

2010 Rocky Mountain Age Group and Zone Invitational (Partial Routine) Meet

Date: Saturday, January 30, 2010
Time: 12:00 – Evening
Pool: Thompson Valley
Entries Due: E-MAIL by end of day **January 21, 2010 (Thursday)**
Awards: Ribbons for figures; only scores and critique for routines.
Fees: \$7.00 per swimmer

Figures:

13-15 Age Group Figures

420	Walkover, Back	2.0
355e	Porpoise, Spinning 360	2.1
342	Heron	2.1
311a	Kip, Half Twist	2.2

Junior 16-19

313	Kip, Split, Closing 180	2.5
112f	Ibis, Continuous Spin (720)	2.8
336	Gaviata Open 180	2.8
436	Cyclone	2.7

TENTATIVE SCHEDULE: If an event ends early, the schedule will change and we will start the next event.

Harry Potter arrives at 11:30 am for Stretching

12:00 – 12:15 13-15 Age Group Laps

12:15 – 12:35 13-15 Age Group Figures Warm-Up

Alexander arrives at 12:30 pm for stretching and land drilling

12:40 – 1:25 13-15 Figures

1:30 – 1:45 Junior Level 16-19 Age Group Laps

1:45 – 2:05 Junior Level 16-19 Age Group Figures Warm-Up

2:10 – 2:55 Junior Level Figures

3:00 – 3:15 Judges Break

3:15 – 3:35 Trio Warm-ups

3:40 – 4:00 Partial Routines Trios - ALL

4:00 – 4:20 Duet Warm Up

4:25 – 4:55 Partial Routine – Duets - ALL

4:55 – 5:10 Solo Warm-Up

5:15 – 5:45 Partial Routine – Solos - ALL

5:45 – 6:15 Team Warm-Up

6:15 – 6:45 Partial Routine – Teams – ALL

**** Harry Potter should eat lunch after figures. At 2:30 their routines will be land drilled and they will stretch again. Alexander should eat lunch before coming to the pool. After their figures they will have a short break to eat a snack and Coraline will land drill. Swimmers will not be allowed to leave the pool area without PRIOR permission from**

Christine. Only Boulder Aquateen gear should be worn on deck unless competition. If you have any question please email the coaches.

Volunteers: Depends on number of teams present and the number of panels for figures. We need volunteers just for figures. Have at least 2 people from your team. Please include the names of the volunteers with your entries. Each team should have someone comfortable with the sound system in your volunteer corps for routines.

Directions: Thompson Valley High School is located at 1669 Eagle Drive Loveland, Colorado 8537.