**2018 Connecticut/Metro Association** **Championships**

# April 28 & 29 – New Canaan, CT

**FACILITY:** **New Canaan YMCA**564 South Avenue, New Canaan CT, 06840

**RULES TO GOVERN:** 2018 Official USSS Rules

East Zone Synchronized Swimming Rules

**EVENTS:** Intermediate Figures, Trio, Duet, Solo, Team (10&U, 11/12,

13/15, 16O)

Age Group Figures, Duet, Solo, Team (12U, 13/15), Combo

(13/15)

16/17, 18/19 – Duet Free, Duet Tech, Solo Free, Solo Tech, Team Free, Team Tech, Combo

**FIGURES:** *Intermediates*

101 Ballet Leg, Single       DD 1.6

301 Barracuda                   DD 1.9

*12 & Under Age Groups*

106 Straight Ballet Leg DD 1.6

301 Barracuda DD 1.9

*13/15 Age Group*

423 Ariana DD 2.8

143 Rio DD 3.1

\*\*\***Compulsory figures only listed above. The Selection Group figures (Group 1, 2 or 3) will be drawn and announced via email 72 hours prior to the meet**\*\*\*

**AWARDS:**Medals for places 1-3 & Ribbons for places 4-8 in each event

**ATHLETE AREA** Teams will have reserved space in the shallow end of the pool for all athlete bags.

For the team coolers observation deck will be reserved. All teams

please use the boys’ locker room.

**GEL STATION:** Shallow end of the pool

**FOOD:**A variety of food will be available for purchase throughout the meet at observation deck

**VENUE RULES:** No Food/Drink (other than water) Allowed in Pool Area.

Athletes, Officials & Coaches only allowed on pool deck.

Please Gel in Designated Area Only.

**No De-Gelling Allowed**

Awards will take place when locker room is clean.

**PARKING:** **On Saturday 4/28 parking is at South School ONLY**. To get to School South (8 Farm Rd, New Canaan, CT), take a right leaving the Y to the first intersection, then take a left onto Farm Rd., South School is right.

**On Sunday 4/29 parking is at the side parking lot of the Y** (right side

of the building)