



**SYNCHRONISED SWIMMING
@ THE NATIONAL STADIUM
KINGSTON JAMAICA**

DAY 1: Saturday 3rd April 2010

TIME: 1:00pm – 3:50pm

FIGURES: PARTICIPANTS: Aruba, Guadeloupe & Jamaica

- 12 & UNDER (12 Swimmers + 1 Pre-Swimmer) Approximately 50 minutes
 - 10 Minute Break
 - 13 – 15 (7 Swimmers + 1 Pre-Swimmer) Approximately 30 minutes
 - 10 Minute Break
 - 16 – 18 (2 Swimmers + 1 Pre-Swimmer) Approximately 10 minutes
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DAY 2: Sunday 4th April 2010

Time: 2:30pm – 4:20pm

SOLO: PARTICIPANTS: Aruba, Guadeloupe & Jamaica

- 12 & UNDER (6 Swimmers) Approximately 30 minutes
 - 10 Minute Break
- 13 – 15 (4 Swimmers) Approximately 30 minutes
 - 10 Minute Break
- 16 – 18 (2 Swimmers) Approximately 10 minutes

MEDAL PRESENTATION: Figures and Solos

DAY 3: Monday 5th April 2010

Time: 2:30pm – 4:20pm

DUET: PARTICIPANTS: Aruba & Guadeloupe

- 12 & UNDER (3 Duet) Approximately 15 minutes
 - 10 Minute Break
- 13 – 15 (3 Duet) Approximately 20 minutes

TEAM: PARTICIPANT: Aruba

- 12 & UNDER (1 Team) Approximately 5 minutes

MEDAL PRESENTATION: Duets and Team