



2014 U.S. Open
Synchronized Swimming Championships
July 15th - 19th, Heritage Park Aquatic Complex



FINAL MEET SCHEDULE v07-05

Tuesday, July 15

4:30 PM	5:30 PM	Registration at Hilton Garden Inn (host hotel)
6:00 PM	8:00 PM	Coaches and Officials Reception at Chevy's Restaurant

Wednesday, July 16

7:30 AM	8:30 AM	Competition Open Pool - 10 Min. Laps, 50 Min. Open
8:00 AM	8:30 AM	Coaches and Officials Meeting -- In Officials Hospitality Room
8:35 AM	9:35 AM	Junior Figure Warm-up - 30 Minutes, 1/2 each club
9:40 AM	12:10 PM	Junior Figure Competition
12:15 PM	2:45 PM	Official's Testing -- In Officials Hospitality Room or Conference Room
12:15 PM	12:25 PM	Competition Pool - Lap Swim for Junior Teams
12:25 PM	1:00 PM	Junior Team Practice with Music - In Order Of Draw See Note # 2 Below
1:05 PM	1:15 PM	Competition Pool - Lap Swim for Senior Duets
1:20 PM	2:40 PM	Senior Duet Practice with Music - 4 minutes each, in order of tech draw, twice through draw. Time may be used for tech and then free, or whatever manner desired by competitors. Total of 8 minutes for each Duet.
2:40 PM	3:00 PM	Junior Duet Prelim. Spacing
3:05 PM	4:20 PM	Junior Duet Prelim. Free Competition
4:20 PM	5:00 PM	Junior Team Prelim. Warm-up (2) 20-minute groups, See Note # 1
5:05 PM	5:45 PM	Junior Team Prelim. Free Competition

Thursday, July 17

8:00 AM	8:30 AM	Competition Open Pool - 5 Min. Laps, 25 Min. Open
8:30 AM	8:50 AM	Junior Solo Prelim. Free Spacing
8:55 AM	10:00 AM	Junior Solo Prelim. Free Competition
10:00 AM	10:20 AM	Junior Trio Prelim. Free Spacing
10:25 AM	10:45 AM	Junior Trio Prelim. Free Competition
10:45 AM	10:55 AM	Competition Pool - Lap Swim for Senior Solos
10:55 AM	12:40 PM	Senior Solo Practice with Music - 4 minutes each, in order of tech draw, twice through draw. Time may be used for tech and then free, or whatever manner desired by competitors. Total of 8 minutes for each Solo.
12:40 PM	12:55 PM	Draw for Junior Duet and Team Finals
12:55 PM	1:05 PM	Competition Pool - Lap Swim for Senior Teams
1:05 PM	1:15 PM	Senior Team Practice with Music - In Order Of Draw See Note # 2 Below
1:15 PM	1:35 PM	Junior Duet Finals Spacing
1:40 PM	2:45 PM	Junior Duet Finals Competition
2:50 PM	3:30 PM	Junior Team Finals Warm-up (2) 20-minute groups, See Note # 1
3:35 PM	4:25 PM	Junior Team Finals Competition
4:35 PM	4:55 PM	Awards for Junior Duet, Team and Figures
4:55 PM	5:30 PM	Free Combination Practice with Music - In Order Of Draw See Note # 2 Below



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Friday, July 18

8:00 AM	8:30 AM	<i>Competition Open Pool - 5 Min. Laps, 25 Min. Open</i>
8:30 AM	8:50 AM	Senior Solo Tech Spacing
8:55 AM	9:30 AM	Senior Solo Tech Competition
9:35 AM	9:50 AM	Draw for Junior Solo and Trio Finals
9:50 AM	10:10 AM	Senior Duet Tech Spacing
10:15 AM	10:55 AM	Senior Duet Tech Competition
10:55 AM	11:15 AM	Junior Solo Finals Spacing
11:20 AM	12:20 PM	Junior Solo Finals Competition
12:20 PM	12:35 PM	<i>Break – Competition Pool Closed</i>
12:35 PM	12:55 PM	Junior Trio Finals Spacing
1:00 PM	1:20 PM	Junior Trio Finals Competition
1:20 PM	1:30 PM	<i>Competition Pool - Lap Swim for Senior Teams</i>
1:30 PM	1:50 PM	Awards for Junior Solo and Trio
1:50 PM	2:10 PM	Senior Team Tech Warm-up
2:15 PM	2:25 PM	Senior Team Tech Competition
2:25 PM	2:35 PM	<i>Competition Pool - Lap Swim for Free Combination</i>
2:35 PM	2:55 PM	Draw for All Senior Finals
2:55 PM	3:35 PM	Free Combination Prelim. Warm-up, (2) 20-minute groups, See Note # 1
3:40 PM	4:20 PM	Free Combination Prelim. Competition



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Saturday, July 19

8:00 AM	8:30 AM	<i>Competition Open Pool - 5 Min. Laps, 25 Min. Open</i>
8:30 AM	9:10 AM	Senior Solo and Duet Free Spacing - 20 Minutes Each
9:15 AM	10:05 AM	Senior Free Solo Finals Competition
10:05 AM	10:20 AM	<i>Official's Break</i>
10:25 AM	11:25 AM	Senior Free Duet Finals Competition
11:25 AM	11:35 AM	Draw for Free Combination Finals
11:35 AM	11:55 AM	Senior Team Finals Warm-up
12:00 PM	12:15 PM	Senior Team Finals Competition
12:20 PM	1:00 PM	Free Combination Finals Warm-up, (2) 20-minute groups, See Note # 1
1:05 PM	1:55 PM	Free Combination Finals Competition
2:10 PM	2:40 PM	<i>Awards for Senior Teams, Free Combination, and Senior Solo and Duet</i>

Schedule Notes:

- 1) Team Warm-ups - See Posted Maps

TEAM SWIM THRU WITH MUSIC INSTRUCTIONS

- Team One will start at the shallow end (bulkhead), right side of the pool for 4 minutes.
- Team One will then move to the deep end, right side of the pool for 4 minutes.
- Team Two will be in the shallow end (bulkhead), right side of the pool.
- Team One will then be on deck for 4 minutes.
- Team Two will be in the deep end of right side of the pool.
- Team Three will be in the shallow end (bulkhead) right side of the pool.
- 2) Team One will then swim thru their team, Team Two will be on deck.
- Team Three will be in the deep end right side of the pool.
- Team Four will be in the shallow end right side of the pool.
- Team One will then move to the deep end, left side for the next team run thru.
- Team Two will swim thru, Team Three will be on deck.
- Team One moves to shallow end, left side for the next run thru.
- Team Two will be in the deep end, left side of the pool.
- Team Three swimming thru, Team Four on deck... etc.