

Coppa Del Sole 2024  
Piscina COMUNALE Lugano 5<sup>th</sup> May 2024

08:45	Pool Opening
08:50	Judges Meeting for the whole day – Roll Call at pool desk – ALL JUDGES PLEASE BE READY
09:00	Team Managers Meeting for the whole day at pool desk
09:10 – 09:30	Warm up Solo J4, J3, U3, U2, U1
09:30	Judges Meeting - Roll Call at the pool desk
09:40 – 9:50	<b>SOLO J4 (1) J3 (1)</b>
09:50 – 10:10	<b>SOLO U3 (2) U2 (1) U1 (1)</b>
10:30 – 11:00	Warm up Duet J5, J4, J3 + Duet U2 U1
11:00	Judges Meeting - Roll Call at the pool desk
11:10 – 11:40	<b>DUET J5 (1) J4 (3) J3 (3)</b>
11:40 – 12:00	<b>DUET U2 (3) U1 (2)</b>
12:00 – 12:15	<b>LUNCH BREAK</b>
12:15	Award Ceremonies for Solo and Duet
12:30 – 13:30	Warm up Team J4, J3 + Team U3, U2, U1 (2 groups 25 min)
12:30 – 13:00	Warm Up Team J4, U3, U2 (10 min. swim +20 min. Run through with music)
13:00 – 13:30	Warm Up Team J3, U1 (10 min. swim + 20 min. Run through with music)
13:30	Judges Meeting - Roll Call at the pool desk
13:45 – 14:15	<b>Team J4 (2) J3 (4)</b>
14:15 – 14:30	<b>TEAM U3 (1) U2 (1)</b>
14:40 – 15:10	Warm up COMBO J3 + COMBO U1 (10 min. swim + 20 min. Run through with music)
15:10	Judges Meeting - Roll Call at the pool desk
15:20 – 15:25	<b>COMBO J3 (1)</b>
15:25 – 15:30	<b>COMBO U1 (1)</b>
followed by the Award Ceremonies for Team and Combo	
16:15	<b>End of the Competition</b>