



2019 US Jr. Olympic Championships
Town of Tonawanda Aquatic & Fitness Center
1 Pool Plaza, Buffalo NY 14217



TENTATIVE SCHEDULE

Please note this is a tentative schedule based on prior years' numbers. The times may vary significantly.

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| FRIDAY, JUNE 28 | TBD 4:00 – 7:00 PM | Fee Based Training Registration |
| SATURDAY, JUNE 29 | 7:00 – 11:00 AM 7:00 AM 7:10 – 7:40 AM 7:45 AM 1:00 PM 4:45 PM 8:30 PM | Registration Pool opens for lap swimming for 12U Figure swimmers Officials and Coaches meeting; lap swimming continues Figure warm up (2 groups) 12U Figure Competition 13-15 Duet Spacing (2 groups) 13-15 Duet Preliminary Competition 12U Duet Spacing (2 groups) 12U Duet Preliminary Competition Projected end of day |
| SUNDAY, JUNE 30 | 11:00 AM – 4:00 7:00 AM 7:15 AM 10:45 AM 2:20 PM 4:45 PM 8:00 PM | Registration Pool open for lap swimming 13-15 Teams only 13-15 Team Practice with Music 13-15 Team Preliminary Competition 12U Team Practice with Music 12U Team Preliminary Competition 12U Figure Awards; Draws for 12U Duet and Team Finals Projected end of day |
| MONDAY, JULY 1 | 7:00 AM 7:15 AM 1:00 PM 1:45 PM 3:50 PM 7:30 PM | Pool open for lap swimming for 13-15 Figure swimmers Figure warm up (2 groups) 13-15 Figure Competition Lunch break for all 13-15 Figure Competition Continued 12U Team Final warm up 12U Duet Final warm up 12U Parade of Athletes 12U Duet and Team Finals followed by awards Projected end of day |
| TUESDAY, JULY 2 | 12:00 – 5:00 PM 7:00 AM 7:15 AM 9:45 AM 10:10 AM 12:40 PM 4:40 PM | Registration Pool open for lap swimming for 12U Solo swimmers 12U Solo/Mixed Duet Spacing 12U Solo Final Competition 12U Mixed Duet Competition Draw for 13-15 Duet and Team Finals Awards for 13-15 Figures and 12U Solo 13-15 Solo/Mixed Duet Spacing (2 groups) 13-15 Solo Final Competition 13-15 Mixed Duet Competition 13-15 Team Final warm up 13-15 Duet Final warm up 13-15 Parade of Athletes 13-15 Duet and Team Finals followed by awards 16-17 Tech Solo/Tech Mixed Duet Spacing (2 groups) |

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| TUESDAY, JULY 2 cont. | 7:00 PM | 16-17 Tech Solo Competition 16-17 Tech Mixed Duet Competition Projected end of day |
| WEDNESDAY, JULY 3 | 8:00 AM – 12:00 PM 7:00 AM 7:15 AM 8:00 – 8:30 AM 9:15 AM 11:45 AM 3:00 PM 6:40 PM 9:00 PM | Registration Pool open for lap swimming for 13-15 Combo swimmers 13-15 Free Combination practice with music Officials and Coaches meeting 13-15 Free Combination Competition followed by awards 16-19 Free Combination practice with music 16-19 Free Combination Competition followed by awards 18-19 Tech Solo/Tech Mixed Duet Spacing (2 groups) 18-19 Tech Solo Competition 18-19 Tech Mixed Duet Competition Projected end of day |
| THURSDAY, JULY 4 | 8:00 AM – 12:00 PM 7:00 AM 7:15 AM 10:45 AM 1:00 PM 4:30 PM 9:30 PM | Registration Pool open for lap swimming for 16-17 Free Duet swimmers 16-17 Free Duet Preliminary Spacing (2 groups) 16-17 Free Duet Preliminary Competition 18-19 Free Duet Preliminary Spacing (2 groups) 18-19 Free Duet Preliminary Competition 16-17 Free Team Practice with music 16-17 Free Team Preliminary Competition 18-19 Free Team Practice with music 18-19 Free Team Preliminary Competition Projected end of day |
| FRIDAY, JULY 5 | 7:00 AM 7:15 AM 10:30 AM 12:30 PM 3:30 PM 8:00 PM | Pool open for lap swimming for 16-17 Tech Duet swimmers 16-17 Tech Duet Spacing (2 groups) 16-17 Tech Duet Competition 18-19 Tech Duet Spacing (2 groups) 18-19 Tech Duet Competition 16-17 Tech Team Practice with music 16-17 Tech Team Competition 18-19 Tech Team Practice with music 18-19 Tech Team Competition Draw for 16-17, 18-19 Duet and Team Finals Projected end of day |
| SATURDAY, JULY 6 | 7:00 AM 7:15 AM 10:00 AM 12:30 PM 1:40 PM break | Pool open for lap swimming for 16-19 Solo swimmers 16-17 Free Solo/Free Mixed Duet Spacing (2 groups) 16-17 Free Solo Final Competition 16-17 Free Mixed Duet Competition 18-19 Free Solo/Free Mixed Duet Spacing (2 groups) 18-19 Free Solo Final Competition 18-19 Free Mixed Duet Competition 16-17 Duet Final Spacing 18-19 Duet Final Spacing 16-19 Parade of Athletes 16-17 Free Duet Final Competition followed by brief officials |

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| SATURDAY, JULY 6 cont. | | 18-19 Free Duet Final Competition |
| | 3:45 PM | 16-17 Team Final warm up (2 groups) |
| | | 18-19 Team Final warm up (2 groups) |
| | | 16-17 Free Team Final Competition followed by brief officials |
| | break | |
| | | 18-19 Free Team Final Competition |
| | | 16-17 and 18-19 Solo, Duet and Team Awards |
| | 7:45 PM | Projected end of day |