



JUNIOR & SENIOR NATIONAL TEAM TRIALS

APRIL 14, 2024

SCHEDULE AS OF 3-1-2024

1:30 - 2:00 p.m.	Athletes Check-in / Meeting
2:00 - 2:15 p.m.	Land Warm-up lead by NT coach
	Break / Change
2:25 p.m.	Water warm-up (individually)
2:45 p.m.	Technical work lead by NT coach
3:15 - 3:40 p.m.	Routine with music - practice
3:45 - 5:30 p.m.	Routine competition - Individual swim

RESULTS RELEASED BY 9PM - UP TO A MAXIMUM OF 16 ATHLETES, IN RANK ORDER,
SHALL ADVANCE TO PHASE 2A



JUNIOR & SENIOR NATIONAL TEAM TRIALS

APRIL 15, 2024

SCHEDULE AS OF 3-1-2024

7:30 - 7:45 a.m.	Athletes Check-in
7:45 - 8:00 a.m.	Overview Group Swim / Landrill
8:00 - 8:15 a.m.	Water Warm-up
8:15 - 8:30 a.m.	Routine with music - practice
8:45 - 10:00 a.m.	Group Swim
10:00 - 10:15 a.m.	Break
10:15 - 11:30 a.m.	Interviews / Suit fitting

FINAL RESULTS POSTED BY COB APRIL 22TH