

# 2023 AGE GROUP NATIONAL TEAM TRIALS

January 14 - 16, 2023

TENTATIVE SCHEDULE AS OF 10-27-22

## Friday, January 13th

5:00 pm - 7:00 pm	Check-in available		
5:00 pm - 7:00 pm	Pool request under availability - contact Sara Lilly. Athletes can book pool time on Friday on their own.		

## Saturday, January 14th

7:00 am - doors open	Check in		
7:30 am - 8:15 am	Warm-up (Lap Lanes)		
8:15 am - 9:00 am	Figure Warm-up		
9:00 am - 1:00 pm	Figure Competition	Phase 1A-Fig	4 figures
1:00 pm - 2:00 pm	Lunch		
2:00 pm - 2:30 pm	Land Skill Warm-up	Phase 1B-Land	2 land skills
2:30 pm - 5:30 pm	Land Skill Testing		

## Sunday, January 15th

7:30 am - doors open			
7:30 am - 8:00 am	Warm-up (Lap Lanes)		
8:00 am - 11:15 am	Water - Swim Set	Phase 1B-Water	
11:15 am - 12:00 pm	Lunch		

**Results of Phase 1 posted at 12:15 pm** **\*\*Cut to 50**

12:00 pm - 12:30 pm	Warm-up (Lap Lanes)		
12:30 pm - 1:00 pm	Figure Warm-up		
1:00 pm - 3:00 pm	Figure Competition	Phase 2A	2 figures
3:30 pm - 4:00 pm	Land Skill Warm-up		
4:00 pm - 6:30 pm	Land Skill Testing	Phase 2B-Land	2 land skill

## Monday, January 16th

7:00 am - doors open			
7:30 am - 8:30 am	Warm-up (Lap Lanes Available)		
8:30 am - 9:30 am	Routine Warm-up		
9:30 am - 1:00 pm	Routine Competition	Phase 2C-Routine	

**Results of Phase 2 posted by Friday 20th (online)** **\*\*Cut to 30**