|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
| **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 |  |

 |  |
|  |  |
|  |  |  |
|  |  |
|  |  |
|  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |