

U of C Synchro Swim Club presents...
**Synchro Alberta NAG South / North Trials &
U.C.S.S.L. Western Invitational**
2500 University Drive NW
January 22-23, 2010

FRIDAY, January 22nd

1:00-1:30 Open pool time
1:30-3:45 NAG Spacing (*See attached Spacing Schedule*)

4:00-4:15 Duet Warm-up (T7 Sr. Tech, T6 U, T7 Jr.)
4:15-4:30 Duet Warm-up (T6 O)
4:30-5:15 Duet Competition (PS, T7 Sr. Tech- **1**, T6 U- **5**, T7 Jr.- **2**)
5:15-5:45 Duet Competition (T6 O- **6**)

5:45-6:00 Warm-up (T7 Sr. Tech Team & Combo)
6:00-6:05 Tier 7 Sr. Tech Team Competition- **1**
6:05-6:20 Combo Competition (T6- **2**, T7-**1**)

6:45-7:15 **Landrill Competition- 10** In room **KNA162**
7:30-7:45 **Awards for Combo & Landrill** In room **KNA160**

SATURDAY, January 23rd

8:00-8:15 Athletes allowed on-deck
8:15-8:45 Tier 6 & 7 Figure Warm-up in Deep pool

8:45-12:15 Tier 6 Figure Competition- **62** (*need 3.5 hours w 2 panels*)
10:30-11:30 **Flexibility Comp- 62** (*need ~50 minutes*)

8:45-10:00 Tier 7 Figure Competition- **10 + 2 PS** (*need 1 ¼ hours w 1 panel*)
10:00- 10:15 **Flexibility Comp- 17** (*need ~15 minutes*)

1:00-1:15 Lap Warm-up (Shallow pool only)
1:15-1:30 Solo Warm-up (CUSL, T7 Sr. Tech, & T7 Jr.)
1:30-2:30 Solo Competition (PS, CUSL- **1**, T7 Sr. Tech- **5**, & T7 Jr.- **5**)
2:30-2:45 Solo Warm-up (T6, T7 Sr. Free)
2:45-4:00 Solo Competition (T6 O- **4**, T6 U- **9**, T7 Sr. Free- **5**)

4:00-4:15 Duet Warm-up (CUSL & T7 Sr. Free)
4:15-4:45 Duet Competition (CUSL- **5** & T7 Sr. Free- **1**)

4:45-5:00 Open Pool
5:00-5:15 Team Warm-up (T6 O, T7 Jr.)
5:15-5:30 Team Warm-up (PS, T6 U, T7 Sr. Free)
5:30-6:20 Team Competition (PS, T6 O- **4**, T6 U- **3**, T7 Jr.- **1**, T7 Sr. Free- **1**)

6:20-6:40 Team Warm-up (CUSL)
6:40-7:05 Team Competition (CUSL Novice- **2**, CUSL Comp- **3**)

7:10-7:45 **Awards for figures, solo, duet & team** In room **KNA160**

8:30-11:00 **Judge / Coach reception at Riverstone Pub**