



**2016 U.S. Junior Olympic
Synchronized Swimming Championships
Nassau County Aquatic Center - Long Island, NY.**



FINAL MEET SCHEDULE - 06/20/16

Friday June 24

4:00 PM	8:00 PM	Registration
4:00 PM	5:00 PM	Officials and Coaches Meeting
4:30 PM	5:00 PM	Competition and Practice Pools Open- 12/under Team Swimmers
5:00 PM	7:00 PM	Grades Program Seminar and Official's Testing
5:05 PM	7:50 PM	12/under Team Practice with Music (in order of draw) (See Notes 1 and 3)

Saturday June 25

7:00 AM	7:10 AM	Competition and Practice Pools- Lap Swimming for Figure Swimmers
8:00 AM	NOON	Registration
10:00 AM	11:00 AM	Parents/ Coaches - Marketing and Recruiting For Your Club Seminar
7:10 AM	7:40 AM	12/under Figure Warm-up (Note 2)
7:45 AM	12:25 PM	12/under Figure Competition (284)
		Official's and Volunteer's Breaks at Discretion of Referee
12:35 PM	12:50 PM	13-15 Duet Spacing
12:50 PM	1:05 PM	13-15 Duet Spacing
		Opening Remarks
1:10 PM	2:55 PM	13-15 Duet Preliminary Competition (Pre 1 - 24)
2:55 PM	3:05 PM	Official's Break - Competition Pool Closed
3:05 PM	4:35 PM	13-15 Duet Preliminary Competition (25 - 48)
4:35 PM	4:50 PM	12/under Duet Spacing
4:50 PM	5:05 PM	12/under Duet Spacing
5:10 PM	6:40 PM	12/under Duet Preliminary Competition (Pre 1 - 22)
6:40 PM	6:50 PM	Official's Break - Competition Pool Closed
6:50 PM	8:10 PM	12/under Duet Preliminary Competition (23 - 44)

Sunday June 26

7:00 AM	7:10 AM	Competition and Practice Pools- Lap Swimming for 13-15 Teams
9:00 AM	2:30 PM	Registration
7:10 AM	10:55 AM	13-15 Team Practice with Music (in order of draw) (See Notes 1 and 3)
11:00 AM	11:30 AM	Officials and Coaches Meeting
10:55 AM	11:35 AM	12/under Team Warm-up (four 10 minute groups)
11:40 AM	12:55 PM	12/under Team Preliminary Competition (1 - 18)
12:55 PM	1:05 PM	Official's Break - Competition Pool Closed
1:05 PM	2:15 PM	12/under Team Preliminary Competition (19 - 36)
2:20 PM	3:20 PM	13-15 Team Warm-up (six 10 minute groups)
2:45 PM	2:55 PM	12/under Draw for Duet and Team Final
3:25 PM	5:10 PM	13-15 Team Preliminary Competition (1 - 23)
5:10 PM	5:20 PM	Official's Break - Competition Pool Closed
5:20 PM	7:05 PM	13-15 Team Preliminary Competition (24 - 46)
7:05 PM	7:25 PM	Official's Break (Competition Pool Closed)
7:25 PM	7:40 PM	12/under Solo Spacing
7:45 PM	8:45 PM	12/under Solo Final Competition (Pre 1 - 15)
8:50 PM	9:00 PM	12/under Figure and Solo Awards



**2016 U.S. Junior Olympic
Synchronized Swimming Championships
Nassau County Aquatic Center - Long Island, NY.**



FINAL MEET SCHEDULE - 06/20/16

Monday June 27

7:00 AM	7:10 AM	Competition and Practice Pools- Lap Swimming for Figure Swimmers
8:00 AM	11:00 AM	<i>Registration</i>
9:00 AM	10:00 AM	<i>Introduction to Preschool Program Seminar</i>
10:00 AM	11:30 AM	<i>Grades Program Seminar</i>
7:10 AM	7:40 AM	13-15 Figure Warm-up (Note 2)
7:45 AM	11:55 AM	13-15 Figure Competition (434)
		Official's and Volunteer's Breaks at Discretion of Referee
12:00 PM	12:30 PM	Official's and Volunteer's Lunch Break (Note 2)
12:30 PM	4:40 PM	13-15 Figure Competition
4:40 PM	5:00 PM	12/under Team Final Warm up (two 10 minute groups)
5:00 PM	5:15 PM	12/under Duet Final Spacing
5:15 PM	5:25 PM	<i>13-15 Figure Awards</i>
5:25 PM	5:45 PM	<i>12 and Under Parade of Athletes (line up at 5:20)</i>
5:50 PM	6:45 PM	12/under Duet Final Competition (Pre 1 - 12)
6:45 PM	6:55 PM	Official's Break - Competition Pool Closed
6:55 PM	7:55 PM	12/under Team Final Competition (Pre 1 - 12)
8:00 PM	8:20 PM	<i>12/under Duet and Team Awards</i>

Tuesday June 28

7:00 AM	7:10 AM	Competition and Practice Pools- Lap Swimming for 13-15 Free Combination
7:10 AM	7:20 AM	13-15 Draw for Duet and Team Final
8:00 AM	11:00 AM	<i>Registration</i>
7:20 AM	9:35 AM	13-15 Free Combination Practice with Music (in order of draw) (See Notes 1 and 3)
8:00 AM	9:00 AM	<i>Parents/ Coaches - Marketing and Recruiting For Your Club Seminar</i>
9:35 AM	9:50 AM	13-15 Solo Spacing
9:55 AM	11:00 AM	13-15 Solo Final Competition (Pre 1 - 15)
11:00 AM	11:20 AM	13-15 Team Final Warm up (two 10 minute groups)
11:20 AM	11:35 AM	13-15 Duet Final Spacing
11:40 AM	12:00 PM	<i>13-15 Parade of Athletes (line up at 11:30)</i>
12:05 PM	1:00 PM	13-15 Duet Final Competition (Pre 1 - 12)
1:00 PM	1:10 PM	Official's Break - Competition Pool Closed
1:05 PM	2:10 PM	13-15 Team Final Competition (Pre 1 - 12)
2:15 PM	6:00 PM	16-19 Free Combination Practice with Music (in order of draw) (See Notes 1 and 3)
6:00 PM	6:40 PM	13-15 Free Combination Warm-up (four 10 minute groups)
6:45 PM	7:55 PM	13-15 Free Combination Preliminary Competition (1 - 13)
7:55 PM	8:05 PM	Official's Break - Competition Pool Closed
8:05 PM	9:05 PM	13-15 Free Combination Preliminary Competition (14 - 25)
9:05 PM	9:20 PM	<i>13-15 Solo, Duet and Team Awards</i>
9:20 PM	9:30 PM	13-15 Draw for Free Combination



**2016 U.S. Junior Olympic
Synchronized Swimming Championships
Nassau County Aquatic Center - Long Island, NY.**



FINAL MEET SCHEDULE - 06/20/16

Wednesday June 29

7:00 AM	7:10 AM	Competition and Practice Pools- Lap Swimming for 16-19 Free Combination
8:00 AM	11:00 AM	Registration
7:00 AM	7:30 AM	Officials and Coaches Meeting
7:10 AM	8:00 AM	16-19 Free Combination Warm-up (five 10 minute groups)
8:05 AM	9:55 AM	16-19 Free Combination Preliminary Competition (1 - 19)
9:55 AM	10:05 AM	Official's Break - Competition Pool Closed
10:05 AM	11:50 AM	16-19 Free Combination Preliminary Competition (20 - 37)
11:50 AM	12:05 PM	16-17 Duet Spacing
12:05 PM	12:20 PM	16-17 Duet Spacing
12:25 PM	1:55 PM	16-17 Duet Preliminary Competition (P1 - 20)
1:55 PM	2:05 PM	Official's Break - Competition Pool Closed
2:05 PM	3:25 PM	16-17 Duet Preliminary Competition (21 - 41)
3:25 PM	3:45 PM	13-15 Free Combination Warm-up (two 10 minute groups)
3:55 PM	5:10 PM	13-15 Free Combination Final Competition (P1 - 12)
5:20 PM	5:35 PM	13 - 15 Free Combination Awards
5:35 PM	5:45 PM	16-19 Draw for Free Combination
5:50 PM	6:50 PM	Synchro After High School Seminar
5:50 PM	7:50 PM	Official's Testing
5:50 PM	8:40 PM	18-19 Team Practice with Music (in order of draw) (See Notes 1 and 3)

Thursday June 30

7:00 AM	7:10 AM	Competition and Practice Pools- Lap Swimming for 16-17 Teams
8:00 AM	11:00 AM	Registration
7:10 AM	8:45 AM	16-17 Team Practice with Music (in order of draw) (See Notes 1 and 3)
7:30 AM	8:30 AM	Synchro After High School Seminar
8:30 AM	10:00 AM	Grades Program Seminar
8:45 AM	9:15 AM	16-17 and 18-19 Figure Warm-up (Note 2)
9:20 AM	12:30 PM	16-17 and 18-19 Figure Competition (405)
		Official's and Volunteer's Breaks at Discretion of Referee
12:30 PM	1:00 PM	Official's and Volunteer's Lunch Break (Note 2)
1:00 PM	6:10 PM	16-17 and 18-19 Figure Competition
6:20 PM	6:40 PM	16-19 Free Combination Warm-up (two 10 minute groups)
6:45 PM	8:05 PM	16-19 Free Combination Final Competition (P1 - 12)
8:20 PM	8:30 PM	16 - 19 Free Combination Awards



**2016 U.S. Junior Olympic
Synchronized Swimming Championships
Nassau County Aquatic Center - Long Island, NY.**



FINAL MEET SCHEDULE - 06/20/16

Friday July 1

8:00 AM	8:10 AM	Competition and Practice Pools- Lap Swimming for 16-17 Teams
8:10 AM	8:30 AM	16-17 Team Warm-up (two 10 minute groups)
8:35 AM	9:50 AM	16-17 Team Preliminary Competition (1 - 15)
9:50 AM	10:05 AM	18-19 Duet Spacing
10:05 AM	10:20 AM	18-19 Duet Spacing
10:25 AM	11:50 AM	18-19 Duet Preliminary Competition (Pre 1 - 18)
11:50 AM	12:00 PM	Official's Break - Competition Pool Closed
12:00 PM	1:15 PM	18-19 Duet Preliminary Competition (19 - 37)
1:15 PM	1:55 PM	18-19 Team Warm-up (four 10 minute groups)
2:00 PM	3:20 PM	18-19 Team Preliminary Competition (1 - 15)
3:20 PM	3:30 PM	Official's Break - Competition Pool Closed
3:30 PM	4:50 PM	18-19 Team Preliminary Competition (16 - 30)
4:50 PM	5:05 PM	<i>16-17 and 18-19 Figure Awards</i>
5:05 PM	5:15 PM	16-17 and 18-19 Draw for Duet and Team Final

Saturday July 2

8:00 AM	8:10 AM	Competition and Practice Pools- Lap Swimming for 16-19 Solos
8:10 AM	8:25 AM	16-17 and 18-19 Solo Final Spacing
8:30 AM	9:35 AM	16-17 Solo Final Competition (Pre 1 - 16)
9:35 AM	9:45 AM	Official's Break - Competition Pool Closed
9:45 AM	10:50 AM	18-19 Solo Final Competition (Pre 1 - 15)
10:50 AM	11:05 AM	16-17 Duet Final Spacing
11:05 AM	11:20 AM	18-19 Duet Final Spacing
11:25 AM	11:45 AM	<i>16-19 Parade of Athletes (line up at 11:20)</i>
11:50 AM	12:50 PM	16-17 Duet Final Competition (Pre 1 - 12)
12:50 PM	1:00 PM	Official's Break - Competition Pool Closed
1:05 PM	2:00 PM	18-19 Duet Final Competition (Pre 1 - 12)
2:00 PM	2:20 PM	16-17 Team Final Warm-up (two 10 minute groups)
2:20 PM	2:40 PM	18-19 Team Final Warm-up (two 10 minute groups)
2:45 PM	4:00 PM	16-17 Team Final Competition (Pre 1 - 12)
4:00 PM	4:10 PM	Official's Break - Competition Pool Closed
4:15 PM	5:25 PM	18-19 Team Final Competition (Pre 1 - 12)
5:30 PM	6:00 PM	<i>16-17 and 18-19 Solo, Duet and Team Awards</i>



**2016 U.S. Junior Olympic
Synchronized Swimming Championships
Nassau County Aquatic Center - Long Island, NY.**



FINAL MEET SCHEDULE - 06/20/16

Notes:

- 1 Team swim thru with music in competition area for ages listed.

- 2 Diving Well, Competition Pool and Warm-up/ Cool-down Area can be used for figure warm-up. Quiet laps are allowed during figure competition in Diving Well and Warm-up/ Cool-down Area.

- 3 **SWIM THRU WITH MUSIC INSTRUCTIONS**

Team One will start at the shallow end (Lane Marker), right side of the pool for 4 minutes.
Team One will then move to the deep end, right side of the pool for 4 minutes.
Team Two will be in the shallow end (Lane Marker), right side of the pool.
Team One will then be on deck for 4 minutes.
Team Two will be in the deep end of right side of the pool.
Team Three will be in the shallow end (Lane Marker), right side of the pool.
Team One will then swim thru their team, Team Two will be on deck.
Team Three will be in the deep end right side of the pool.
Team Four will be in the shallow end (Lane Marker), right side of the pool.
Team One will then move to the deep end, left side for the next team run thru.
Team Two will swim thru, Team Three will be on deck.
Team One moves to shallow end, left side for the next run thru.
Team Two will be in the deep end, left side of the pool.
Team Three swimming thru, Team Four on deck... etc.

YOU WILL HAVE A TOTAL OF FIVE ROUTINES IN THE COMPETITION AREA.

PLEASE SEE ROTATION MAP FOR MORE INFORMATION