

YOUTH NATIONAL TEAM TRIALS APRIL 27, 2025

APRIL 22, 2025

3:15 p.m.

Athletes check-in

4:00 p.m.

Coaches briefing meeting

4:15 p.m.

Warm-up - Ind Swim

4:30 - 4:45 p.m.

Routine practice with music - Play through 4 times

4:45 - 6:00 p.m.

YNT Routine Test - Ind Swim

6:00 - 6:30 p.m.

Break

6:30 p.m.

Gather groups

6:45 - 7:00 p.m.

Groups practice - Play through 4 times

7:00 - 7:45 p.m.

YNT Routine Test - Group Swim