



## British Synchronised Swimming Championships & the asa National Age Groups 2008

### Schedule of Events

#### Friday 5<sup>th</sup> December

8:00 – 9:00hrs	<i>British Championships Technical Solo training in order of swim</i>
9:00 – 9:45hrs	<i>Warm Up</i>
10:00hrs	British Championships Technical Solo National Age Groups Free Combination (13/14 years Recreational) <i>National Age Groups Free Combination (19 &amp; Under Recreational)</i>
12:30 – 13:30hrs	<i>British Championships Technical Duet training</i>
13:30hrs	British Championships Technical Duets <i>National Age Groups Free Combination (12 &amp; Under Recreational)</i> National Age Groups Free Combination (15/16/17 Recreational)
19:00hrs	British Championships Free Combinations Medal Ceremony

#### Saturday 6<sup>th</sup> December

7:30 – 9:00hrs	<i>Individual Figures training</i>
9:00 – 13:30hrs	National Age Groups Figures 13 / 14 years National Age Groups Figures 15 / 16 / 17 years & 18 / 19 years National Age Groups Figures 12 & Under
13:30 – 14:30hrs	<i>British Championships Technical Team training</i>
14.30hrs	British Championships Technical Teams <i>National Age Groups Duets (12 &amp; Under)</i> National Age Group Solos (13/14 years) <i>British Championships Solo training</i>



Saturday 6<sup>th</sup> December continued

18.00hrs **British Championships Solos and National Age Group Solos (15/16/17 Years)**

National Age Groups Team (12 & Under Competitive)

National Age Groups Duet (13/14 Years)

National Age Groups Solos (12 & Under)

National Age Groups Teams (15/16/17 Years Competitive)

20.30hrs Medal Ceremony

Sunday 7<sup>th</sup> December

8.00 – 9.00hrs *Warm Up*

9.00 – 10.00hrs *British Championships Duets training (in order of swim)*

10.00hrs **British Championships Duets and National Age Groups Duets (18/19 years & 15/16/17 years Competitive)**

National Age Groups Duets (18/19 Years Recreational)

*British Championships Free Team (training in order of draw)*

14.00hrs National Age Groups Team (13/14 Years)

British Championships Teams

Medal Ceremony