

ARC Tentative Schedule 2013 (revised)

FRIDAY, May 17th

SPACING

4:15 – 4:50pm	ASC
4:51 – 5:15pm	SURF
5:16 – 5:46pm	CBSS
5:47 – 5:56pm	SPM
5:57 – 6:08pm	CN(PEI)
6:09 – 6:25pm	CCC
6:26 – 6:34pm	MPS
6:35 – 6:52pm	CSA
6:52 – 7:19pm	CBR
7:20 – 7:36pm	AS
7:37 – 8:02pm	FSSC
8:03 – 8:14pm	HAN

Coaches/Referee meeting: 8:15pm Pool Deck

SATURDAY, May 18th

7:15 – 7:45am	Warm up 10&under Novice 13&over Figures
7:45 – 8:15am	10&under Figures (7)1 panel
7:45 – 8:15am	Novice 13&over Figures (14) 2 panels
8:15 – 8:35am	Warm up 11-12 & 16&over Figures
8:35 – 9:30am	11-12 Figures (38) 4 panels
9:30 – 10:25am	16& over Figures (21) 2 panels
10:25 – 10:45am	Warm-up 13-15 Figures
10:45 – 12:45pm	13-15 Figures (55) 2 panels
1:00 – 1:30pm	OPENING CEREMONIES
1:45 – 2:05pm	Warm up Novice 11-12 Figures
2:05 – 3:15pm	Novice 11-12 Figures (31) 2 panels
3:15 – 3:35pm	Warm up 10&under, 11-12 and Masters Tech. Solos
3:35 – 4:05pm	10&under, 11-12 and Masters Tech. Solos
4:05 – 4:25pm	Warm up 13-15 and 16&over Solos
4:25 – 6:00pm	13-15 and 16&over Solos
7:00 – 9:00pm	SOCIAL

SUNDAY, May 17th

8:00 – 8:30am	Warm up Novice 11-12, Novice 13-15 and 11-12 Duets
8:30 – 9:15am	Novice 11-12, Novice 13&over and 11-12 Duets
9:15 – 9:35am	Warm up 13-15 and 16&over Duets
9:35 – 10:40am	13-15 and 16&over Duets
11:00 – 11:20am	Warm up Novice 11-12, Novice 13&over Teams
11:20 – 11:55am	Novice 11-12 and Novice 13&over Teams
11:55 – 12:15am	Warm up 10&under and 11-12 Teams
12:15 – 12:30pm	10&under and 11-12 Teams
12:30 – 1:30pm	JUDGES LUNCH
12:30 – 1:00m	Spacing NS swimmers
1:00 – 1:15pm	Warm up 13-15 Teams competitors 1-6
1:15 – 1:30pm	Warm up 13-15 Teams competitors 7-8 and 16&over teams
1:30 – 2:45pm	13-15 and 16&over Teams
3:00 – 4:00pm	All Awards

4:00 – 4:20pm

4:20 – 5:30pm

Warm up all NS routines

NS routines: 13-15, Junior and Masters Free Solos, 13-15 and Junior Duets