



**JNT & SNT Trials
Tentative of Schedule
April 10 & 11 2022**

Sunday, April 10th

2:00 pm - 2:15 pm

SPIRE Institute

Check-in & Warm-up

Address: 5201 Spire Cir. Geneva, OH 44041

2:15 - 3:15

Land Skill #1 – Flexibility and body control

3:15 - 3:45pm

Land Skill #2 – Strength & Speed Sequence

3:45 pm - 4:00 pm

Break - Swimmers to change and get in

4:00 pm - 4:10 pm

Warm-up (Lap Swim)

4:10 pm - 5:00 pm

WATER – Synchro Laps

5:00 pm - 5:15 pm

Learn Second Last Hybrid

5:15 pm - 5:30 pm

Routine Practice

5:30 - 7:00 pm

Individual Routine Testing

Results released by 9pm - Up to a maximum of 16 athletes, in rank order, shall advance to Phase 2A

Monday, April 11th

7:00 am - 7:15 am

Check-in & Warm-up

7:15 - 7:30 am

Overview of the Group Swim

7:30 - 7:45 am

Warm-up (Lap Swim)

7:45 - 9:30 am

Phase 2A – Group Swim

9:30 - 9:45 am

Break

9:45 am - 12:30 pm

Interviews

Results released by COB April 16th

Athletes's List & Order