

# ALPS Synchro Competition Schedules

ALPS Junior & Senior Solos & Duets
------------------------------------

- **Volunteers meet with Coordinator** 2:30pm
- **Junior Duet Warm-Up** 2:30-2:45pm
- **Senior Duet Warm-Up** 2:45-3:00pm
- **Coaches' meeting** 2:50pm
- **Junior Duet Event:** 3:00pm (approximately 1 hour)
  - 2 pre-swimmers
  - Brief judges' meeting
  - Junior Duet competitors
- **Senior Duet Event:** (approximately 1 hour)
  - Senior Duet competitors
- **Supper Break:** (for 45 minutes)
  - Junior Solo warm-up (for 15 minutes at start of supper break)
  - Senior Solo warm-up (for 15 minutes following Junior warm-up)
- **Medal Presentation:** (approximately 15-20 minutes)
  - Junior & Senior Duets' awards presentation
- **Junior Solo Event:** (approximately 1 hour)
  - 2 pre-swimmers
  - Brief judges' meeting
  - Junior Solo competitors
- **Senior Solo Event:** (approximately 1 hour)
  - Senior Solo competitors
- **Medal Presentation:** (approximately 15-20 minutes)
  - Junior & Senior Solos' awards presentation

# ALPS Synchro Competition Schedules

ALPS Summer Swimmer Synchro Meet
----------------------------------

- **Volunteers meet with Coordinator** 1:30pm
- **Junior Solo warm-up** 1:40-1:50pm
- **Senior Solo warm-up** 1:50-2:00pm
- **Coaches' meeting** 1:50pm
- **Junior & Senior Solo Competition:** 2:00pm
  - 2 pre-swimmers
  - Brief judges' meeting
  - Junior Solos
  - Senior Solos
- **Jr. & Sr. Duet warm-up** (for 20 minutes)
- **Junior & Senior Duet Competition:**
  - 2 pre-swimmers
  - Brief judges' meeting
  - Junior Duets
  - Senior Duets
- **Supper Break:** (for 45 minutes)
  - Jr. & Sr. Team Warm-up (for 20 minutes at start of supper break)
  - Medal Presentation (Jr. & Sr. Solos & Duets) (approximately 15-20 minutes)
- **Jr. & Sr. Team Competition:**
  - 2 pre-swimmers
  - Brief judges' meeting
  - Junior Teams
  - Senior Teams
- **Medal & Trophy Presentations** (approximately 20-30 minutes)

# ALPS Synchro Competition Schedules

<b>Junior &amp; Senior Team Finals</b>
--

- **Volunteers meet with Coordinator** 2:30pm
- **Jr. Team warm-up:**
  - Jr. pre-swimmers & Jr. "B" teams 2:30-2:45pm
  - Jr. "A" teams 2:45-3:00pm
- **Coaches' meeting** 2:50pm
- **Competition:** 3:00pm
  - 2 pre-swimmers
  - Brief judges' meeting
  - Junior "B" team category
  - Junior "A" team category
- **Supper Break:** (for 45 minutes)
  - Senior team warm-up (for 15 minutes at start of supper break)
  - Junior team awards & trophy presentation (approximately 20-30 minutes)
- **Competition:**
  - 1 pre-swimmer (if available)
  - Brief judges' meeting
  - Senior Teams
- **Senior team awards & trophy presentations** (approximately 20-30 minutes)