Constant Contact to HighLevel Synchronization

Purpose

Constant Contact remains authoritative for Constant Contact-specific email state.

The workflow therefore checks Constant Contact periodically and synchronizes important changes back into HighLevel.

Schedule

The workflow runs approximately:

```
Every 15 minutes
```

Delta Synchronization

The workflow does not download all 14,000+ contacts every 15 minutes.

Instead it tracks the last successful poll and uses:

```
updated_after
```

to retrieve recently changed Constant Contact records.

The process is:

```
Previous successful sync time
        ↓
Constant Contact updated_after query
        ↓
Changed contacts only
        ↓
Batch into groups of 25
        ↓
Update HighLevel
```

Stored Poll State

n8n workflow static data stores:

```
ccLastSuccessfulPoll
```

The timestamp is advanced after a successful reconciliation cycle.

A small overlap window may be used to reduce the chance of missing records around synchronization boundaries.

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