



**2016 U.S. National  
Synchronized Swimming Championships  
April 5 - 9 Skyline Aquatic Center,  
Mesa, Arizona**



FINAL MEET SCHEDULE - v04-06

**Tuesday, April 5**

8:00 AM	5:00 PM	Fee based practice time
1:00 PM	7:00 PM	Registration - Skyline Aquatic Center Lobby
4:30 PM	7:30 PM	National Judges Testing
4:00 PM	4:50 PM	Practice Pool Areas Open for Lap Swimming Only
5:00 PM	6:15 PM	Junior Team Practice w/ Music - one time in order of draw
5:25 PM	6:10 PM	Practice Pool Area (Behind Bulkhead) - For 13 - 15 Teams
6:15 PM	7:45 PM	13 - 15 Team Practice w/ Music - one time in order of draw

**Wednesday, April 6**

7:00 AM	7:30 AM	Coaches and Officials meeting
7:00 AM	7:30 AM	Competition Open Pool - Practice Pool Areas Open
7:30 AM	8:00 AM	Junior Figure Warm-up
<b>8:05 AM</b>	<b>11:00 AM</b>	<b>Junior Figure Competition</b>
11:00 AM	11:10 AM	Official's Break
11:10 AM	11:40 AM	13 - 15 Figure Warm-up
<b>11:45 AM</b>	<b>2:55 PM</b>	<b>13 - 15 Figure Competition</b>
2:55 PM	3:10 PM	Junior Solo Preliminary Spacing
<b>3:15 PM</b>	<b>5:30 PM</b>	<b>Junior Solo Preliminary Competition</b>
5:30 PM	5:45 PM	Official's Break
5:45 PM	6:00 PM	13 - 15 Duet Preliminary Spacing
<b>6:05 PM</b>	<b>7:55 PM</b>	<b>13 - 15 Duet Preliminary Competition</b>
8:00 PM	8:30 PM	13 - 15 Free Combination Practice w/ Music - one time in order of draw

**Thursday, April 7**

7:00 AM	7:30 AM	Competition Open Pool - Practice Pool Areas Open
7:30 AM	7:45 AM	13 - 15 Solo Preliminary Spacing
<b>7:50 AM</b>	<b>9:25 AM</b>	<b>13 - 15 Solo Preliminary Competition</b>
9:25 AM	9:40 AM	Junior Duet Preliminary Spacing
<b>9:45 AM</b>	<b>12:05 PM</b>	<b>Junior Duet Preliminary Competition</b>
12:05 PM	1:35 PM	13 - 15 and Junior Team Preliminary Warm-up (6) at 15 min.
<b>1:40 PM</b>	<b>3:10 PM</b>	<b>13 - 15 Team Preliminary Competition</b>
3:10 PM	3:20 PM	Official's Break
<b>3:25 PM</b>	<b>4:25 PM</b>	<b>Junior Team Preliminary Competition</b>
4:25 PM	4:40 PM	<i>Draw for 13 - 15 Final Events</i>
4:40 PM	4:55 PM	Senior Tech Duet Spacing
<b>5:00 PM</b>	<b>5:40 PM</b>	<b>Senior Tech Duet Competition</b>
5:40 PM	5:55 PM	<i>Draw for Junior Final Events</i>
5:55 PM	6:10 PM	13 - 15 Duet Final Spacing
<b>6:15 PM</b>	<b>7:10 PM</b>	<b>13 - 15 Duet Final Competition</b>



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**Friday, April 8**

7:00 AM	7:30 AM	Competition Open Pool - Practice Pool Areas Open
7:30 AM	7:45 AM	Senior Tech Solo Spacing
<b>7:50 AM</b>	<b>8:35 AM</b>	<b>Senior Tech Solo Competition</b>
8:35 AM	8:50 AM	13 - 15 and Junior Solo Final Spacing
<b>8:55 AM</b>	<b>9:45 AM</b>	<b>13 - 15 Solo Final Competition</b>
<b>9:50 AM</b>	<b>10:40 AM</b>	<b>Junior Solo Final Competition</b>
10:40 AM	11:25 AM	13 - 15 Team Final Warm-up (3) at 15 min.
<b>11:30 AM</b>	<b>12:35 PM</b>	<b>13 - 15 Team Final Competition</b>
12:35 PM	1:05 PM	Senior Tech Team and 13 - 15 Free Combination Final Warm-up (2) at 15 min.
<b>1:10 PM</b>	<b>1:25 PM</b>	<b>Senior Tech Team Competition</b>
<b>1:30 PM</b>	<b>1:50 PM</b>	<b>13 - 15 Free Combination Final Competition</b>
<i>1:55 PM</i>	<i>2:25 PM</i>	<i>Athlete meeting</i>
2:30 PM	2:45 PM	Junior Duet Final Spacing
<b>2:50 PM</b>	<b>3:45 PM</b>	<b>Junior Duet Final Competition</b>
3:45 PM	4:00 PM	13 - 15 Parade of Athletes
<b>4:00 PM</b>	<b>4:20 PM</b>	<b>13 - 15 Awards</b>
<i>4:20 PM</i>	<i>4:30 PM</i>	Draw for Senior Final Events
4:30 PM	5:55 PM	Jr / Sr Combo Practice w/ Music - one time in order of draw
6:00 PM	6:20 PM	Senior Free Team Practice w/ Music - one time in order of draw
Coaches and Official's Reception - Details at Coaches and Official's Meeting Wednesday		



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**Saturday, April 9**

7:15 AM	7:45 AM	Competition Open Pool - Practice Pool Areas Open
7:45 AM	8:00 AM	Senior Solo Final Spacing
8:05 AM	8:20 AM	Senior Duet Final Spacing
<b>8:25 AM</b>	<b>9:15 AM</b>	<b>Senior Solo Final Competition</b>
9:15 AM	9:25 AM	Official's Break
<b>9:25 AM</b>	<b>10:20 AM</b>	<b>Senior Duet Final Competition</b>
10:20 AM	11:05 AM	Junior Team Final Warm-up (3) at 15 min.
<b>11:10 AM</b>	<b>12:15 PM</b>	<b>Junior Team Final Competition</b>
12:15 PM	12:30 PM	Official's Break
12:30 PM	12:45 PM	Senior Team Final Warm-up
<b>12:45 PM</b>	<b>1:10 PM</b>	<b>Senior Team Final Competition</b>
1:10 PM	1:55 PM	Jr / Sr Free Combination Final Warm-up (3) at 15 min.
<b>2:00 PM</b>	<b>3:15 PM</b>	<b>Junior/ Senior Free Combination Final Competition</b>
<b>3:25 PM</b>	<b>3:55 PM</b>	<b>Junior and Senior Awards</b>

SWIM THRU WITH MUSIC INSTRUCTIONS (SEE POSTED ROTATION MAP)

Team One will start at the shallow end (bulkhead), sound side of the pool for 4 minutes.  
 Team One will then move to the deep end, sound side of the pool for 4 minutes.  
 Team Two will be in the shallow end (bulkhead), sound side of the pool.  
 Team One will then be on deck for 4 minutes.  
 Team Two will be in the deep end of sound side of the pool.  
 Team Three will be in the shallow end (bulkhead), sound 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, sound side of the pool.  
 Team Four will be in the shallow end (bulkhead), sound side of the pool.  
 Team One will then move to the deep end, bleacher side for the next team run thru.  
 Team Two will swim thru, Team Three will be on deck.  
 Team One moves to shallow end (bulkhead), bleacher side for the next run thru.  
 Team Two will be in the deep end, bleacher 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