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| |  |  |  | | --- | --- | --- | | **SSA NATIONALS / LEVEL 3 2018** | |  | | **SYNCHRONISED SWIMMING PROGRAM** | |  | |  |  |  | | **Wednesday 18 April 1400 to 2000** | |  | | 1400 | Warmups – music time allocated | 4 | | **Thursday 19 April:** | |  | | 600 | Warmups | 2.5 | | 830 | Youth & Senior Nationals Figures | 1.7 | | 1030 | SA Level 3 Figures 12u, 13-15, Open | 2.5 | | 1300 | Lunch |  | | 1400 | Youth & Senior Nationals Tech Solos swim thru | 1 | | 1530 | Youth & Senior Nationals Tech Solos | 1.7 | | 1730 | Music time allocated | 2.5 | | **Friday 20 April** | |  | | 600 | Synchro Warmup | 2 | | 800 | Youth & Senior Tech team swim thru | 0.2 | | 830 | Youth & Senior Tech team | 0.3 | | 900 | Level 3 Solos 12u, 13-15, Open swim thru | 1.5 | | 1100 | Level 3 Solos 12u, 13-15, Open | 2.5 | | 1330 | Lunch |  | | 1400 | Youth & Senior Tech duets swim thru | 0.5 | | 1500 | Youth & Senior Tech duets | 0.8 | | 1600 | SA Level 3 Trios 12u, 13-15, Open swim thru | 0.3 | | 1630 | SA Level 3 Trios 12u, 13-15, Open | 0.5 | | 1700 | Music time allocated | 3 | | **Saturday 21 April** | |  | | 600 | Synchro Music time | 3 | | 900 | Youth & Senior Free solos swim thru | 1 | | 1000 | Youth & Senior Free solos | 1.3 | | 1130 | SSA Level 3 teams | 0.5 | | 1200 | Lunch |  | | 1300 | Free team swim thru | 0.3 | | 1330 | Nationals Free team | 0.5 | | 1400 | Music time allocated | 1 | | 1500 | Pool closes for swimming warmups |  | | **Sunday 22 April** | |  | | 500 | Pool opens for swimming warmups |  | | 900 | Synchro Warmup | 1 | | 1000 | Level 3, Youth & Senior Free duet swim thru | 0.8 | | 1100 | Level 3, Youth & Senior Free duet | 1.3 | | 1230 | Lunch |  | | 1330 | Combo swim through | 1 | | 1430 | Combo | 0.3 | | 1500 | Pool closes for swimming warmups |  | | |  |
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