

USA MASTERS

July 14 - Friday

- 8:00 Lap Swim – Coaches meeting at Sound Center
- 8:20 Warm up All Tech Solos (21)
- 8:45 Tech SOLOS – Beginning with 21 Age Group
- 9:30 Warm up All Duets (30)
- 10:00 Tech DUETS – Beginning with 21 Age Group
- 11:00 Combo Run Through with Music (4)
- 12:00 Warm up All Teams (21,30,60) then (40,50) (13)
- 12:45 Tech TEAMS – Beginning with 21 Age Group
- 1:30 Warm up All Trios (8)
- 2:00 Tech TRIOS – Beginning with 21 Age Group
- 2:30 Free Team RunThrough with Music (13)
- 4:00 Finish – go to Opening Ceremonies

July 15 – Saturday

- 7:30 Lap Swim
- 7:50 Warm up All Duets (30)
- 8:15 Free DUETS – Beginning with 21 Age Group
- 10:15 Warm up All Trios (8)
- 10:40 Free TRIOS – Beginning with 21 Age Group
- 11:15 Warm up Combos (4)
- 11:40 COMBOS
- 12:00 Warm up All Solos (21)
- 12:25 Free SOLOS- Beginning with 21 Age Group
- 1:40 Warm up Teams (21,30,60) then (40,50) (13)
- 2:15 Free TEAMS – Beginning with 21 Age Group
- 4:00 AWARDS

ALL WARM UPS ARE 20 MINUTES EACH