

2016 Synchro America Open Training Schedule

Wednesday July 13, 2016

Location Riverside Aquatic Complex, 4800 Magnolia Avenue, Riverside, CA 92506

Transportation for Foreign Guests: 1st Bus leaves Hyatt at **7:15am** for Mexico (13) & China Sichuan (14)
leaves Mission Inn at **7:20am** for Great Britain (3) and Argentina (3)

2nd Bus leaves Hyatt at **7:45am** for Spain (17)
leaves Mission Inn at **7:50am** for China Federation (4) and Canada (5)

3rd Bus leaves Hyatt at **8:15am** for Brazil Club Paineiras (10) & Quebec (15)

Return trips to be explained later. See meet manager with transportation questions.

Times	Space 1	Space 2
7:30-8:30am	Mexico - no music	Great Britain - 2 lanes
8.30-8.54am	Mexico - music time Great Britain - no music	Argentina - 2 lanes
8.55-9.07am	Great Britain - music time Argentina - no music	Sichuan - 2 lanes
9.08-9.20am	Argentina - music time Sichuan - no music	China - 2 lanes
9.20-9.48am	Sichuan - music time China - no music	Canada - 2 lanes
9.49-10.01am	China - music time Canada - no music	Ontario - 2 lanes
10.02-10.14am	Canada - music time Ontario - no music	Spain - 2 lanes
10.15-10.58am	Ontario - music time Spain - no music	USA - 2 lanes

Wednesday continued

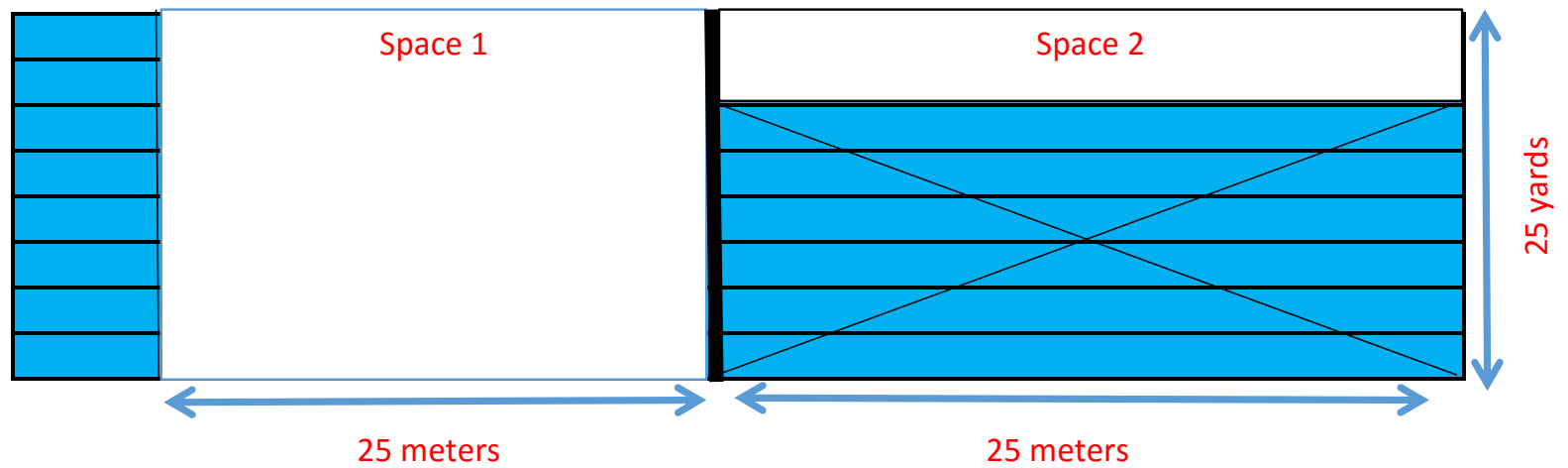
11-11.50am	Spain - music time USA - no music	Brazil - 2 lanes
11.50-12.02pm	USA - music time Brazil - no music	Quebec - 2 lanes
12.02-12.30pm	Brazil - music time Quebec - no music	
12.30-1.45pm	Quebec - music time	US Clubs - 2 lanes
2-3.30pm	US clubs - no music	Open to all
3.30-4.30pm	Junior Solo in order of draw - 1 time music run through	Open to all

Bring Ipod, Iphone or Ipad to plug in music system. Each country to run their music time. Music person will check

2016 Synchro America Open RIVERSIDE AQUATIC COMPLEX

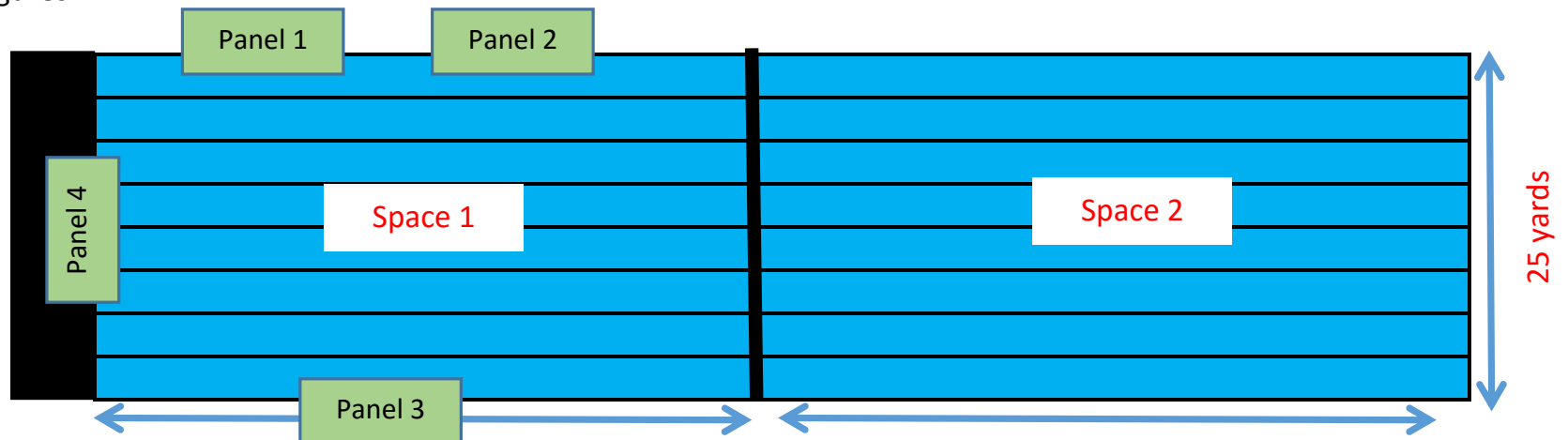
Riverside Aquatic Complex, 4800 Magnolia Avenue, Riverside, CA 92506

WEDNESDAY JULY 13, 2016 - POOL DIAGRAM

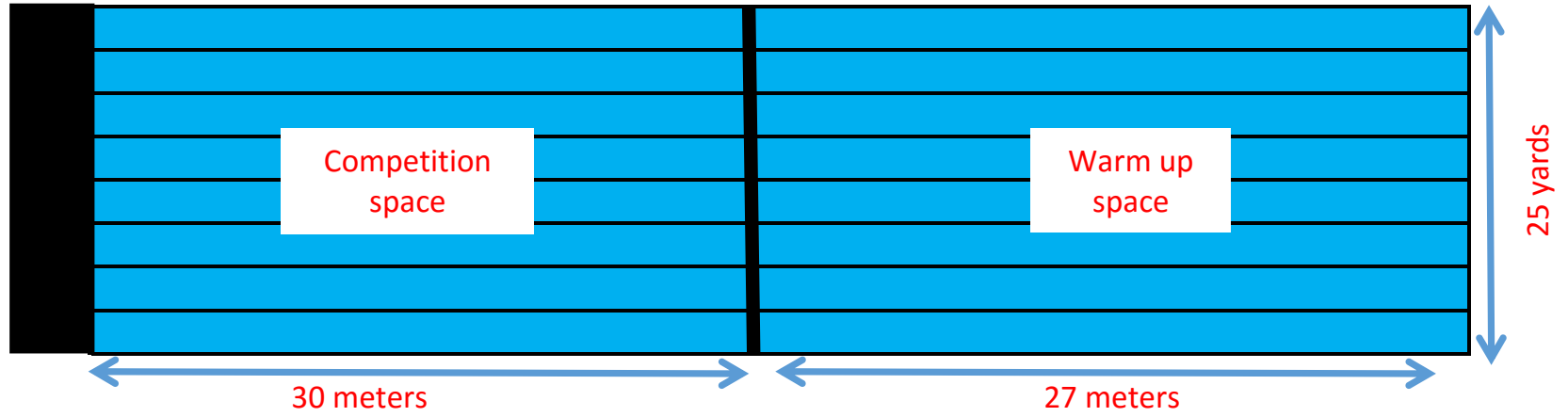


THURSDAY JULY 14, 2016 - POOL DIAGRAM

For figures

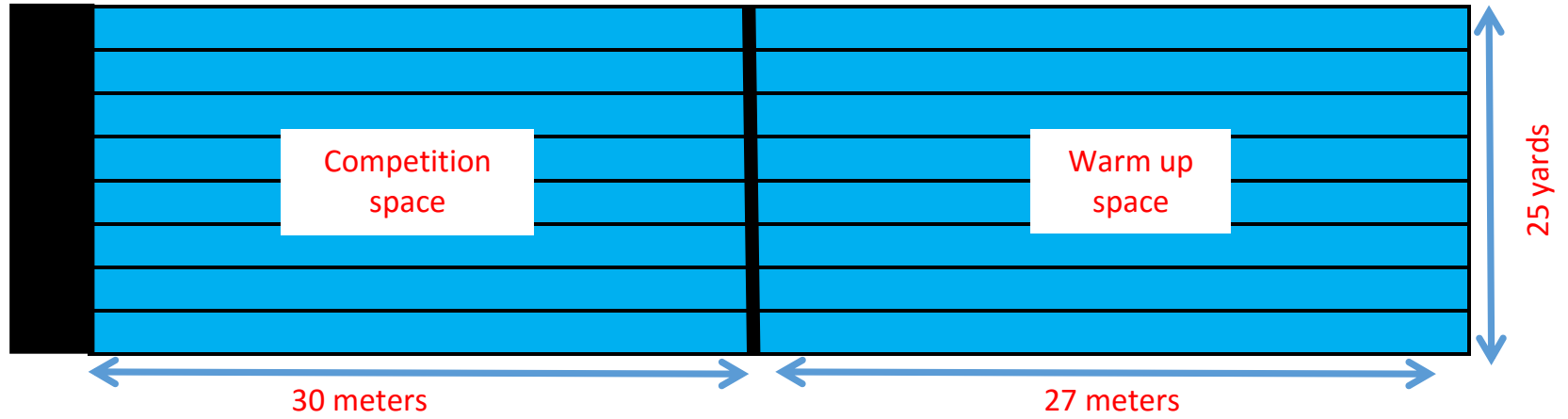


For routines

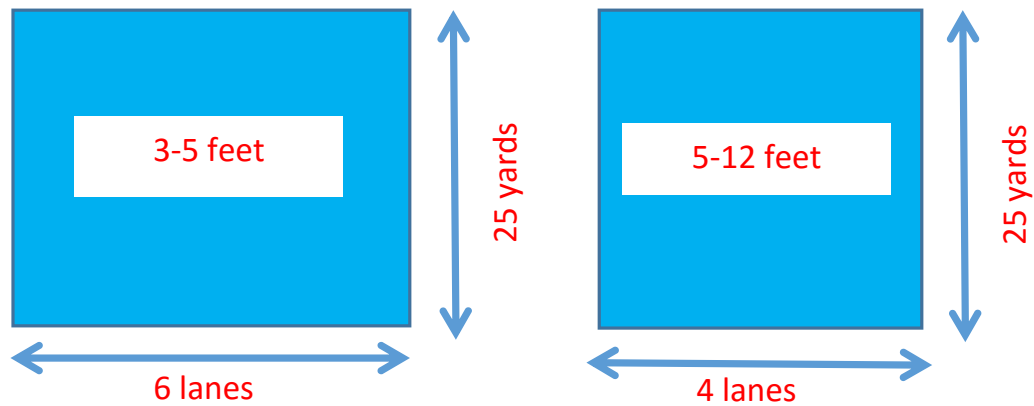


FRIDAY JULY 15 and SATURDAY JULY 16 - POOL DIAGRAM

Routines - Main Pool



Warm up - Cutter pools



2016 Synchro America Open
Training Schedule during competition days

Thursday July 14, 2016

<i>Times</i>	<i>Competition Pool</i>	<i>Warm up Pool</i>	<i>Cutter pools</i>
8-9.30am	Open to all for figure competition warm up	2 lanes lap swim Rest open to all	Not available
9.30-11.15am	Figures Competition	2 lanes lap swim Rest open to figures competitors	Not available
11.15-12.45pm	Warm up Junior Solo (no music)	2 lanes lap swim Rest open to ALL	Not available
1-2.30pm	Junior Solo Competition	2 lanes lap swim Rest open to all Duets	Not available
2.45-4pm	Senior Technical Duet - 1x time music run through (in order of draw)	2 lanes lap swim Rest open to all Duets	Not available
4-5.30pm	Junior Free Duet - 1x time music run through (in order of draw)	2 lanes lap swim Rest open to all Teams	Not available
5.30-5.45pm	Senior Technical Team - 1 time music run through (in order of draw)	2 lanes lap swim Rest open to all	Not available
5.45-9pm	Competition	Open to all COMPETITORS for warm up	Available after 8pm

Friday July 15, 2016

Times	Competition Pool	Warm up Pool	Cutter pools
8.30-9am	Warm up Junior and Senior Solos	Open to ALL	Open to ALL
9-9.50am	Junior Solo - 1x time music run through (in order of draw) All Junior solos on the sides	Open to ALL	
9.50-10.20am	Senior Technical Solo - 1x time music run through (in order of draw) All Senior solos on the sides	Open to ALL	
10.30-2pm	Open to ALL	Open to ALL	
2-2.05pm	Senior Mixed Duet - 1x time music run through (in order of draw)	Open to all Duets	
2.05-3.15pm	Junior Duet - 1x time music run through (in order of draw) All Junior duets on the sides	Open to all Duets	
3.30-4.30pm	Senior Free Duet - 1x time music run through (in order of draw) All Senior duets on the sides	Open to all Combos	
5-5.30pm	Senior/Junior Free Combination - 1x time music run through (in order of draw)	Open to all COMPETITORS for warm up	
5.45-9.30pm	Competition	Open to all COMPETITORS for warm up	

Saturday July 16, 2016

Times	Competition Pool	Warm up Pool	Cutter pools
8.30-1pm	Open to ALL	Open to All	Open to ALL
1-2pm	Senior Free Duet - 1x time music run through (in order of draw) All Senior duets on the sides	Open to ALL	
2-2.05pm	Senior Free Mixed Duet - 1x time music run through (in order of draw) All senior duets on the sides	Open to ALL	
2.05-2.45pm	Senior Free Solo - 1x time music run through (in order of draw) All Senior solos on the sides	Open to ALL	
2.45-3.15pm	Senior Free Team - 1x time music run through (in order of draw) All Senior teams on the sides	Open to ALL	
3.15-3.45pm	Junior Team - 1x time music run through (in order of draw) All junior teams on the sides		
3.45-4.30pm	Open to ALL	Open to ALL	
4.45-9pm	Competition	Open to all COMPETITORS for warm up	