



2015 East Zone Junior and Senior Championships

March 13-15, 2015 New Canaan CT



SPONSORED BY	New Canaan YMCA Aquinas
SANCTIONED BY	United States Synchronized Swimming
RULES TO GOVERN:	United States Synchronized Swimming 2015 Official Rules East Zone Synchronized Swimming Handbook
FACILITY:	New Canaan YMCA 564 South Avenue, New Canaan CT, 06840
POOL SPECS	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 in balcony on right diving toward shallow end.
PARKING	No parking at the YMCA. Parking will be at the New Canaan High school and there will be a complimentary shuttle. Shuttle times will be posted and emailed prior to the start of the meet. You will be able to drop off swimmers at the front of the YMCA.
TEAM BANNERS	Please hand in at check in.
SPECTATOR AREA	Seating in the mezzanine of the Valles pool. Spectators are not allowed on deck at any time.
ATHLETE AREA	Teams will have reserved space in the gym for team coolers, storage of all athlete bags and land drilling. Gel Station will be also be available in the gym. All teams please use the boys' locker room.
EVENTS	Junior: Solo, Duet, Team, Figures Senior: Tech Solo, Tech Duet, Tech Team, Free Solo, Free Duet, Free Team Junior/Senior Combination Event
FIGURES	Junior Compulsory Figures are listed below. Remaining figures will be announced 18-72 hours prior to the competition. 308 Barracuda, Airborne Split 2.8 355g Porpoise, Twist Spin 2.6
AWARDS	Medals will be given for places 1-3, Ribbons 4-12 in each event



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QUALIFICATIONS

JUNIOR ZONE

1. Must be a registered USSS athlete.
2. Open to athletes between the ages of 15-18 with the following scores:
Solo- 61.00
Duet*- 60.00
Team**- Open
Combo****- Open

SENIOR ZONE

1. Must be a registered USSS athlete.
2. Open to athletes 15 years old and older with the following scores:
Solo***- 61.00
Duet***- 60.00
Team***- Open
Combo****- Open

Qualifying scores may be earned at a Junior or Senior Association meet or Regional, Zone or National Championship. Scores earned are valid for the next 2 competitive years.

*For the 2015 competitive season only, a junior duet may include a 13 or 14 year old swimmer as long as the other competitor is 16 - 18 years of age. That duet swims as honorary and can advance to finals, but cannot place in finals.

**Junior Team may include 13, 14 or 19 year old swimmers as long as 50% of swimmers are 15 – 18. If less than 50%, the team swims as honorary and can advance to finals, but cannot place in finals.

***Senior swimmers must enter Tech Routine in each event they compete except Combo.

**** There shall be a Free Combination event at the Senior and Junior East Zone Championships conducted as a 100% routine event. Competitors from the Senior and Junior East Zone Championships may be combined for this event. Competitors who are 13 and 14 years of age may participate in the Free Combination event at the Senior and Junior East Zone Championships. The Free Combination event is a Final event only. Championship.

CONCESSIONS

A variety of food will be available for purchase throughout the meet. Merchandise will also be available.

KIM MILLER SCHOLARSHIP RAFFLE AND FUNDRAISER

Please participate or donate online.



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TENTATIVE SCHEDULE

Based on meet entries, the Meet Host, in consultation with the Tech and Scoring Chair, may adjust the schedule, including changing the day of scheduled events. We will adjust the schedule as soon as we get the entries counted and will notify you.

Friday, March 13th: Doors open at 3pm. Senior Tech Solo, Junior Free Solo, Senior Tech Duet, Junior Free Duet

Saturday March 14th: Doors open at 7am Senior Free Solo, Senior Free Duet, Junior Figures, Junior Free Team, Zone Awards, East Zone Meeting at the Host Hotel at 7:30pm

Sunday, March 15th: Doors open 7am. Finals, Awards, Team Trophy