

CARIFTA SWIMMING CHAMPIONSHIPS 2003 - PROGRAMME SCHEDULE

FRIDAY, APRIL 18		SATURDAY, APRIL 19		SUNDAY, APRIL 20		MONDAY, APRIL 21	
50 M POOL	25 M POOL	6:00-7:15 AM Synchro Routines Training National Stadium		6:00-7:15 AM Synchro Routines Training National Stadium		6:00-7:15 AM Synchro Routines Training National Stadium	
7:30-10:30 AM Swimming Training 8 lanes	Available for training from 7:30 AM to 6:00 PM. Pool will not be equiped with lanes to allow for Synchronized Swimming and Water Polo practice	7:30-8:50 AM Swimming Warmup	8:00-10:00 AM Synchro Figures Wolmers Pool	7:30-8:50 AM Swimming Warmup	8:00-10:00 AM Synchro Figures Wolmers Pool	7:30-8:50 AM Swimming Warmup	8:00-10:00 AM Synchro Figures Wolmers Pool
10:30-1:30 PM Water Polo Training		9:00-11:15 AM Swimming Prelims		9:00 AM-1:15 PM Swimming Prelims		9:00-11:15 AM Swimming Prelims	
1:30-3:45 PM Synchronized Swimming Practice		11:30 AM-12:40 PM Water Polo Female Game 2		1:30-2:45 PM Water Polo Male Game 4 (C vrs B)		11:30 AM-12:40 PM Water Polo Female Game 3	
4:00-6:00 PM Swimming Training		2:00-3:45 PM Synchronized Swimming Solo Routines		2:45-4:30 PM Synchronized Swimming Team Routines		2:00-4:15 PM Synchronized Swimming Duet Routines	
6:00-7:15 PM Water Polo Female Game 1		4:00-5:10 PM Swimming Warmup		4:30-5:50 PM Swimming Warmup		4:00-5:20 PM Swimming Warmup	
7:30-8:45 PM Water Polo Male Game 1 (A vrs B)		5:20-5:50 PM Opening Ceremony		6:00-8:30 PM Swimming Finals Day 2		5:30-8:00 PM Swimming Finals Day 3	
		6:00-8:45 PM Swimming Finals Day 1		8:45-10:00 PM Water Polo Male Game 5 (B vrs A)			9:30 PM - 10:30 PM Closing Ceremony Games Village
		9:00-10:15 PM Water Polo Male Game 3 (A vrs C)					