

# 2010 EAST ZONE AGE GROUP & INTERMEDIATE CHAMPIONSHIP

June 5 & 6  
Hamden, CT

*Hosted by*



The Hamden Heronettes Synchronized Swim Team

**MEET MANAGER(S):** Teena Griggs  
925 Still Hill Rd.  
Hamden, CT 06518  
(203) 214-1641  
[tgriggs@heronettes.org](mailto:tgriggs@heronettes.org)

Marisa D'Amico  
31 Harrison Dr.  
Hamden, CT 06514  
(203) 507-3561  
[marisa329@aol.com](mailto:marisa329@aol.com)

**VENUE:** Hamden High School  
2040 Dixwell Ave.  
Hamden, CT 06514  
(203) 407-2040

**SANCTIONED BY:** United States Synchronized Swimming

**RULES TO GOVERN:** United States Synchronized Swimming 2010 Official Rules  
Current East Zone Synchronized Swimming Handbook

**\* Please see weather policy in East Zone Handbook in case of inclement weather.**

**ENTRY FORMS:** *Please include membership summary from [www.usasynchro.org](http://www.usasynchro.org)*  
**Please see attached.**

Form A Club Entry Form (separate entry sheets as follows:  
Intermediate: 10&U, 11/12, 13&O, Age Group: 10&Under, 11/12, 13/15  
Form B Entry Fee Summary  
Form C Host Fee summary  
Form D Housing and Transportation  
Form E Officials Availability Form

**ENTRY DEADLINE:** **May 24, 2010**  
**Use postal form # 3817 to verify mailing**  
No entries will be accepted after this date.

**QUALIFICATION FOR ENTRY:**

- 1) Swimmers who have placed 1-4 in Solo, Duet, and Trio (in the above listed levels) in each Region Championship
- 2) The Team event is open for all levels
- 3) If a qualified swimmer cannot attend this Championship, the next place winner may move up and enter the event. Written notice must be given to the runner up routine before the entry deadline for the Championship. If the routine cannot go, after the entry deadline, then a rep for the club must call. If the club fails to notify the runner up, it will be charged \$100/routine to be paid to the zone.

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**ELIGIBILITY:** 1) An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.  
2) No duplicate events. Example: An athlete can enter 11/12 Age Group Team and 11/12 Intermediate Solo. She cannot enter 11/12 Age Group Team and 11/12 Intermediate Team.

**Mail Entry Forms A-E, all fees, and Proof of USSS Registration to Meet Manager:** Teena Griggs  
925 Still Hill Rd.  
Hamden, CT 06518

**Region A, B and C meet hosts, please email meet results to Meet Manager:** Marisa D'Amico  
[marisa329@aol.com](mailto:marisa329@aol.com)

**E-mail Form A to Scorer:** Chas Collett  
[ccollett@varsitynet.com](mailto:ccollett@varsitynet.com)

**Mail one copy of Form E to Officials Chair:** Joanne Wright  
484 Glenalby Rd.  
Tonawanda, NY 14150  
[emailjow@yahoo.com](mailto:emailjow@yahoo.com)  
716-835-1874

**REGISTRATION:** 6:30 – 8pm, Friday, June 4<sup>th</sup> & 6:30am, Saturday, June 5<sup>th</sup>  
**COACHES MEETING:** 6:45am on the pool deck

**OFFICIALS:** Navy blue bottom w/white top for all events - No jeans or team logos, please

**FEE INFORMATION:** Entry Fee: \$ 7 per person per event  
Sponsor fee: \$10 per person

## EVENTS:

FIGURES: Intermediate & 10&U AG figures are on Saturday, 11/12 and 13-15 AG figures are on Sunday. If a swimmer is entered for events on both days, they will swim figures 2 times.

### All Intermediate, 10&U Age Group, and 11/12 Age Group Figures

360	Walkover Front	2.1
301	Barracuda	2.0
344	Neptunus	1.8
101R/L	Ballet Leg, Single, Right or Left	1.6

### 13/15 Age Group Figures

420	Walkover, Back	2.0
140	Flamingo, Bent Knee	2.4
355e	Porpoise Spinning 360	2.1
301d	Barracuda Spinning 180	2.3

## ROUTINES:

Solo, Duet, Trio, Team:  
Intermediate (10&Under, 11/12, 13&Over)  
Age Group (10&Under, 11/12, 13/15)

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## **11/12 AGE GROUP ALL STAR TEAM:**

The top eight athletes from the 11/12 Age Group figure results, **including Split Test Bonus**, shall comprise the East Zone 11/12 Age Group All Star Team.

Athletes will participate in a right hand split test, and a passing score will give the athlete a .25 point bonus added to her figure score

**COMPETITIVE POOL DESCRIPTION:** Length: 25 yards  
Width: 6 lanes  
Depth: 11 feet w/gradual slope shallow to 4 feet  
Entry: Deep end, spectator seating in balcony on left

**SOUND SYSTEM:** Superscope PAC770 CD/Cassette Amplifier – variable speed and pitch  
Aquasonic AC339 Underwater Speaker

**VENUE RULES:** **NO FOOD ALLOWED ON DECK, WATER ONLY  
ATHLETES, OFFICIALS, & COACHES ONLY ALLOWED ON DECK  
GEL IN DESIGNATED AREA ONLY  
DE-GELLING IS NOT ALLOWED AT THE POOL  
AWARDS WILL TAKE PLACE WHEN LOCKER ROOMS ARE CLEAN**

**LOCKER ROOMS:** Assigned by Team – look for signs

**SPECTATOR VIEWING AREA:** Keep coolers and swim bags out of spectator viewing area. Coolers may be stored at your team table in the corridor. Swim bags should be stored in locker rooms.

**FOOD CONCESSION:** Provided by the Hamden Heronettes Parents Association – available throughout the meet

**CLOTHING CONCESSION:** Various clothing, bathing suits and synchro items available throughout meet

**OFFICIALS & COACHES HOSPITALITY:** Designated table in upstairs corridor  
Stickers in registration packet for food & drinks  
(please refill water bottles from water cooler on deck)

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**PROGRAM:** Available for purchase at Clothing Concession

**PHOTOGRAPHY:** **Migz Photography** will be available throughout the meet. Routines will exit at the shallow end of the pool. After scores are announced, please have your picture taken. You can view your photos in the corridor outside the pool.

**CLUB BANNERS:** Hand in banners at registration

**PLEASE PARTICIPATE IN THE RAFFLE FOR THE KIM MILLER SCHOLARSHIP**

## **HOST HOTELS:**

Clarion Hotel & Suites  
2260 Whitney Ave.  
Hamden, CT 06518  
203-288-3831  
\$114/night + tax  
Group Name: East Zone  
Synchro  
**Reserve by 5/23/10**

Hampton Inn  
129 Plains Rd.  
Milford, CT 06460  
203-874-4400  
\$79/night + tax  
complimentary hot & cold breakfast  
Group Name: East Zone Synchro  
**Reserve by 5/14/10**

Hilton Garden Inn Shelton  
25 Old Stratford Rd.  
Shelton, CT 06484  
203-447-1000  
\$99/night + tax  
Group Name: East Zone  
Synchro  
**Reserve by 5/14/10**

Hampton Inn  
10 Bee St.  
Meriden, CT 06450  
203-235-5154  
\$82/night + tax  
complimentary full breakfast included  
Group Name: East Zone Synchro  
**Reserve by 5/16/10**

**AIRPORT CLOSEST TO COMPETITION:** Bradley Int'l Airport, Windor Locks, CT  
Route 76 connector to I91 South (see below)

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## **Directions to the Pool - Hamden High School**

### From the Northeast:

Take the Mass Pike 1-90 to 1-84 West to 1-91 South - use exit 17 to get on Ct-15/Wilbur Cross Pkwy South. Take exit 60 and turn left at the bottom of the ramp. Turn left into the school and bear right to go around the building.

### From the Northwest:

Take the Mass Pike 1-90 to 1-91 South (see above)

### From the West:

Take CT-15/Wilbur Cross Pkwy to exit 60 (see above)

**Parking** is available along the back side of the school. Please note that if a ball game is scheduled, DO NOT park along the fence in back of the field (see posted signs). The road along the back of the building is a ONE WAY coming from the right side (Chili's Restaurant side). Parking is also available on the sides of the building.

## **Directions from the Pool to the Hotels:**

### **To the Clarion: (5 minutes)**

Turn left out of the High School. At your 4th traffic light, turn right onto Skiff St (Stop & Shop & TGI Fridays will be on your right) Turn left at the 2nd traffic light onto Rt 10-Whitney Ave. The Clarion will be on your left just as you go under the overpass.

### **To the Hampton Inn Milford: (18 minutes)**

Turn right out of the High School and make your first right onto CT -15/Wilbur Cross Pkwy South toward NY. Take exit 54 toward 1-95/Milford/US-1. Merge onto I-95 South toward Bridgeport/NY. Take exit 36 - Plains Rd. Turn left at the bottom of the ramp.

### **To the Hilton Garden Inn Shelton: (19 minutes)**

Turn right out of the High School and make your first right onto CT-15/Wilbur Cross Pkwy South toward NY. Take exit 58 - CT-34 toward Derby. Merge onto CT-8 toward Bridgeport via the ramp on the left. Take exit 12- Old Stratford Rd. Turn right.

### **To the Hampton Inn Meriden: (17 minutes)**

Turn right out of the High School and get in the left lane to get onto CT-15/Wilbur Cross Pkwy North toward Hartford. Take exit 67, East Main St. Stay straight to go onto Bee St. Hampton Inn will be on your left.

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## \*\*\* TENTATIVE MEET SCHEDULE \*\*\*

BASED ON PRE-MEET ENTRIES RECEIVED – PENDING RECEIPT OF MEET ENTRIES

### Saturday June 5

Routine & Figure competition for All Intermediate & 10&U AG

Doors Open/Registration begins at 6:30am (we encourage you to register on Friday night)  
Coaches & Officials Meeting, on deck, at 6:45am

#### Intermediate & 10&U AG Solos

7:00 - 7:05am	Lap Swim
7:05 - 7:25am	Solo Warm Up (½ & ½)
7:25 - 8:55am	Solo Competition

#### Intermediate & 10&U AG Trios

8:55 - 9:00am	Lap Swim
9:00 - 9:20am	Trio Warm Up (½ & ½)
9:20 - 10:35am	Trio Competition

#### Intermediate & 10&U AG Duets

10:35 - 10:40am	Lap Swim
10:40 - 10:50am	Duet Warm Up (1 <sup>st</sup> ½)
10:50 - 11:45am	Duet Competition
11:45 - 11:55am	Duet Warm Up (2 <sup>nd</sup> ½)
11:55 - 12:50pm	Duet Competition

#### Intermediate & 10&U AG Figures – Flight 1

12:50 - 1:20pm	Figure Warm Up
1:20 - 2:50pm	Figure Competition

#### Intermediate & 10&U AG Figures – Flight 2

2:50 - 3:20pm	Figure Warm Up
3:20 - 4:50pm	Figure Competition

#### Intermediate & 10&U Age Group Teams

4:50 - 5:35pm	Lap Swim & Team Spacing (1 <sup>st</sup> ½)
5:35 - 6:35pm	Team Competition
6:35 - 7:20pm	Lap Swim & Team Spacing (2 <sup>nd</sup> ½)
7:20 - 8:25pm	Team Competition

#### **Intermediate & 10&U Age Group Awards**

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## **Sunday June 6**

Routine & Figure Competition for 11/12 & 13/15 AG

Doors open at 6:30am

Coaches & Officials meeting, on deck, at 6:45am

### **11/12 & 13/15 Age Group Solos**

6:45 - 6:50am	Lap Swim
6:50 - 7:10am	Solo Warm Up (½ & ½)
7:10 - 8:20am	Solo Competition

### **11/12 & 13/15 Age Group Trios**

8:20 - 8:25am	Lap Swim
8:25 - 8:45am	Trio Warm Up (½ & ½)
8:45 - 10:05am	Trio Competition

### **11/12 & 13/15 Age Group Duets**

10:05 - 10:10am	Lap Swim
10:10 - 10:30am	Duet Warm Up (½ & ½)
10:30 - 11:50am	Duet Competition

### **11/12 Figures**

11:50 - 11:55am	Lap Swim
11:55 - 12:10pm	Figure Warm Up
12:10 - 1:25pm	Figure Competition w/split test

### **13/15 Figures**

1:25 - 1:30pm	Lap Swim
1:30 - 2:00pm	Figure Warm Up (½ & ½)
2:00 - 3:05pm	Figure Competition

### **11/12 & 13/15 Age Group Teams**

3:05 - 3:10pm	Lap Swim – 11/12 Teams
3:10 - 3:30pm	Team Spacing
3:30 - 3:35pm	Lap Swim – 13/15 Teams
3:35 - 3:55pm	Team Spacing
3:55 - 5:10pm	Team Competition

**11/12 & 13/15 Age Group Awards – 11/12 All Star Team Named**

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### DIRECTIONS FOR USE

Fill in the **Club Name**, **Code** and **Meet Name** on ALL Club Entry Forms sent. At the bottom of the form, the Team Contact(s) only need to be filled in on the first of the Club Entry Forms.

The **Athlete Name** (first, then last) MUST be legible (this is how the swimmers will be entered into the computer/meet). The **Registration Number** and **Birth Year** are unchanged (self-explanatory).

The Figure Group means the age of the youngest routine the swimmer is competing in. Example:

a) If swimmer is 11 years old but swims in a 12-13 Team ONLY, the swimmer should do 12-13 Figures for any award placement. The swimmer will not place in the 11 and Under Figure results. Therefore, "12-13" is the age placed in the **Figure Group** column.

b) If a swimmer swims a 12-13 Routine and a 14-15 Routine, with DIFFERENT Figures, the swimmer MUST do Figures in 12-13 and also 14-15. The swimmer will be eligible for an award in 12-13 Figures and place as an Honorary in the 14-15 Figure results. Therefore, the swimmer would have "12-13" in the **Figure Group** column and *also* "14-15H". (You may also just place a "12" or "14H" in the column if not enough room.)

The **Routine** columns (Solo, Duet, Trio and Team) are divided into Number (#) and **Group Name**.

The **Solo** column **Number** (#) indicates entry in that set of routines ("1", "2", "3", etc.). This equals, at the bottom, the total number of Solos entered in that meet. The **Group Name** indicates the age of that Routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Duet**, **Trio** and **Team** columns, the **Number** (#) indicates entry in that set of Routines. However, it differs from the Solos in that the swimmers, swimming with each other, MUST have corresponding numbers (including any alternate). If Susie Q is swimming with Emma Lou, and Gertrude is the alternate, then all 3 swimmers MUST have the same number, with Gertrude having alternate ("Alt.") indicated in the column by their names as well as the number ("1", "1", "1 Alt."). Again, the **Group Name**, or age group in this example, is the age of the oldest swimmer swimming the routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Comments** section, enter any necessary information, such as where/when qualified & score (if not on pre-qualified list), swimmer ONLY entering for Trials (Figures only), etc.

If using this form where seeding of swimmers is involved, simply place an "S" in the Number (#) column after the number and also make a comment in the Comments section.

At the bottom of the page, please write in the **Total** number of Routines/Figure competitors so the person entering your club into the meet will have a quick double-check that all swimmers have been entered.

At Registration for the meet, you will need to check the Club Summary Form immediately for any discrepancies, so changes may be made BEFORE the meet begins.

Samples of the Club Entry Form have been forwarded to all clubs with the 2000 Pre-Meet information. This form and instructions are also available on-line in MS Word '97 PC format at [www.usasynchro.org](http://www.usasynchro.org), click on "Synchro Resources", then "Forms". (Feel free to type onto the form, but please do not alter the layout of the form.)

Please look over this form and familiarize yourself with it. We hope that by eliminating Figure & Routine sheets, plus the previous Forms A & B from the Final Meet Announcement, that we will streamline the entry process and save a few trees along the way.

**Any questions? Call your zone scoring chairperson or National Scoring Chairperson Sue Johnson at (310) 376-7315 [suealbjo1@verizon.net](mailto:suealbjo1@verizon.net)**



# 2010 EAST ZONE AGE GROUP & INTERMEDIATE CHAMPIONSHIP

## Hamden, CT

### FORM A: CLUB ENTRY FORM

(EMAIL TO CHAS COLLETT)

3-Letter Club Code \_\_\_\_\_

Zone    N    S    E    W

Region    A    B    C    D

Club \_\_\_\_\_

				Solo		Duet		Trio		Team			
Athlete Name	Registration Number	Birth Year	Figure Group	ID #	Age Div.	ID #	Age Div.	ID #	Age Div.	ID #	Age Div.	U.S. Citizen?	Comments
<b>Totals</b>													

Team Coach:    Name \_\_\_\_\_ Phone Days (\_\_\_\_) \_\_\_\_\_ Evenings (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

*For questions or concerns, contact your zone scoring chairperson or Sue Johnson, National Scoring Chairperson, at (310) 376-7315 suealbj1@verizon.net*

**2010 EAST ZONE AGE GROUP & INTERMEDIATE CHAMPIONSHIP  
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**FORM B: ENTRY FEE SUMMARY**

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**SOLOS**

# of solos \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

**DUETS**

# of duets \_\_\_\_\_ x 2 = \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

**TRIOS**

# of trios \_\_\_\_\_ x 3 = \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

**TEAMS**

(# of teams \_\_\_\_\_) # of team swimmers \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

**ALTERNATES**

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.

# of alternates only \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

**TOTAL ENTRY FEE = \$ \_\_\_\_\_**

Mail to: *Teena Griggs*

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**FORM C: HOST FEE SUMMARY**

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

CoachName \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**SPONSOR FEE**

# of Competitors entered (including alternates)

\_\_\_\_\_ (number) x \$10

**TOTAL SPONSOR FEE = \$ \_\_\_\_\_**

**SUMMARY**

**SPONSOR FEE** \$ \_\_\_\_\_

**ENTRY FEE** \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

**Make check payable to: *Hamden Heronettes***

*Mail to: Teena Griggs*

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**FORM D: HOUSING/ TRANSPORTATION**

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Arriving:            Air            Auto            Other

                    Date \_\_\_\_\_            Time \_\_\_\_\_

                    Flight \_\_\_\_\_            Airline \_\_\_\_\_

Departure Date \_\_\_\_\_            Time \_\_\_\_\_

Hotel/Lodging \_\_\_\_\_            Phone \_\_\_\_\_

                    No. of Athletes \_\_\_\_\_

                    No. of Coaches/Officials \_\_\_\_\_

Please list three on-site emergency contacts for your club (they may be coaches, officials or parents).

1. \_\_\_\_\_ cell # while at meet: \_\_\_\_\_
  
2. \_\_\_\_\_ cell # while at meet: \_\_\_\_\_
  
3. \_\_\_\_\_ cell # while at meet: \_\_\_\_\_

Mail to: [Teena Griggs](mailto:Teena.Griggs@heronettes.org)

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**FORM E: OFFICIALS AVAILABILITY**

Club Name: \_\_\_\_\_

Association: \_\_\_\_\_ Region: \_\_\_\_\_

NAME	RATING	SATURDAY	SUNDAY	COMMENTS

Please note specifically any events you will not be available for.

*Mail to Joanne Wright and Teena Griggs*

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All Final Meet information is available on-line at <http://www.heronettes.org> – click on Meet Information