

COMPETITION DAYS TRAINING SCHEDULE

WEDNESDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
29th June (Wednesday) AFTERNOON Doors Open 15:30 Doors Close 20:45	15:15 (just duets) 16:00 16:40 17:20	15:45 ~ 17:15 DUET FREE Warm Up 16:45 ~ 17:15 DUET FREE Music training (1' per duet by order of appearance)	-	16:30 ~ 20:00 Open Training (no duets please) Duets can train or cool down on the space behind the entry platform in competition pool.	18:40 19:00 19:20 19:40 20:00 20:20 20:40

THURSDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
30th June (Thursday) MORNING Doors Open 7:30 Doors Close 14:00	07:15 (just duets & Mixed Duets) 08:00 08:40 09:20	8:00 ~ 9:00 DUET TECH & MIXED DUET TECH Warm Up 9:00 ~ 9:30 DUET TECH & MIXED DUET TECH Music Training (1' per duet by order of appearance)	-	8:30 ~ 12:30 Open training (no duets please) Duets can train or cool down on the space behind the entry platform in competition pool.	10:40 11:20 12:00 12:20 (after award ceremony) 12:40 13:50
12:30 ~ 13:30 Free training in Competition Pool					
30th June (Thursday) EVENING Doors Open 15:30 Doors close 20:30	15:15 (just Duet & Mixed duets) 16:00 16:40 17:20	15:45 ~ 16:45 DUET FREE & MIXED DUET FREE Warm Up 16:45 ~ 17:15 DUET FREE & MIXED DUET FREE Music training (1' per duet by order of appearance)	-	16:30 ~ 20:00 Open Training (no duets please) Duets can train or cool down on the space behind the entry platform in competition pool.	18:40 19:20 20:00 20:40

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

FRIDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
1st July (Friday) MORNING Doors Open 7:30 Doors Close 14:00	07:15 (just F. solos & Male solos) 08:00 08:40 09:20	8:00 ~ 9:00 F. SOLO TECH & MALE SOLO TECH Warm Up 9:00 ~ 9:30 F. SOLO TECH & MALE SOLO TECH Music Training (1' per solo by order of appearance)	-	8:30 ~ 12:30 Open training (no solos please) Solos can train or cool down on the space behind the entry platform in competition pool.	10:40 11:00 11:20 12:00 (after award ceremony) 13:50
12:15 ~ 13:30 Free training in Competition Pool (one's through music for Teams Free starting at 12:45)					
1st July (Friday) EVENING Doors Open 15:45 Doors close 20:00	15:40 (just Teams) 16:20 17:00 17:40	16:15 ~ 17:15 TEAM FREE Warm Up 17:15 ~ 17:30 TEAM FREE Music training (1' per team by order of appearance)		16:45 ~ 19:30 Open Training Teams can cool down after they compete on the space behind the entry platform in competition pool.	18:40 19:00 19:20 19:40 20:00 20:20

SATURDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
2nd July (Saturday) MORNING Doors Open 7:30 Doors Close 13:30	07:15 (just female solos) 08:00 08:40 09:20	8:00 ~ 9:00 FEMALE SOLO FREE Warm Up 9:00 ~ 9:30 FEMALE SOLO FREE Music Training (1' per solo by order of appearance)	-	8:30 ~ 12:30 Open training (no solos please) Solos can train or cool down on the space behind the entry platform in competition pool.	10:40 11:20 12:00 (after award ceremony) 13:00 13:20
11:45 ~ 13:00 Free training in Competition Pool (one's through music for Teams Technical Routines starting at 12:15 by order of appearance)					
2nd July (Saturday) EVENING Doors Open 15:45 Doors close 20:00	15:40 (just Teams) 16:20 17:00 17:40	16:15 ~ 17:15 TEAM TECH Warm Up 17:15 ~ 17:30 TEAM TECH Music training (1' per team by order of appearance)		16:45 ~ 19:30 Open Training Teams can cool down after they compete on the space behind the entry platform in competition pool.	18:40 19:20 19:40 20:00

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

SUNDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
3rd July (Sunday) MORNING Doors Open 7:30 Doors Close 13:00	07:15 (just Combo) 08:00 08:40 09:20	8:00 ~ 9:00 FREE COMBINATION Warm Up 9:00 ~ 9:30 FREE COMBINATION Music Training (one through each combo by order of appearance)	-	8:30 ~ 12:00 Open training Combos can cool down after they compete on the space behind the entry platform in competition pool.	10:40 11:00 11:20 12:00 (after award ceremony) 12:20
11:00 ~ 12:00 Free training in Competition Pool (one's through music for Highlight Routines starting at 11:45 by order of appearance)					
3rd July (Sunday) EVENING Doors Open 15:00 Doors close 22:00	14:40 (just Female & Male Solos) 15:20 16:00 16:40 17:20 18:00	15:15 ~ 16:00 FEMALE & MALE SOLO FREE Warm Up 16:00 ~ 16:30 FEMALE & MALE SOLO FREE Music training (1' per Solo by order of appearance) 18:40 ~ 19:00 HIGHLIGHT Music Training (1' per Highlight by order of appearance)		16:45 ~ 19:30 Open Training	18:40 19:20 20:00 20:40 21:20 21:40 22:00

POOL PARTY WILL START WHEN THE COMPETITION ENDS AND FINISH AT 21:30ish.