2020 AGE GROUP NATIONAL TEAM TRIALS  
January 18 - 20, 2020  
Final Schedule 13 - 15 Age Group

**Friday, January 17th**
- 4:00 pm - 7:00 pm Check-in available
- 5:00 pm - 7:00 pm Open Pool (no advance registration required)

**Saturday, January 18th**
- 7:00 am - doors open Check in
- 7:30 am - 8:15 am 13-15 Warm-up (Lap Lanes)
- 8:15 am - 9:00 am 13-15 Figure Warm-up
- 9:00 am - 1:00 pm 13-15 Figure Competition Phase 1A-Fig 4 figures
  **10 min break after figure 1, 20 after figure 2, 10 after figure 3**
- 1:00 pm - 2:00 pm 13-15 Lunch
- 2:00 pm - 2:30 pm 13-15 Land Skill Warm-up Phase 1B-Land 3 land skills
- 2:30 pm - 5:30 pm 13-15 Land Skill Testing

**Sunday, January 19th**
- 7:00 am - doors open
- 7:30 am - 8:00 am 13-15 Warm-up (Lap Lanes)
- 8:00 am - 11:15 am 13-15 Water - 200 IM Set Phase 1B-Water
- 11:15 am - 12:45 am Lunch

**Results of Phase 1 posted at 12:15 pm** **Cut to 50**
- 12:45 pm - 1:15 pm 13-15 Warm-up (Lap Lanes)
- 1:15 pm - 1:45 pm 13-15 Figure Warm-up
- 1:45 pm - 3:45 pm 13-15 Figure Competition Phase 2A 2 figures
  **10 min break between figures**
- 4:00 pm - 4:30 pm 13-15 Land Skill Warm-up
- 4:30 pm - 6:45 pm 13-15 Land Skill Testing Phase 2B-Land 1 land skill

**Monday, January 20th**
- 7:00 am - doors open
- 9:30 am - 10:45 am 13-15 Warm-up (Lap Lanes Available)
- 10:45 am - 11:15 am 13-15 Routine Warm-up
- 11:15 am - 2:45 pm 13-15 Routine Competition Phase 2C-Routine

**Results of Phase 2 posted at 3:45 pm** **Cut to 30**
(at pool and online)
### 2020 AGE GROUP NATIONAL TEAM TRIALS

**January 18 - 20, 2020**

**Final Schedule 12 & U Age Group**

#### Friday, January 17th
- **4:00 pm - 7:00 pm**: Check-in available
- **5:00 pm - 7:00 pm**: Open Pool (no advance registration required)

#### Saturday, January 18th
- **7:30 am - 8:45 am**: Check in
- **8:45 am - 9:15 am**: Land Skill Warm-up
- **9:15 am - 11:00 am**: Land Skill Testing  
  *Phase 1B-Land*: 3 land skills
- **11:00 pm - 12:00 pm**: Lunch
- **12:00 pm - 12:45 pm**: 12&U Warm-up (Lap Lanes)
- **12:45 pm - 1:30 pm**: 12&U Figure Warm-up
- **1:30 pm - 3:30 pm**: 12&U Figure Competition  
  *Phase 1A-Fig*: 4 figures
  **10 min break after each figure**
  **3:30 pm - 4:00 pm**: 12&U Water - 200 IM Set Warm-up
  **4:00 pm - 6:30 pm**: 12&U Water - 200 IM Set  
  *Phase 1B-Water*

**Results of Phase 1 posted at 7:30 pm**  
**Cut to 50**

#### Sunday, January 19th
- **7:00 am - doors open**
- **7:30 am - 8:00 am**: 12&U Land Skill Warm-up
- **8:00 am - 10:00 am**: 12&U Land Skill Testing  
  *Phase 2B-Land*: 1 land skill
- **10:15 am - 10:45 am**: Break
- **10:45 am - 11:15 am**: 12&U Warm-up (Lap Lanes)
- **11:15 am - 11:45 am**: 12&U Figure Warm-up
- **11:45 pm - 1:15 pm**: 12&U Figure Competition  
  *Phase 2A-Figures*: 2 figures
  **10 min break between figures**

**Results of Phase 2 posted at 2:30 pm** (at pool and online)  
**Cut to 30**

#### Monday, January 20th
- **Phase 2C - 40 athletes**
- **7:00 am - doors open**
- **7:30 am - 8:15 am**: 12&U Warm-up (Lap Lanes)
- **8:15 am - 8:45 am**: 12& U Routine Warm-up
- **8:45 am - 10:45 am**: 12& U Routine Competition  
  *Phase 2C-Routine*