM	8:35 PM	13-15 Awards	
	8:30 PM	10:00 PM	<i>Reception for officials, coaches, sponsors & alumni at Sue's House</i>	

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Wednesday, June 26				PAGE 3 of 4
	6:30 AM	7:00 AM	Open Pool	
	6:30 AM	7:30 AM	<i>16 - 19 Officials and Coaches meeting -- Pool Hospitality Area</i>	
	8:00 AM	11:00 AM	<i>Registration at Pool Entrance</i>	
	7:00 AM	7:15 AM	16-17 Duet Warm up Pre 1 - 21 (first of TWO groups)	
	7:20 AM	9:00 AM	16-17 Duet Competition Pre 1 - 21	
	9:00 AM	9:15 AM	16-17 Duet Warm up 22 - 43 (second of TWO groups)	
	9:20 AM	10:55 AM	16-17 Duet Competition 22 - 43	
	10:55 AM	11:10 AM	16-17 Trio Warm up Pre 1 - 19 (first of TWO groups)	
	11:15 AM	12:45 PM	16-17 Trio Competition Pre 1 - 19	
	12:45 PM	1:00 PM	16-17 Trio Warm up 20 - 39 (second of TWO groups)	
	1:05 PM	2:30 PM	16-17 Trio Competition 20 - 39	
	2:30 PM	2:45 PM	18-19 Trio Warm up 1 - 13 (first of TWO groups)	
	2:50 PM	3:50 PM	18-19 Trio Competition 1 - 13	
	3:50 PM	4:05 PM	18-19 Trio Warm up 14 - 26 (second of TWO groups)	
	4:10 PM	5:05 PM	18-19 Trio Competition 14 - 26	
	5:05 PM	5:20 PM	Lap Swim	
	5:00 PM	6:00 PM	<i>Town Meeting -- On Hillside Bleachers</i>	
	5:25 PM	7:45 PM	18-19 Team practice with music (in order of draw) (Note 1)	
Thursday, June 27				
	6:30 AM	7:00 AM	Open Pool	
	8:00 AM	11:00 AM	<i>Registration at Pool Entrance</i>	
	7:00 AM	9:15 AM	16-17 Team practice with music (in order of draw) (Note 1)	
	9:20 AM	9:35 AM	16-17 Solo Warm up Pre 1 - 21 (first of TWO groups)	
	9:40 AM	11:10 AM	16-17 Solo competition Pre 1 - 21	
	11:10 AM	11:25 AM	16-17 Solo Warm up 22 - 43 (second of TWO groups)	
	11:30 AM	12:55 PM	16-17 Solo competition 22 - 43	
	12:55 PM	1:10 PM	18-19 Duet warm-up Pre 1 - 15 (first of TWO groups)	
	1:15 PM	2:30 PM	18-19 Duet competition Pre 1 - 15	
	2:30 PM	2:45 PM	18-19 Duet warm-up 16 - 32 (second of TWO groups)	
	2:50 PM	4:00 PM	18-19 Duet competition 16 - 32	
	4:05 PM	4:50 PM	18-19 Team warm-up 1 - 16 (three 15 minute groups)	
	4:55 PM	6:15 PM	18-19 Team Competition 1 - 16	
	6:20 PM	7:05 PM	18-19 Team warm-up 17 - 33 (three 15-minute groups)	
	7:10 PM	8:30 PM	18-19 Team Competition 17 - 33	
Friday, Jun 28				
	6:30 AM	7:00 AM	Open Pool	
	7:00 AM	7:45 AM	16-17 Team warm-up 1 - 18 (three 15 minute groups)	
	7:50 AM	9:25 AM	16-17 Team Competition 1 - 18	
	9:25 AM	9:55 AM	16-17 Team warm-up 19 - 30 (two 15-minute groups)	
	10:00 AM	11:05 AM	16-17 Team Competition 19 - 30	
	11:05 AM	11:20 AM	<i>Junior National Team Demonstration</i>	
	11:20 AM	11:35 AM	18-19 Solo warm-up 1 - 17 (first of TWO groups)	
	11:40 AM	12:50 PM	18-19 Solo competition 1 - 17	
	12:50 PM	1:05 PM	18-19 Solo warm-up 18 - 34 (second of TWO groups)	
	1:10 PM	2:15 PM	18-19 Solo competition 18 - 34	
	1:00 PM	2:00 PM	<i>Collegiate Synchro Opportunities Special Seminar -- Hall of Fame Rm.</i>	
	2:15 PM	2:30 PM	<i>Competition Pool Closed</i>	
	2:30 PM	2:40 PM	Lap Swim	
	2:40 PM	3:10 PM	16-17 and 18-19 Figures warm up Flight 1 (Note 2)	
	3:15 PM	5:15 PM	16-17 and 18-19 Figures competition Flight 1	
	5:15 PM	5:25 PM	Lap Swim	
	5:25 PM	5:55 PM	16-17 and 18-19 Figures warm up Flight 2 (Note 2)	
	6:00 PM	8:00 PM	16-17 and 18-19 Figures competition Flight 2	

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Saturday, June 29				PAGE 4 of 4
	6:30 AM	7:30 AM	Open pool	
	7:00 AM	7:10 AM	16-17 Finals Draw (announcers stand)	
	7:30 AM	7:45 AM	16-17 Trio Finals Warm up	
	7:45 AM	8:00 AM	16-17 Duet Finals Warm up	
	8:00 AM	8:15 AM	16-17 Solo Finals Warm up	
	8:20 AM	8:40 AM	<i>16 - 17 and 18 - 19 Parade of Athletes (line up at 8:05)</i>	
	8:45 AM	9:40 AM	16-17 Trio Finals	
	9:45 AM	10:40 AM	16-17 Duet Finals	
	10:40 AM	10:50 AM	<i>Official's Break</i>	
	10:50 AM	11:35 AM	16-17 Solo Finals	
	11:40 AM	12:10 PM	16-17 Team Finals Warm up (two 15 minute groups)	
	12:15 PM	1:15 PM	16-17 Team Finals	
	1:15 PM	1:25 PM	18-19 Finals Draw (announcers stand)	
	1:25 PM	2:10 PM	16-17 Awards	
	2:15 PM	2:30 PM	18-19 Trio Finals Warm up	
	2:30 PM	2:45 PM	18-19 Duet Finals Warm up	
	2:45 PM	3:00 PM	18-19 Solo Finals Warm up	
	3:05 PM	4:00 PM	18-19 Trio Finals	
	4:05 PM	5:00 PM	18-19 Duet Finals	
	5:00 PM	5:10 PM	<i>Official's Break</i>	
	5:10 PM	5:55 PM	18-19 Solo Finals	
	6:00 PM	6:30 PM	18-19 Team Finals Warm up (two 15 minute groups)	
	6:35 PM	7:40 PM	18-19 Team Finals	
	7:45 PM	8:30 PM	18-19 Awards	
Notes:				
1	NOTE- TEAM RUN-THRU WITH MUSIC FOR ALL AGES IN THE COMPETITION AREA			
	<p>Team One will start at the shallow end, hillside of the pool for 4 minutes Team One will then move to the deep end, hillside of the pool for 4 minutes; Team Two will be in the shallow end, hillside. Team One will then be on deck for 4 minutes, Team Two will be in the deep end of hillside, Team Three will be in the shallow end of the hillside. Team One will then swim thru their team, Team Two will be on deck, Team Three deep end of the hillside, Team Four shallow end hillside. Team One will then move to the deep end, parking lot side for the next team run thru, Team Two will swim thru, Team Three on deck. Team One moves to shallow end, parking lot side for the next run thru, Team Two is deep end parking lot side, Team Three swimming thru, Team Four on deck... etc. YOU WILL HAVE A TOTAL OF FIVE ROUTINES IN THE COMPETITION AREA.</p>			
2	For Figure warm-ups clubs will divide swimmers in half, 15 minutes each			
3	13 - 15 Lap Swim and Team practice with music will commence immediately following 11 - 12 Figures			