



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.**

<b>FRIDAY, JUNE 28</b>	TBD 4:00 – 7:00 PM	Fee Based Training Registration
<b>SATURDAY, JUNE 29</b>	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) <b>12U Figure Competition</b> 13-15 Duet Spacing (2 groups) <b>13-15 Duet Preliminary Competition</b> 12U Duet Spacing (2 groups) <b>12U Duet Preliminary Competition</b> Projected end of day
<b>SUNDAY, JUNE 30</b>	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 <b>13-15 Team Preliminary Competition</b> 12U Team Practice with Music <b>12U Team Preliminary Competition</b> 12U Figure Awards; Draws for 12U Duet and Team Finals Projected end of day
<b>MONDAY, JULY 1</b>	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) <b>13-15 Figure Competition</b> Lunch break for all <b>13-15 Figure Competition Continued</b> 12U Team Final warm up 12U Duet Final warm up 12U Parade of Athletes <b>12U Duet and Team Finals</b> followed by awards Projected end of day
<b>TUESDAY, JULY 2</b>	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 <b>12U Solo Final Competition</b> <b>12U Mixed Duet Competition</b> Draw for 13-15 Duet and Team Finals Awards for 13-15 Figures and 12U Solo 13-15 Solo/Mixed Duet Spacing (2 groups) <b>13-15 Solo Final Competition</b> <b>13-15 Mixed Duet Competition</b> 13-15 Team Final warm up 13-15 Duet Final warm up 13-15 Parade of Athletes <b>13-15 Duet and Team Finals</b> followed by awards 16-17 Tech Solo/Tech Mixed Duet Spacing (2 groups)

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

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**SATURDAY, JULY 6 cont.**

3:45 PM	<b>18-19 Free Duet Final Competition</b> 16-17 Team Final warm up (2 groups) 18-19 Team Final warm up (2 groups) <b>16-17 Free Team Final Competition</b> followed by brief officials
break	
7:45 PM	<b>18-19 Free Team Final Competition</b> 16-17 and 18-19 Solo, Duet and Team Awards Projected end of day