

## ALPS COMPETITION TIMELINE

### SUMMER SYNCHRO COMPETITION

8:30 Volunteers meet with Coordinators

8:30- 8:45 Pre-Junior & Junior Solo Warm-up

8:45-9:00 Senior Solo Warm-Up and Head Coaches Meeting

9:10-10:30 (approx.) **Solo Competition**

- Pre-Swimmer's
- 2 minute judge's meeting
- Pre-Junior
- Junior
- Senior

10:30- 10:45 Pre-Junior & Junior Duet Warm-Up

10:40- 11:00 Senior Duet Warm-Up

11:00- 12:30 **Duet Competition**

- Pre-Swimmer's
- 2 minute judge's meeting
- Pre-Junior
- Junior
- Senior

12:30- 1:15 Lunch Break

- DDO and Beaconsfield synchro demos (20 minutes)
- Pre-Junior team warm-up 12:50 (10 minutes)
- Junior team warm-up 1:00 (10 minutes)
- Senior team warm-up (10 minutes)
- Awards for Solo & Duet (subject to change based on weather)

1:30 -2:00 Pre-Junior Team Competition

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2:00-2:45 Junior Team Competition

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2:45-3:15 Senior Team Competition

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Awards for team

## **SOLO & DUET COMPETITION**

2:30 Volunteers meet with Coordinators

2:30-2:45 Junior duet warm-up

2:45- 3:00 Senior duet warm-up

3:00 Coaches meeting

3:00- 4:15 (approx.) Junior duet competition

- Pre-Swimmer's
- 2 minute judges meeting
- Junior duet

4:20- 5:45 (approx.) Senior duet competition

- Pre-Swimmer's
- 2 minute judges meeting
- Senior duet

5:45- 6:30 Super Break

- Jr Solo warm up 5:45 (15 minutes)
- Sr Solo warm up 6:00 (15 minutes)

6:30- 7:45 Junior Solo competition

- Pre-Swimmer's
- 2 minute judges meeting
- Junior solo

7:45- 9pm Senior Solo competition

- Pre-Swimmer's
- 2 minute judges meeting
- Senior solo

9:00 Medal presentation

## TEAM FINALS

2:30 Volunteers meet with Coordinators

2:30-2:45 Pre-Junior warm-up

2:45-3:00 Junior Warm-Up

2:50 Coaches meeting

3:00-3:45 (approx.) Pre-Junior competition

- Pre-Swimmer's
- 2 minute judges meeting
- Pre-Junior teams

3:45-4:45 (approx.) Junior competition

- Pre-Swimmer's
- 2 minute judges meeting
- Junior teams

4:45- 5:30 Super Break

- DDO and Beaconsfield demos (20 minutes)
- Sr Team warm up 5:10 (15 minutes)

5:30- 6:15 Senior Team competition

- Pre-Swimmer's
- 2 minute judges meeting
- Senior teams

6:30 Medal presentation