



**11th Singapore National Open Synchronised Swimming Championships 2016**  
**Programme**

Updated as of 23 Nov

Date	Time		Activities
<b>DAY 1</b> 25th November (Fri)	0730 - 0845	-	Open Pool for warm up (No music practice)
		<b>Event No.</b>	<b>Category</b>
	0900 - 1045	101	Age Group – 11 to 12
	1045 - 1100		Break
	1100 - 1230	102	Age Group – 10 & Under
	1230 - 1330	-	Lunch
	1330 - 1400	103	Age Group – 16 to 18
	1400 - 1415	-	Break
	1415 - 1630	104	Age Group – 13 to 15
	1630 - 1800		Open Pool for practise
	1800	-	Pool Closed
<b>DAY 2</b> 26th November (Sat)	0730 - 0845	-	Open Pool for warm up (No music practice)
	800 - 0845	-	Music run through
		<b>Event No.</b>	<b>Category</b>
	0900 - 0915	201	Open
	0915 - 0925	202	Open
	0925 - 0935		Break
	0935 - 1110	203	Age Group – 11 to 12
	1110 - 1120		Break
	1120 - 1230	204	Age Group – 10 & Under
	1230 - 1330		Lunch
	1330 - 1515	205	Age Group – 13 to 15
	1515 - 1530	206	Age Group – 16 to 18
	1530 - 1545		Break
	1545 - 1555	207	Open
	1555 - 1635	208	Age Group – 12 & Under
	1635 - 1705	209	Age Group – 13-15
		1730	
	1900	-	Pool Closed
<b>DAY 3</b> 27th November (Sun)	0730 - 0845	-	Open Pool for warm up (No music practice)
	0800 - 0845	-	Music run through
		<b>Event No.</b>	<b>Category</b>
	0900 - 0920	301	Open
	0920 - 0935	302	Open
	0935 - 0945		Break
	0945 - 1030	303	Age Group – 11 to 12
	1030 - 1045		Break
	1045 - 1145	304	Age Group – 10 & Under
	1145 - 1300		Lunch
	1300 - 1400	305	Age Group – 13 to 15
	1400 - 1415		Break
	1415 - 1425	306	Open
	1425 - 1500	307	Open
		1600	-