

2010 EAST ZONE Region A Intermediate & Age Group Championship

MAY 21-23, 2010 ~ NEW CANAAN, CT

HOSTED BY: New Canaan Y Aquianas

VENUE: New Canaan YMCA
594 South Avenue (Rte.124): off the Rte.15 Merritt Pky., exit 37
New Canaan, Ct 06840
203-966-4528

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.

ELIGIBILITY REQUIREMENTS: MUST ATTACH VERIFICATION

1. Swimmers placing 1-3 in each age group, in each event, in each association age group championship.
2. Swimmers placing 1-3 in each age group, in each event, in each association intermediate championship.

EVENTS:

ROUTINES: TRIO, DUET, SOLO, TEAM

11-12, 13-15, 16-17, and 18-19 Age Group Routines are Free Routines

10 & Under Age Group Routines are Free Routines with Technical Elements

Intermediate Routines are Technical Routines

Please see USSS Rules Appendix L for descriptions of Technical Elements

FIGURES:

12&U Age Group AND Intermediate

101	Ballet Leg single	1.6
360	Walkover, Front	2.1
355	Porpoise	1.9
401	Swordfish	2.0

13-15 Age Group

420	Walkover, Back	2.0
355e	Porpoise Spin 360°	2.1
240	Albatross	2.2
345	Reverse Catalina	2.1

16-19 Age Group

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin 720°	2.8
355b	Porpoise Full Twist	2.5
150	Knight	3.1

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PARKING: No parking on South Avenue. Arrangements have been made for parking at nearby New Canaan High School.

VENUE RULES: **Tobacco Product-Free Environment** Effective October 15, 2009, smoking will not be permitted on the New Canaan YMCA premises, which include but are not limited to inside and outside the facility, the grounds, and the parking lots.

No Child Left Alone Children under the age of 12 must be under the supervision of an adult at all times while at the YMCA. Youth involved in a program or sport at the YMCA are under the supervision of the program director or coach and are not considered un-supervised. The YMCA reserves the right to contact a guardian if a child is left unattended more than 15 minutes before or after their programs.

LOCKER ROOMS: Will be assigned by team. Please check the posted signs.

HOTEL INFORMATION: www.norwalk.doubletree.com: enter your check in & check out dates, click Go. Scroll to the bottom and enter Group Code: sny.

Reservations can also be made by calling (800) 492-7148, and requesting the group: Age Group Synchro
Doubletree Hotel Norwalk | 789 Connecticut Ave. | Norwalk, CT 06854
Phone: 203-523-2205 | Fax: 203-523-2292

GEL STATION: Gel only at the designated Gel Station. Signs will be posted directing you to it. **Do not remove Gel at the Y (\$100 fine will be enforced).**

CONCESSIONS: A variety of food will be available throughout the meet.

MERCHANDISE: Will be for sale.

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TENTATIVE SCHEDULE

Will be updated when all meet entries are received

If an event finishes before its allotted time is complete, the events for the rest of the day will move up...please plan your travel accordingly.

Friday, May 21st

DOORS OPEN AT 2:30 PM, REGISTRATION 3:00-3:30

2:45-3:00 Coaches Meeting

3:00-3:15 Lap Swim

ROUTINE COMPETITION: Intermediate followed by 10&Under Age Group

3:15-3:30 Solo Warm up

3:30-5:00 INTERMEDIATE and 10& un SOLO COMPETITION

5:00-5:15 Duet Warm up

5:15-6:45 INTERMEDIATE and 10& un DUET COMPETITION

6:45-7:00 Trio Warm up

7:00-8:30 INTERMEDIATE and 10& un TRIO COMPETITION

Saturday, May 22nd

DOORS OPEN AT 7:00 AM

7:15-7:30 Lap Swim

7:30-7:45 Intermediate and 10& un Team Warm up

7:45-9:15 INTERMEDIATE and 10& un TEAM COMPETITION

9:15-9:45 Intermediate, 10&U, and 11-12 Age Group Figure Warm up (½ and ½)

9:45-11:10 INTERMEDIATE, 10&U AND 11-12AG FIGURE COMPETITION

11:10-11:30 13-15 Age Group Figure Warm up

11:30-1:20 13-15 AG FIGURE COMPETITION

Break

1:30-1:45 11-12 AG Trio Warm up Int. and 10&U awards to be held in gym

1:45-2:30 11-12 AG TRIO COMPETITION

2:30-2:45 11-12 AG Duet warm up

2:45-3:30 11-12 AG DUET COMPETITION

3:30-3:45 11-12 AG Solo Warm up

3:45-4:30 11-12 AG SOLO COMPETITION

4:30-4:45 lap swim

4:45-5:15 11-12 AG /13-15 AG Team Warm up (½ and ½)

5:15-6:15 11-12 AG /13-15 AG TEAM COMPETITION

Break

6:30-6:45 13-15 AG Trio warm up 11-12 AG awards to be held in gym

6:45-7:30 13-15 AG TRIO COMPETITION

7:30-7:45 13-15 AG Duet Warm up

7:45-8:30 13-15 AG DUET COMPETITION

8:30-8:45 13-15 AG Solo Warm up

8:45-9:30 13-15 AG SOLO COMPETITION

9:45 13-15 Awards

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Sunday, March 21st

DOORS OPEN AT 7:00 AM

7:30-7:45	Lap swim
7:45-8:25	Figure Warm up (½ and ½)
8:25-10:10	16-17, 18-19 FIGURE COMPETITION
10:15-10:30	Trio Warm up
10:30-12:00	16-17, 18-19 TRIO COMPETITION
12:00-12:15	Duet warm-up
12:15-1:45	16-17, 18-19 DUET COMPETITION
1:45-2:00	Solo Warm-up
2:00-3:30	16-17, 18-19 SOLO COMPETITION
3:30-3:45	Lap Swim
3:45-4:15	Team Warm-up (½ and ½)
4:15-5:15	16-17, 18-19 TEAM COMPETITION
5:30	Awards

