

## 2011 Figures, Scores & Times for Junior, Senior and 16 & Over AG Meets

### Jr/Sr. Association Figures

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.6

### 16-19AG Association Qualifier Figures

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

### Jr. Zone Figures

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.6

### 16-19AG Region "A" Championships Figures

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

### Sr. Zone Figures

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

### 16-19AG National Championships Figures

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.6

### Qualifying Scores for 13 and Over Jr/Sr Meets

Routine	Junior Zone Championships Qualifying Score	Junior Zone Championships Seed Score	Junior Zone Championships Over-Qualification Score	Senior Zone Championships Qualifying Score	Senior Zone Championships Seed Score	Junior Nationals Qualifying Score	US Open Jr. Qualifying Score	US Open Sr. Qualifying Score
<b>Solo</b>	60.00	69.00	72.00	66.00	78.00	78.00	76.00	79.00
<b>Duet</b>	59.00	68.00	71.00	65.00	77.00	77.00	75.00	78.00
<b>Trio</b>	58.00	67.00	70.00	64.00	76.00	no event	74.00	77.00
<b>Team</b>	Open	Open		Open	Open	75.00	Open	Open
<b>Combo</b>						Open	Open	

The score must be obtained at a Sr Association, Jr Association, Regional, Zone or National meet.

Seed scores for East Zone meets may not be obtained at Association level meets.

Scores are valid for 2 years. Jr Zone Over-Qualification is for life, per individual athlete.

See East Zone Handbook Sections II & III.

### 16-19 Age Group, Junior Free & Senior Free Routine Times

Solo	Duet	Trio	Team
3:00	3:30	3:30	4:00

For all meets except US Open Sr. Nationals there is an allowance of 15 seconds plus the above time.

For US Open Sr. Nationals there is an allowance of 15 second plus or minus the above time.

There is a maximum of 10 seconds allowed for Deck Movements.

## 2011 Figures, Scores & Times for Junior, Senior and 13-15AG Meets

### Jr/Sr. Association Figures

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.6

### Jr. Zone Figures

313	Kip Split Closing 180°	2.5
112f	Ibis Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.6

### Sr. Zone Figures

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

### 13-15AG East Zone Invitational Figures

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

### 13-15AG Association Qualifier Figures

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

### 13-15AG Region "A" Championships Figures

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

### 13-15AG East Zone Championships Figures

420	Walkover Back	2.0
355e	Porpoise Spinning 360°	2.1
342	Heron	2.1
311a	Kip ½ Twist	2.2

### 13-15AG National Championships Figures

420	Walkover Back	2.0
355e	Porpoise Spinning 360°	2.1
342	Heron	2.1
311a	Kip ½ Twist	2.2

### Qualifying Scores for 13 and Over Jr/Sr Meets

Routine	Junior Zone Championships Qualifying Score	Junior Zone Championships Seed Score	Junior Zone Championships Over-Qualification Score	Senior Zone Championships Qualifying Score	Senior Zone Championships Seed Score	Junior Nationals Qualifying Score	US Open Jr. Qualifying Score	US Open Sr. Qualifying Score
<b>Solo</b>	60.00	69.00	72.00	66.00	78.00	78.00	76.00	79.00
<b>Duet</b>	59.00	68.00	71.00	65.00	77.00	77.00	75.00	78.00
<b>Trio</b>	58.00	67.00	70.00	64.00	76.00	no event	74.00	77.00
<b>Team</b>	Open	Open		Open	Open	75.00	Open	Open
<b>Combo</b>						Open	Open	

The score must be obtained at a Sr Association, Jr Association, Regional, Zone or National meet.

Seed scores for East Zone meets may not be obtained at Association level meets.

Scores are valid for 2 years. Jr Zone Over-Qualification is for life, per individual athlete.

See East Zone Handbook Sections II & III.

### 13-15 Age Group Routine Times

Solo	Duet	Trio	Team
2:30	3:00	3:00	3:30

There is an allowance of 15 seconds plus the above time.

There is a maximum of 10 seconds allowed for Deck Movements.

## 2011 Figures, Times & Elements for 11-12 Age Group Meets

### 11-12AG East Zone Invitational Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

### 11-12AG East Zone Championships Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

### 11-12AG Association Qualifier Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

### 11-12AG National Championships Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

### 11-12AG Region "A" Championships Figures

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

### 11-12 Age Groups Routine Times and Elements

Solo	Duet	Trio	Team
2:00	2:30	2:30	3:00

There is an allowance of 15 seconds plus the above time.  
There is a maximum of 10 seconds allowed for Deck Movements.

## 2011 Figures, Times & Elements for 10 & Under Age Group Meets

### 10&U AG East Zone Invitational Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

### 10&U AG Region "A" Championships Figures

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

### 10&U AG Association Qualifier Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

### 10&U AG East Zone Championships Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

### 10&U AG Routine Times and Elements

Solo	Duet/Trio	Team
2:00	2:20	2:50
1. Crane, Vertical Bent Knee, or Vertical Position.		
2. Boost - no arms raised - start underwater or flush with surface - end underwater		
3. Eggbeater - travel forward and/or sideways – one or both arms out of water - immediately after Boost		
4. Split Position.		
5. Right or Left Ballet Leg Position.		
6. Thrust to a Vertical Position - followed by a Vertical Descent <i>at the same tempo</i> as the Thrust.		
7. <i>All parts of the routine</i> must be performed at the same time and facing the same direction by all swimmers		

There is an allowance of 15 seconds plus the above time.  
There is a maximum of 10 seconds allowed for Deck Movements.

## 2011 Figures, Times & Elements for Intermediate Meets

### Intermediate East Zone Invitational Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

### Intermediate Region "A" Championships Figures

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

### Intermediate Association Qualifier Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

### Intermediate East Zone Championships Figures

101R/L Ballet Leg, Single, Right or Left	1.6
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

### Intermediate Routine Times and Elements

Solo 2:00	Duet 2:20	Trio 2:20
1. Crane Position - closed to a Vertical Position - followed by a Vertical Descent		
2. Boost - no arms raised - start underwater or flush with surface - end underwater		
3. Eggbeater - travel forward and/or sideways - no arms out of water - immediately after Boost		
4. Walkover, Front - Figure #360 – don't forget starting & ending layouts!		
5. Traveling Ballet Leg combination - all 3 of the following surface positions in any order: Left Leg Bent Knee Position, Right Leg Bent Knee Position, R/L Ballet Leg Position		
6. Bent Knee Vertical Position - closed to a Vertical Position - completed with a Vertical Descent		
7. Thrust to a Vertical Position - followed by a Vertical Descent <i>at the same tempo</i> as the Thrust		
8. <i>All parts of the routine</i> must be performed at the same time and facing the same direction by all swimmers		

### Team 2:50

1.A. Crane Position - lifted to Vertical Position - followed by a Vertical Descent
1.B. Acrobatic Move - one Platform or Stack (see rulebook, Appendix L for requirements) 12&Under Teams must perform 1.A. 13&Over Teams may choose to perform either 1.A. or 1.B.
2. Boost - no arms raised - start underwater or flush with surface - end underwater
3. Eggbeater - travel forward and/or sideways - no arms out of water - immediately after Boost
4. Walkover, Front - Figure #360 – don't forget starting & ending layouts!
5. Traveling Ballet Leg combination - all 3 of the following surface positions in any order: Left Leg Bent Knee Position, Right Leg Bent Knee Position, R/L Ballet Leg Position
6. Bent Knee Vertical Position - closed to a Vertical Position - completed with a Vertical Descent
7. Thrust to a Vertical Position - followed by a Vertical Descent <i>at the same tempo</i> as the Thrust
8. Cadence Action - identical movement(s) done sequentially one-by-one by all team members - multiple cadence actions must be consecutive and not separated by other actions - subsequent cadence actions may start before the previous one is done
9. Pattern formations must include a straight line or a circle
10. <i>All parts of the routine</i> must be performed at the same time and facing the same direction by all swimmers - except for the Cadence Action and Platform - during circle pattern swimmers may face different directions

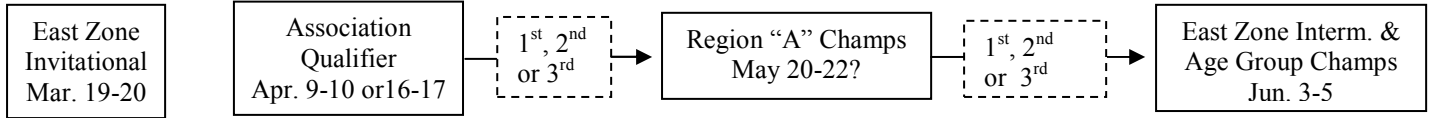
There is an allowance of 15 seconds plus the above time.

There is a maximum of 10 seconds allowed for Deck Movements.

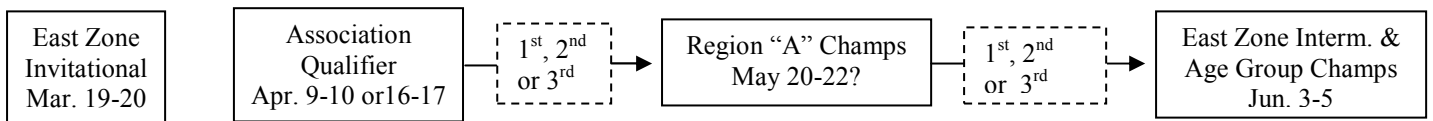
# Competition Tracks 2011

The December 18<sup>th</sup> Holiday Figure Meet is a Heronettes event. The East Zone Invitational is a practice meet.

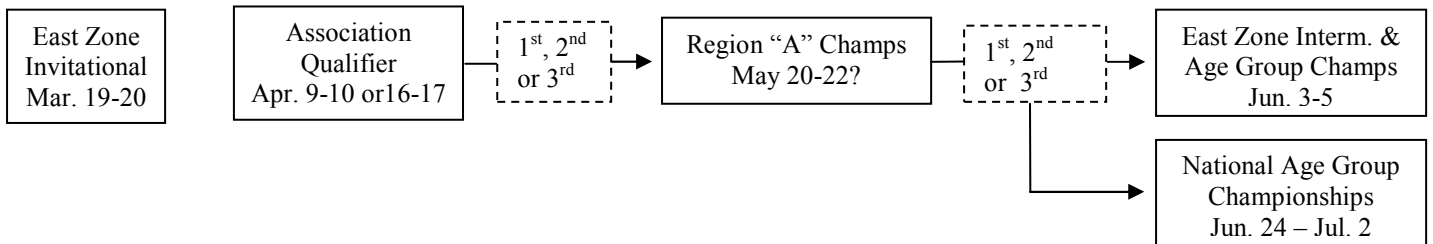
## Intermediates: 10&under, 11-12, 13&over



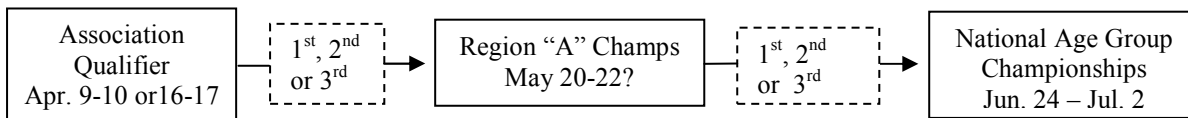
## 10&Under Age Group



## 11-12 and 13-15 Age Groups



## 16-17 Age Group



## Jr/Sr Track – ages 13&over

