

# 2011 EAST ZONE Region A Intermediate & Age Group Championship

MAY 20-22, 2011 ~ NEW CANAAN, CT



**HOSTED BY:** New Canaan Y Aquianas

**MEET MANAGERS:** Mary Shah  
(914) 533-5221  
4 Puddin Hill Road  
South Salem, NY 10590  
[Maryshah@optonline.net](mailto:Maryshah@optonline.net)

**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 2011 Official Rules  
Current East Zone Synchronized Swimming Handbook

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

**ENTRY FORMS:** Please see attached.  
Form A Club entry-one per age group or level  
Form B Entry Fee Summary  
Form C Host Fee summary  
Form D Housing and transportation  
Form E Officials Availability form  
Verification of USSS Membership of athletes, coaches and judges

**ENTRY DEADLINE:** **May 6, 2011** use postal form #3817 to verify mailing. Entries for all competitions must be postmarked 14 days prior to the first day of the competition. No entries shall be accepted after entries close.

**ENTRY FEES:** Routines: \$7 / person / event; Sponsor fee: \$10 per person

**EMAIL(preferred) or MAIL COPY ENTRY FORM A TO BOTH:**

Mary Shah	Charley Collett
<a href="mailto:Maryshah@optonline.net">Maryshah@optonline.net</a>	<a href="mailto:ccollett@varsitynet.com">ccollett@varsitynet.com</a>
4 Puddin Hill Road	28 Cobblestone
South Salem, NY 10590	Hamden, CT 06518

Please remember to include an accurate coach's email on first sheet.

**MAIL ENTRIES FORMS B, C, D PAYMENT AND REGISTRATION VERIFICATION TO MEET MANAGER:**

Mary Shah  
[Maryshah@optonline.net](mailto:Maryshah@optonline.net)  
4 Puddin Hill Road  
South Salem, NY 10590

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**OFFICIALS:** Return (email only) Form E and others that apply, unaffiliated officials contact the Krista Bessinger c/o the New Canaan YMCA to arrange for housing. [kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

## **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.

**INELIGIBILITY:** Please refer to 2010-2011 East Zone Synchronized Swimming By-Laws for specifics.

## **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
301 Barracuda	2.0
344 Neptunas	1.8

### **13-15 Age Group**

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

### **16-19 Age Group**

313 Kip Split Closing 180°	2.5
112f Ibis Continuous Spin 720°	2.8
307 Flying Fish	3.0
115c Catalina Twirl	2.8

**POOL DESCRIPTION:** Length: 75' Width: 6 lanes Depth: 11' to 4' Distance of water from deck level: 12" Type of Pool Entry: diving well end, spectator seating on right diving toward shallow end.

**SOUND SYSTEM:** Lubell 9500 sound system. Variable speed CD player / cassette deck

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- PROGRAMS:** Will be available for purchase at the meet. Anyone who wishes to have a photo in the program needs to send in JPEG format to [cvallesnca@aol.com](mailto:cvallesnca@aol.com). (\$20 for B&W photo, \$40 color photo, \$100 full Page, \$60 half page, \$40 quarter page, \$20 business card ad. Cutoff date: May 6, 2011.)
- PARKING:** No parking on South Avenue. Arrangements have been made for parking and shuttle service 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.
- CLUB BANNERS:** Please hand in your banner at registration and it will be hung on the far side of the pool.
- LOCKER ROOMS:** The boys locker room will be available throughout the meet.
- HOTEL INFORMATION:**
- Rate: \$109 King, \$99 Double**
- Reservations can be made by calling (800) 492-7148, and requesting the group: Region A Championships  
Doubletree Hotel Norwalk | 789 Connecticut Ave. | Norwalk, CT 06854  
Phone: 203-523-2205 | Fax: 203-523-2292
- Cut off date for reservations May 6, 2011
- 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

4:00	Doors Open
4:00-4:30	Registration (in Gym)
4:35-4:45	Coaches' and Officials' meeting (on deck)
4:45-5:00	Lap Swim for all Intermediate and AG routines
5:00-5:15	Intermediate and 10/UAG solo warm up
5:20-6:20	Solo competition
6:20-6:35	Intermediate and 10/UAG duet warm up
6:40-7:50	Duet competition

### Saturday

7:00am	Doors Open
7:15-7:30	Lap Swim
7:30-8:00	Intermediate and 10/UAG trio warm up (2 groups if needed)
8:05-9:25	Trio competition
9:30-9:45	Team spacing (2 groups, 15 min each)
9:50-10:35	Intermediate and 10/UAG team competition
10:45-11:00	Lap Swim for Intermediate and 12/U AG figures
11:00-11:30	Intermediate and 12/U AG figure warm up (2 groups, 15 min each)
11:35-1:00	Intermediate and 12/U AG figure competition
1:00-1:15	Lap Swim for 13/15 AG figures

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1:15-1:45	13/15AG figure warm up (2 groups, 15 min each)
<b>1:45</b>	<b>Awards for Intermediate and 10/U AG swimmers</b>
1:45-3:00	13/15AG figure competition
3:00-3:15	Break
3:15-3:30	11/12 AND 13/15 AG Trio warm up
3:35-4:10	11/12 AND 13/15 Trio competition
4:15-4:30	11/12 AND 13/15 AG Duet warm up
4:35-5:10	11/12 AND 13/15 AG Duet competition
5:15-5:30	11/12 AND 13/15 AG Solo warm up
5:35-5:10	11/12 AND 13/15 AG Solo competition
5:15-5:30	11/12 AG Team spacing
5:30-5:45	13/15 AG Team spacing
5:50-6:40	11/12 AND 13/15 AG Team competition
<b>7:00</b>	<b>Awards for 11/12 AND 13/15 AG swimmers</b>

## Sunday

8:00am	Doors Open
8:15-8:30	Lap Swim for 16/19 figures
8:30-9:00	16/19 Figure warm up (2 groups, 15 min each)
9:05-10:30	16/19 Figure competition
10:30-11:00	Break
11:00-11:15	16/17 AND 18/19 Trio warm up
11:20-12:15	Trio competition
12:20-12:35	16/17 AND 18/19 Duet warm up
12:40-1:35	Duet competition
1:40-1:55	16/17 AND 18/19 Solo warm up
2:00-2:15	16/17 AND 18/19 Team spacing
2:25-3:15	16/17 AND 18/19 Team competition

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3:30

16/17 AND 18/19 Awards

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We no longer use Figure or Routine sheets at National meets. We will, instead, use the Club Entry Form as the meet entry.

## 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.

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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 Jackie McDaniel at (619) 464-7379.**



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## FORM B: ENTRY and SPONSOR FEE SUMMARY

Club \_\_\_\_\_ Club Code \_\_\_\_\_

Person completing form: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### SOLOS

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

### DUETS

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

### TRIOS

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

### TEAMS

# of teams \_\_\_\_\_ x # of 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 = \$ \_\_\_\_\_**

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## SPONSOR FEE

# of Competitors entered (including alternates)

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

**Total Sponsor Fee = \$**\_\_\_\_\_

**Total Entry Fee + Sponsor Fee = \$**\_\_\_\_\_

**Make check payable to: *New Canaan Aquianas***

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**FORM E: OFFICIALS AVAILABILITY**

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

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

NAME/RATING	Friday	Saturday	Sunday

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