

ALPS Synchro Competition Schedules

ALPS Summer Swimmer Synchro Meet

- Volunteers meet with Coordinator 11:30am
- Junior Solo warm-up 11:40-11:50am
- Senior Solo warm-up 11:50am-12:00pm
- Coaches' meeting 11:50am
- Junior & Senior Solo Competition: 12:00pm
 - 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

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

Junior & Senior Team Finals

- 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 (approximately 20-30 minutes)
- Competition:
 - Brief judges' meeting
 - Senior Teams
- Senior team awards & trophy presentations (approximately 20-30 minutes)