

Valley Foothill Competitive Athletic League  
2017 Synchronized Swimming Dual Meet Schedule

Meet Draft: 9-28-2016

Revised w/Figures: 2-7-2017

Final: February 13, 2017

Weekly Compulsory Figures – Novice: Right/Left Ballet Leg, Front Walkover  
Intermediate: Heron, Porpoise Spin 180

Week of June 5:

Wed 6/7 Sunrise @ Davis (updated 1/25/2017)

Fri 6/9 FEC @ Cordova

Auburn bye

**Group 1** – Novice: Barracuda, Prawn (Right Ballet Leg)

Intermediate: Kip ½ Twist, Angelfish

Routines: Novice 11-14, 15-18 solos and duets

Water Availability: Cordova: 5pm – tentative Davis/Sunrise: 5pm Auburn/FEC: 5:30
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Week of June 12:

Wed 6/14 FEC @ Davis

Cordova @ Auburn

Sunrise bye

**Group 3** – Novice: Kipnus, Netunus (Left Ballet Leg)

Intermediate: Albatross, Side Fishtail Split

Routines: Intermediate 11-14, 15-18 solos and duets

Week of June 19:

Fri 6/23 Davis @ Cordova

Auburn @ Sunrise

FEC bye

**Group 2** – Novice: Tower, Somersub (Right Ballet Leg)

Intermediate: Flamingo, Bent Knee; Walkover, Back

Routines: Novice 10 and under solos and duets

Week of June 26

Wed 6/28 Auburn @ FEC

Fri 6/30 Cordova @ Sunrise

Davis bye

**Group 1** – Novice: Barracuda, Prawn (Left Ballet Leg)

Intermediate: Kip ½ Twist, Angelfish

Routines: Trios

Week of July 3 (no Friday meet so Only Auburn and FEC can host):

Wed 7/5 Sunrise @ FEC

Davis @ Auburn

Cordova bye

**Group 3** – Novice: Kipnus, Netunus (Right Ballet Leg)

Intermediate: Albatross, Side Fishtail Split

Routines: Teams

Championships @ Sunrise: Friday, July 14 and Sunday, July 16.

**Compulsory Figures** – Novice: Right Ballet Leg, Front Walkover

Intermediate: Heron, Porpoise Spin 180

**Group 3** – Novice: Kipnus, Netunus

Intermediate: Albatross, Side Fishtail Split