

AVERY AQUATIC CENTER  
235 SAM MACDONALD MALL  
STANFORD, CA 94305



## THURSDAY, MARCH 26

8:30 AM - 4:00 PM Training  
4:00 PM Declarations Due  
6:00 PM - 7:00 PM Athlete Meeting  
7:00 PM - 9:00 PM Coache Meeting

The athlete and coaches meetings will be held at  
Arrillaga Family Sports Center in Kissick auditorium.  
641 Campus Drive, Stanford, CA 94305

## FRIDAY, MARCH 27

8:00AM Doors open for Teams  
8:30 AM - 9:00 AM Lap swimming only  
9:00 AM Doors open for Spectators  
9:00 AM - 9:25 AM Warm up for C & D Technical Competition  
9:30 AM - 11:00 AM **C & D Technical Competition**  
11:00 AM - 11:15 AM Warm up B Technical Competition  
11:20 AM - 12:00 PM **B Technical Competition**  
12:00 PM - 12:15 PM Warm up A Technical Competition  
12:20 PM - 1:00 PM **A Technical Competition**  
1:00 PM - 1:30 PM Break - Open Pool  
1:30 PM - 1:45 PM Solo Free & Male Solo Final Spacing  
2:00 PM - 3:25 PM **Solo Free Final Competition (20)**  
**Male Solo Free Final Competition (1)**  
3:30 PM - 3:45 PM Duet Free Final Spacing (1-10)  
3:45 PM - 4:00 PM Duet Free Final Spacing (11-19)  
Mixed Duet Free Final Spacing (1)  
4:10 PM - 5:30 PM **Duet Free Final Competition (19)**  
**Mixed Duet Free Final Competition (1)**

## SATURDAY, MARCH 28

8:00AM Doors open for Teams  
8:30 AM - 9:00 AM Lap swimming only  
9:00 AM Doors open for Spectators  
9:00 AM - 9:15 AM Trio Free Final Spacing (1-10)  
9:15 AM - 9:30 AM Trio Free Final Spacing (11-20)  
9:45 AM - 11:20 AM **Trio Free Final Competition (1-20)**  
11:20 AM - 12:00 PM Break - Open Pool  
12:00 PM - 1:10 PM Team Free Final swim through with music  
(1) & (1-15)  
1: 15 PM - 2:34 PM **Developmental Team Free Final Competition (1)**  
**Team Free Final Competition (1-15)**  
3:00 PM Parade of Athletes & Awards

