

SUMMER SYNCHRO COMPETITION 2023

DATE THURSDAY, AUGUST 10TH

VIKING POOL

8:30 am	Volunteers meet with Coordinators
8:30 - 8:45 am	Pre-Junior & Junior Solo Warm-Up
8:45 - 9:00 am	Senior Solo Warm-Up & Coaches Meeting
9:10 - 10:30 am	SOLO COMPETITION Order of Events: Pre-Junior - Junior - Senior
10:30 - 10:45 am	Pre-Junior & Junior Duet Warm-Up
10:45 - 11:00 am	Senior Duet Warm-Up
11:00 - 12:30 am	DUET COMPETITION Order of Events: Pre-Junior - Junior -Senior
12:30 - 1:35 pm	LUNCH BREAK 12:30 - Beaconsfield & DDO Synchro Demos 12:50 - Pre-Junior Team Warm-Up 1:05 - Junior Team Warm-Up 1:20 Senior Team Warm-Up (warm-ups are 15 min each) Awards for Solo & Duet
1:45 - 2:05 pm	PRE-JUNIOR TEAM COMPETITION
2:10 - 2:50 pm	JUNIOR TEAM COMPETITION
3:00 - 3:30 pm	SENIOR TEAM COMPETITION
3:45 pm	AWARDS FOR TEAM

NOTES

THIS IS AN ESTIMATE BASED ON THE NUMBER OF EVENTS IN EACH CATEGORY. WE WILL NOT BE UPDATNG YOU ON HOW THE SCHEDULE IS PROGRESSING ON THE DAY OF THE COMPETITION SO PLEASE GIVE YOURSELVES ENOUGH TIME TO BE READY FOR YOUR SWIMMERS EVENTS.

AWARDS FOR SOLO & DUET DURING THE LUNCH BREAK MAY OCCUR AT THE END OF THE COMPETITION BASED ON WEATHER

GOODLUCK!