

WARMUP SCHEDULE

FRIDAY, MAY 22

FRI 22/ 05	7:30 AM	8:00 AM	W	Adapted Solo Tech, Junior Solo Tech, & Senior Solo Tech Warmup
	8:05 AM	8:10 AM	1	Adapted P6 Solo Tech Competition
	8:10 AM	8:40 AM	8	Junior Solo Tech Competition
	8:40 AM	9:10 AM	8	Senior Solo Tech Competition
	Immediately following		A	AWARDS - ADAPTED SOLO TECH, JUNIOR SOLO TECH, & SENIOR SOLO TECH
	9:15 AM	9:45 AM	W	Mixed Ability Duet Warmup
	9:50 AM	10:55 AM	4	Mixed Ability Duet Level A Competition
			5	Mixed Ability Duet Level B Competition
			4	Mixed Ability Duet Level C Competition
	Immediately following		A	AWARDS - MIXED ABILITY DUET
	11:00 AM	11:30 AM	W	10U Duet, Adapted C Duet, & Adapted P Duet Warmup
	11:35 AM	12:50 PM	11	10U Duet Competition
			2	Adapted C Duet Competition
			3	Adapted P Duet Competition
	Immediately following		A	AWARDS - 10U DUET & ADAPTED DUET
	12:55 PM	1:25 PM	W	11-12 Duet Warmup #1
	1:30 PM	2:55 PM	17	11-12 Duet Competition
	3:00 PM	3:30 PM	W	11-12 Duet Warmup #2
	3:35 PM	5:05 PM	18	11-12 Duet Competition (Cont.)
	Immediately following		A	AWARDS - 11-12 DUET
	5:10 PM	5:40 PM	W	Youth Duet Warmup #1
	5:45 PM	7:00 PM	15	Youth Duet Competition
	7:05 PM	7:35 PM	W	Youth Duet Warmup #2
	7:40 PM	8:55 PM	15	Youth Duet Competition (Cont.)
	Immediately following		A	AWARDS - YOUTH DUET

Competition Pool	Warmup Pool			
	South Side (Closest to Change Rooms)	Lap Warm Up	North Side (Closest to Windows)	
Official Warmup		Lap Warm Up	Official Warmup	
Competition	Solo Tech - Competitors		Open Pool	
			Open Pool	
Official Warmup				
Competition	Mixed Ability Duet - Competitors		Open Pool	
			Open Pool	
Official Warmup				
Competition	10U & Adapted Duet - Competitors		Open Pool	
			Open Pool	
Official Warmup				
Competition	11-12 Duet - Competitors		Open Pool	
Official Warmup				
Competition	11-12 Duet - Competitors	Open Pool		
		Open Pool		
Official Warmup				
Competition	Youth Duet - Competitors	Open Pool		
Official Warmup				
Competition	Youth Duet - Competitors	Open Pool		
Pool Closed				