



**2018 U.S. Masters
Synchronized Swimming Championships
October 18-21, 2018
San Ramon, CA**



FINAL MEET SCHEDULE (10-12-18) V2
(info highlighted in yellow shows changes from V1 to V2)

Wednesday, October 17

5:00 PM	6:00 PM	Registration at the pool
6:00 PM	7:00 PM	Coaches and Officials Meeting at the pool

Thursday, October 18 (Doors open 6:30am. Pool opens at 7:00am - See Note 1)

7:00 AM	12:00 PM	Registration at the pool (See Note 2)
7:00 AM	7:15 AM	Lap Swim in lane lines / practice pool area.
7:00 AM	7:25 AM	Open pool in Competition Area
7:25 AM	7:40 AM	Tech Solo Warm-up - First Group (60s, 70s, 80s, 20s)
7:40 AM	7:55 AM	Tech Solo Warm-up - Second Group (30s, 40s, 50s)
8:00 AM	9:45 AM	1:45 Tech Solo Competition: (60s-7, 70s-4, 80s-2, 20s-5, 30s-6, 40s-6, 50s-9)
9:50 AM	10:05 AM	Free Solo Warm-up - First Group (60s, 70s, 80s, 20s)
10:05 AM	10:20 AM	Free Solo Warm-up - Second Group (30s, 40s, 50s)
10:25 AM	1:00 PM	2:35 Free Solo Competition - (60s-7, 70s-4, 80s-2, 20s-5, 30s-6, 40s-6, 50s-9) 15 minute judges break after 20s
1:00 PM	1:30 PM	Figure warm-up for A, B and C Figure Groups
1:35 PM	2:30 PM	:55 Figure Competition A and B Groups (A - 8 Athletes, B - 19 Athletes)
2:30 PM	2:40 PM	Short Judges Break
2:40 PM	3:20 PM	:40 Figure Competition C Groups (C - 18 Athletes)
3:20 PM	3:40 PM	Awards for Solos
3:20 PM	5:00 PM	Open Pool

Friday, October 19 (Doors open 6:30am. Pool opens at 7:00am - See Note 1)

7:00 AM	7:15 AM	Lap Swim in lane lines / practice pool area.
7:00 AM	7:25 AM	Open pool in Competition Area
7:25 AM	7:40 AM	Tech Duet Warm-up - First Group (60s, 70s, 80s, 20s)
7:40 AM	7:55 AM	Tech Duet Warm-up - Second Group (30s, 40s, 50s)
8:00 AM	10:00 AM	2:00 Tech Duet Competition: (60s-6, 80s-1, 20s-7, 30s-14, 40s-6, 50s-8)
10:05 AM	10:20 AM	Tech Trio Warm-up - First Group (60s, 20s)
10:20 AM	10:35 AM	Tech Trio Warm-up - Second Group (30s, 40s, 50s)
10:40 AM	11:25 AM	:45 Tech Trio Competition - (60s-4, 20s-2, 30s-3, 40s-2, 50s-5)
11:30 AM	11:45 AM	Awards for Figures
12:00 PM	1:15 PM	Athlete Meeting - near picnic tables
1:30 PM	2:40 PM	1:10 Combo Practice with Music: 65+ (1), 50-64 (6), 35-49 (5), 20-34, (1) Once through order of draw plus 2 water and 1 land stations. (See Note 3)
2:40 PM	5:00 PM	Open Pool



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Saturday, October 20 (Doors open 6:30am. Pool opens at 7:00am - See Note 1)

7:00 AM	7:15 AM		Lap Swim in lane lines / practice pool area.
7:00 AM	7:15 AM		NT and DS Team in Competition Area
7:15 AM	7:35 AM		Combo Warm-up - First Group (35-49, 50-64 #1)
7:35 AM	7:55 AM		Combo Warm-up - Second Group (50-64 #2-6, 65+, 20-34)
8:00 AM	9:15 AM		Combo Competition: 35-49 (5), 50-64 (6), 65+ (1), 20-34 (1)
9:15 AM			USA National Team Demo followed by meet and greet.
9:40 AM	9:55 AM		Free Duet Warm-up - First Group (60s, 80s, 20s)
9:55 AM	10:55 AM	1:00	Free Duet Competition First Group (60s-6, 80s-1, 20s-7)
11:00 AM	11:15 AM		Free Duet Warm-up - Second Group (30s-14)
11:15 AM	11:30 AM		Free Duet Warm-up - Third Group (40s-6, 50s-8)
11:30 AM	1:30 PM	2:00	Free Duet Competition Second and Third Group (30s-14, 40s-6, 50s-8)
1:30 PM	1:45 PM		Tech Team Spacing Teams Group 1 (60s, 20s, 30s #1-3)
1:45 PM	2:00 PM		Tech Team Spacing Teams Group 2 (30s #4-6, 40s #1-2)
2:00 PM	2:15 PM		Tech Team Spacing Teams Group 3 (40s #3-4, 50s)
2:15 PM	3:25 PM	1:10	Tech Team Competition (60s-3, 20s-1, 30s-8, 40s-4, 50s-6)
3:30 PM			Awards for Combos and Duets
4:00 PM	5:50 PM	1:50	Free Team Practice with Music (60s-3, 50s-6, 40s-4, 30s-8, 20s-1)
			Once through order of draw plus 2 water and 1 land stations. (See Note 3)
			Pool closed once the last team finishes their water station.

Sunday, October 21 (Doors open 6:30am. Pool opens at 7:00am - See Note 1)

7:00 AM	7:15 AM		Lap Swim in lane lines / practice pool area.
7:15 AM	7:30 AM		Free Team Spacing Teams Group 1 (60s, 20s, 30s #1-3)
7:30 AM	7:45 AM		Free Team Spacing Teams Group 2 (30s #4-6, 40s #1-2)
7:45 AM	8:00 AM		Free Team Spacing Teams Group 3 (40s #3-4, 50s)
8:05 AM	10:05 AM	2:00	Free Team Competition (60s-3, 20s-1, 30s-8, 40s-4, 50s-6)
10:10 AM	10:25 AM		Free Trio Warm-up - First Group (60s, 20s)
10:25 AM	10:40 AM		Free Trio Warm-up - Second Group (30s, 40s, 50s)
10:45 AM	11:45 AM	1:00	Free Trio Competition (60s-4, 20s-2, 30s-3, 40s-2, 50s-5)
11:50 AM	12:20 PM		Awards for Trios and Teams

- Notes-**
1. Pool opens at 7am. Warmup times or open pool times in the competition area are clearly stated on the schedule. The non-competition area of the 50m pool is the "practice pool" and is open during the entire meet. Rules for practice area are: keep the noise down, no shouting, no tapping, no lifts.
 2. If you need to register after this time, find meet staff (Stephanie, Teagan or Megan) to help you.
 3. Diagrams for all team & combo spacing and team & combo practice with music will be posted at the pool.