



2014 eSynchro Age Group Synchronized Swimming Championships

June 27th – July 5th
Federal Way, Washington



OFFICIAL MEET ANNOUNCEMENT

DATES 11 - 12 Team Practice and Competition: June 27 - June 30
13 - 15 Team Practice and Competition: June 28 – July 1
16 - 17 and 18 - 19 Team Practice and Competition: July 2 – July 5

SPONSORS City of Federal Way
PNA Synchrono



WEBSITE Information can be found at www.synchro2014nationals.org

MEET MANAGER (S)	LeeAnn McGhie-Stoermer	synchro2014nationals@gmail.com
	Emma Miller	synchro2014nationals@gmail.com

FACILITY Weyerhaeuser King County Aquatic Center (Indoor Facility) - KCAC
650 Southwest Campus Drive
Federal Way WA, 98023-8425
WKCAC receptionist – (206) 477-4444

FACILITY MANAGER
Mike Dunwiddie
Office – (206) 477-3301
mike.dunwiddie@kingcounty.gov

POOLSPECS

Length: 50 meters	Width: 25 yards
Depth: 9.5 ft. at start end, sloping to 10 ft.	Entry: Carpeted Bulkhead (Dive Well End)
Distance from Deck to Water: 11 inches at both ends	Spectators (2500): Both sides of pool
Even at sides of pool	Practice space: (8) Lap lanes in 50 m pool
Competition Pool Length: 25 meters	Approximately 25 meters long
(Between two bulkheads)	Dive Tank - 25 yds. X 58 ft., 16 – 17.5 ft. Deep

RULES TO GOVERN
The 2014 Official USA Synchrono Rulebook shall govern the Championships.

ENTRIES To register online (See Appendix “A”), login to your account from the homepage of the USASynchro.org website, by clicking on “Registration”. If you have any technical difficulties or questions, please email or call Jennifer Hawkins at (317) 237-5700 x5708 or jennifer@usasynchro.org

ENTRY DEADLINE Entries must be completed online by **Friday, June 6th, 2014** Midnight EST and all forms must be postmarked by **ENTRY DEADLINE** or emailed no later than **June 6th, 2014**

Late Fees: As stated in Appendix C, per Technical Rule CP 5.6.1, any entry to a National Championship received between 21 and 7 days prior to the first day of the competition shall pay late fees. Sponsor and Event Entry fees shall be a minimum of \$100 or 10% of the total entry fee, whichever is greater, for first time offenders unless a technology failure can be proven to account for a late entry. For each ensuing offense, within a season, the percentage will increase by 5%.

Provisional entry: If a qualifying event is held after the entry deadline for this competition, a provisional entry must be submitted according to the above deadline. Within 72 hours of the completion of the qualifying competition, the proof of qualification must be submitted by phone and in writing to the V.P. of Competitive Operations and the Meet Manager.

OFFICIALS Register online at USASynchro.org for Officials Availability. Contact Pam Edwards with any questions at pamsync@sbcglobal.net. Official's testing will be held on Friday, June 27st and Wednesday, July 2nd during team practice with music. Testing will be located in the East Mezzanine Classroom.

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COACHES

All coaches on deck must be Level 2 certified by USA Synchro. Please check that you are certified on the USASynchro.org website under Education and the Coaching Certification Program. If there are any concerns, please contact the National Office, and bring any proof of certifications not shown on the web site to registration. Coaches are reminded that they need to carry their USA Synchro proof of certification to be allowed on pool deck.

FEE INFORMATION

Entry Fee: \$30 per competitor per routine, including alternates. Payments are made online at the USASynchro.org website. Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine event shall pay the entry fee. (Rulebook, Appendix C)

Surcharge: \$5 per competitor, including alternates. Payments are made online at the USASynchro.org website. Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine event shall pay the surcharge. This surcharge is to cover expenses for Officials. (Rulebook, Appendix C)

Sponsor Fee: \$25 per competitor. Payments are made online at the USASynchro.org website.

Credentials: Each club will receive coach credentials and chaperones per the chart below. Additional coach and chaperone credentials are available for \$15 each. Lost or misplaced credentials will be \$15 for replacement. Payments are made online at the USASynchro.org website.

# of athletes	Maximum # of free credentials	
	Coaches	Chaperones
1 - 10	2	1
11 - 15	3	2
16 - 20	4	2
21 - 25	5	3
26 - 30	6	3
31 - 35	7	4
36 - 40	8	4
41 - 45	9	5
46 - 50	10	5

EVENTS

Routines competition will be held in Solo, Duet, Trio and Team for 12 and under, 13 - 15, 16 - 17 and 18 - 19 age groups.

FIGURES

The Figure Competition will consist of the following figures:

Figures 12 and under – Compulsory DD

101	Ballet Leg, Single	1.6
301	Barracuda	2.0

Figures 13 - 15 – Compulsory DD

423	Ariana	2.2
301d	Barracuda, Spinning 360	2.2

Figures 16 - 19 – Compulsory DD

308	Barracuda Airborne Split	2.8
355g	Porpoise, Twist Spin	2.6

The remaining two figures will be drawn from their respective Selection Groups: **12 and Under on Thursday, June 26, 2014, 13-15 on Saturday, June 28, 2014, and 16-19 on Tuesday, July 1, 2014** by the USA Synchro VP of Competitive Operations or the meet Technical Chair designee and posted to the USA Synchro website by **2:30pm CST**. An email will be sent to all technical members of USA Synchro at the same time.

AWARDS

USA Synchro medals will be awarded in each group to finalist places 1 - 3 in routines and 1 - 3 in figure Competition. USA Synchro ribbons will be awarded to places 4 - 8 in routines and 4 - 8 in figures.

SCORING CHAIR

Jackie McDaniel (619) 464-7379 (home); (619) 251-5282 (cell); jackiemcd43@hotmail.com

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SCORING SYSTEM The 2014 Rules (FINA) will be implemented for free routines. Judges will award scores for Execution, Artistic Impression and Difficulty.

MUSIC Please have one track (routine) per CD and clearly label with event, age group, club and competitor names.

OFFICIALS AND COACHES HOSPITALITY

Food will be available in the hospitality room throughout the competition for Officials and Coaches.

OFFICIALS AND COACHES RECEPTION

All officials, coaches, sponsors and alumni are invited to a reception Tuesday evening, July 1, 2014 from 8:00 pm – 9:30 pm, in the lobby of the KCAC Conference Center.

HOST HOTEL (S) Please support the host hotel in order to help house competition officials. Rooms have been blocked for our events at the following hotels. Additional information can be found on the synchro 2014 Nationals website www.synchro2014nationals.org

Courtyard Marriot, Federal Way, Washington Distance to Pool: 4.2 miles (8 min. drive)
31910 Gateway Center Blvd. South, Federal Way, Wa. (253) 529-0200
www.marriott.com/hotels/travel/seafw-courtyard-seattle-federal-way/

Holiday Inn Express, Sumner, Washington Distance to Pool: 10.3 Miles (15 min. drive)
2500 136th Ave. Court East, Sumner, Wa. (253) 299-0205
www.hiexpress/sumnerwa

Residence Inn by Marriott, Tukwila, Washington Distance to Pool: 16 miles (21 min. drive)
16201 West Valley Highway, Tukwila, Wa. (425) 226-5500
www.Marriott.com/SEASO

All rooms have kitchens, larger units have 2 bathrooms and will sleep 6 people.

Clarion Hotel, 31611 20th Ave South, Federal Way, WA 98003 (9 min. drive)
Phone: (253) 941-6000 email: kala@clarionfw.com
Code: "Synchronized Swimming"
Rate: \$112/nt. Queen+queen sleeper. Includes hot breakfast. Check out date required July 2 or earlier.
Cut-off date: June 6, 2014

Auburn Guest House, 9 14th St.NW, Auburn, WA 98001 (11 min. drive)
Phone: (253)735-9600 email: auburnguesthouseinn@live.com
Code: "Synchronized Swimming"
Rate: \$99.99/nt. 2 Queens. Includes hot breakfast
Cut-off date: June 6, 2014

Sea-Tac Holiday Inn, 17338 International Blvd., Seattle, WA 98188 (20 min. drive)
Phone: (206) 248-1000 email: reservations@hi-seatac.com
Rate: \$129/nt. Breakfast may be added for additional cost.
Code: None specified, indicate that you are booking for the synchro championships
(This hotel will transition to a Crown Plaza before competition date)
(Closest hotel to airport)

If considering other hotel options, consider supporting USA Synchro sponsor Hilton Hotels:

http://directconnect.hilton.com/dc/dcllogin.jhtml;jsessionid=PVSiy1UIEFBO2CSGBI1NEWQ?_pNd=bQp0QmvQpH&requestid=45482

AIRPORT SEATAC Airport (SEA) Distance to Pool: 14.5 miles

To help our members, we have an agreement with United Airlines. To receive a discount off the lowest available fare, book your travel online through www.united.com. In the Offer Code box, when searching for flights, enter USA Synchronized Swimming Code – **ZRAA795550**

GROUND TRANSPORTATION

All major rental car companies are available at the airport.

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OTHER AIRPORT TRANSPORTATION

Please contact your hotel for information on transportation between the hotel property and Sea-Tac Airport.

Shuttle Express (425) 981-7000

Link Light Rail (5am - 1 am Monday thru Saturday) Cost is \$2.75 each way

For transportation from Sea-Tac to downtown Seattle

DIRECTIONS TO THE POOL

King County Aquatic Center from SeaTac International Airport:

Start out going **south** on International Blvd/WA-99 S toward S 184th St.

Continue to follow WA-99 S.

Turn **slight left** onto **S Kent des Moines Rd/WA-516**.

Merge onto I-5 S toward **Portland**.

Merge onto S 348th St via EXIT **142B**

S 348th St becomes SW Campus Dr.

650 SW CAMPUS DR is on the **right**.

Distance is 12.78 miles.

Estimated drive time is 22-28 min, depending on traffic conditions.

HIGHWAY CONSTRUCTION ALERT:

Check Washington State DOT website for upcoming projects and closures at <http://www.wsdot.com/trafficalerts/>

COACHES MEETINGS

Held in the pool hospitality room.

Friday, June 27th See final schedule

Sunday, June 29th See final schedule

Tuesday, July 1st See final schedule

CHAMPIONSHIP REGISTRATION

Club and Official's Registration will be at held in the KCAC Lobby during the following times:

Friday, June 27th 4:00 pm – 8:00 pm

Saturday, June 28th 8:00 am – 12:00 pm

Sunday, June 29th 9:00 am – 2:30 pm

Monday, June 30th 8:00 am – 11:00 am

Tuesday, July 1st 4:00 pm – 6:00 pm

Wednesday, July 2nd 8:00 am – 11:00 am

Thursday, July 3rd 8:00 am – 11:00 am

PARKING

FREE Parking is available at KCAC throughout the competition. Additional parking is located at the back of the complex at the conference center entrance. Overflow parking is available at the softball fields South of the aquatic center, for a \$5.00 fee.

SPECTATOR TICKETS

Daily admission will be charged. \$10.00 Tickets can be purchased at the door for a single day pass, \$5.00 for Seniors. Free admission for Children 10 and Under. A multiple day wristband may be purchased for \$25.00. Single day attendees will have their hand stamped if they would like to re-enter. Cash only will be accepted at the door. Tickets can be ordered in advance at www.synchro2014nationals.org. Paypal is available for online orders.

USA Synchro Life Members should send an email with their name, USSSI number and dates attending, to: synchro2014nationals@gmail.com Passes for Life Members will be waiting at the concierge table in lobby.

PROGRAMS

Programs can be purchased in advance at www.synchro2014nationals.org at a cost of \$8.00. Make check payable to PNA Synchro. Paypal is available on the website. A limited number will be available for purchase at the event for \$10.00.

CLUB BANNERS

Club banners will be collected at the registration table. Please do not hang your own banners.

Please contact a meet volunteer in the KCAC lobby to retrieve your banner when your competition has concluded.

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- GELLING** Gelling is only allowed in the designated last call room located on the pool deck level west side as well as at a designated station set up outside the east mezzanine area. Please clean the last call area when done. There is NO de-gelling allowed in the facility (including showers). Those de-gelling anywhere in the facility will incur a \$100 fine.
- ATHLETES PARADE** The Athletes Parade will be held prior to each Age Group Final Routine competition. All athletes from all clubs are encouraged to participate. Dress for the parade in team warm-up suits or appropriate team uniform.
- OLYMPIC DAY** Join us as we celebrate Olympic Day on June 30 during 12 and under finals. We'll have special recognition of synchronized swimming's 30th anniversary in the Olympics and USA Synchro's first Olympic gold medal. Watch the website and check announcements at the competition.
- ATHLETES SOCIAL** Tuesday, July 1st, from approx. 6:00 pm to 8:00 pm, in the Conference Center behind the Aquatic Center. Cost is \$5.00 per attendee. More information on our website. Tickets may be pre-purchased on our website.
- PRACTICE TIME** The competition and practice pools are available for rental on:
June 26th between 3 and 8 pm, June 27th between 8 am and 3 pm.
The cost is \$200 Per hour in 1-hour time blocks.
To reserve please e-mail: synchro2014nationals@gmail.com and we will respond directly to confirm availability and reservation times. Checks may be made payable to "PNA Synchro" and can be mailed to: PNA Synchro/AG Nationals, P.O. Box 24044, Federal Way, WA 98093
- PRACTICE WITH MUSIC**
Practice time with music will be once in the competition pool for each team routine in the order of draw. Refer to the final meet schedule for practice times and be on deck ready to swim at the appropriate time. Please notify the meet manager if you will not be swimming during the practice. Please note: Diagrams of this rotation will be posted on deck prior to all designated swim thru times. Coaches will be given this information at coaches meetings as well.
- FOOD SERVICE** Food concession services will be open during the competition. Coolers will be allowed in designated areas of the facility on the mezzanine area. Please see a meet volunteer for locations.
- CHAMPIONSHIP MERCHANDISE**
There will be Championship items available for purchase in addition to USA Synchro items throughout the Championship. **Visa and MasterCard will be accepted.**
- PHOTO/ VIDEO REGULATIONS**
There will be a photographer on site during the competition taking photos. You will be able to purchase photos. Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator must be used solely for such spectator's personal, non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of U.S. Synchronized Swimming. Personal use non-flash photography will be allowed. Please do not obstruct other's views while picture taking. All videotaping must be done from the designated area set up by the meet managers.
- FLOWERS** Will be available for purchase at the competition. See the event website to pre-order: www.synchro2014nationals.org
- SCOREBOARD CHEERS**
Wish your routine competitors good luck in lights on our giant scoreboard. Your wishes will flash repeatedly during warm-ups for routine events. You can let your swimmer know that you're thinking of them from far away. Greetings can be pre-purchase at the website: www.synchro2014nationals.org. or at the meet at the concierge table in the lobby. Cash only.
- LIVE WEB STREAMING**
Take It Live will provide live web streaming of the event. The webcasts are free to watch. DVDs of the event will be sold at a later date for families that want to keep a memento. Visit <http://takeitlive.tv/livesynchro/>

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PROGRAM/ PHOTO SUBMISSION Participating clubs may send photos for the official championship program. Only digital photos submitted via the event website: www.synchro2014nationals.org will be accepted. Price is \$30 per photo, or \$30 for a quarter page. Submit via event website. Deadline June 6th.

Additional information: Save photos as a JPEG (.jpg) digital file. Set JPEG compression for high quality. If prepared correctly the digital JPEG attachment should be between 250 and 400K.

ATTRACTIONS & LANDMARKS

Please see the "Out and About" page on our website: www.synchro2014nationals.org

ADDITIONAL LINKS

Please see the "Links & Forms" page on our website this will be updated regularly.

ESYNCHRO CLINICS USA Synchro in partnership with eSynchro will offer 2 clinics during the 12 & under and 13-15 figure competitions. Pre-register before June 16 and attend the clinic at a discounted rate. Athletes and coaches are welcome to register and attend either clinic. Pre-registration is available on the USA Synchro website: http://www.usasynchro.org/Education/Camps__Clinics__Critiques.htm
Please be prepared for dry land.
Clinic #1 –Sunday, June 29, during 12/U figures, location TBD
Clinic #2 - Tuesday, July 1, during 13-15 figures, location TBD
Cost: \$20 pre-registered by June 16 deadline / \$30 after June 16 and on site

NT PIPELINE TRAINING

This will be for members wanting to become officials for skills competitions or coaches that want to know exactly how the skills are evaluated. The clinic will cover both the General Athletic Skills and Water Skills. It can benefit any coach that wants to become part of the program when it expands to more local competitions and will give the coaches the exact procedure of the tests and how they are scored. The clinic will be \$25. Clinic - Monday, June 30, time and location TBD
Registration is available on the USA Synchro website:
http://www.usasynchro.org/Education/Camps_Clinics_Critiques.htm

COLLEGIATE SYNCHRO OPPORTUNITIES SPECIAL SEMINAR

A special seminar for athletes, parents and coaches will be held to overview collegiate synchro, and discuss the overall experience, recruiting process and scholarships. Additional information can be found on page 7.
Tuesday, July 1, after 13-15 figures, location TBD
Friday, July 4, after 18-19 solo, location TBD
Please also visit the Collegiate Synchro mini booth in the vendor area.

Appendix A: Club Entry and Fees

To register online login to your account from the homepage of the USA Synchro website <http://www.usasynchro.org/> , by clicking on "Registration".

See the entry instructions on the site.

If you have any technical difficulties or questions, please email or call Jennifer at 317-237-5700 x5708 or jennifer@usasynchro.org.

Collegiate Synchro Opportunities

Special Seminar for Parents, Athletes, and Coaches

USA Synchro

Collegiate Synchro Opportunities

At location TBD

Tuesday, July 1 (after 13 - 15 figures)

Friday, July 4 (after 18 - 19 solo)

Topics:

Collegiate Synchro Overview

Collegiate Swimming Experience

Recruiting process

Scholarships

Questions



TENTATIVE MEET SCHEDULE

A detailed final schedule will be created based on actual entries and should be available approximately 1 week prior to the start of the meet..

Friday, June 27

4:00pm – 8:00 pm

5:00pm – 6:00 pm

5:30pm – 6:00 pm

6:00pm – 8:30 pm

Registration - in the KCAC Lobby

Officials and Coaches meeting - in the pool hospitality room

Open Pool

12 & under Team practice with music (in order of draw)

Saturday, June 28

8:00 am – 12:00 pm

Open pool

Registration - in the KCAC Lobby

12 & under Solo warm-up and competition

12 & under Duet warm-up and competition

12 & under Team warm-up and competition

13-15 Solo warm-up and competition

Sunday, June 29

9:00 am – 2:30 pm

Open pool

12 & under Trio warm-up and competition

Registration - in the KCAC Lobby

Officials and Coaches meeting - in the pool hospitality room

13 - 15 Duet warm-up and competition

eSynchro Clinic- Location TBD

12 & under Figures warm up and competition

13 - 15 Team practice with music (in order of draw)

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TENTATIVE MEET SCHEDULE (Cont.)

Monday, June 30

8:00 am – 11:00 am
Open pool
13 - 15 Trio warm-up and competition
Registration - in the KCAC Lobby
National Team Skills Training Clinic- Location TBD
13 - 15 Team warm-up and competition
12 & under Finals Draw at the announcer
**Warm ups, 12 & under Parade of Athletes, Finals, and Awards
Olympic Day Celebration**

Tuesday, July 1

4:00 pm – 6:00 pm
Open pool
13 - 15 Figures warm-up and competition
eSynchro Clinic- Location TBD
Collegiate Synchro Opportunities- Location TBD
13 - 15 Finals Draw at the announcer
Registration - in the KCAC Lobby
Warm ups, 13 - 15 Parade of Athletes, Finals and Awards
Officials and Coaches meeting - in the pool hospitality room
Reception for Officials, Coaches, Sponsors and Alumni

Wednesday, July 2

8:00 am – 11:00 am
Open pool
16 - 17 Duet warm-up and competition
Registration - in the KCAC Lobby
16 - 17 Trio warm-up and competition
18 - 19 Trio warm-up and competition
Lap Swim
18 - 19 Team practice with music (in order of draw)

Thursday, July 3

8:00 am – 11:00 am
Open pool
16 - 17 Team practice with music
Registration - in the KCAC Lobby
16 - 17 Solo warm-up and competition
18 - 19 Duet warm-up and competition
18 - 19 Team warm-up and competition

Friday, July 4

Open pool
16 - 17 Team warm-up and competition
18 - 19 Solo warm-up and competition
Collegiate Synchro Opportunities Special Seminar- Location TBD
16 - 17 and 18 - 19 Figures warm-up and competition

Saturday, July 5

Open pool
16 - 17 and 18 – 19 Finals Draw at the announcer
Parade of Athletes 16 - 17 and 18 - 19
16 – 17 and 18 - 19 Warm ups, Finals and Awards