

# 2019 13/15, JR & SR Tri-State Invitational

*January 26, 2019 – New Canaan, CT*

**VENUE:** New Canaan YMCA  
564 South Avenue  
New Canaan CT 06840

**RULES TO GOVERN:** 2018 Official USSS Rules  
2018 East Zone Synchronized Swimming Rules

\*\* There will be no time restrictions (min or max) on any routines – no time penalties \*\*

**EVENTS:** 13/15 – Solo, Duet, Team, Combo, and Figures  
JR – Duet Free, Duet Tech, Solo Free, Solo Tech, Team Free, Team Tech, Combo  
(swimmers may swim either tech or free routine for each event, not both)  
SR – Duet Free, Duet Tech, Solo Free, Solo Tech, Team Free, Team Tech,  
Combo  
(swimmers may swim either tech or free routine for each event, not both)

\*\* There will be no time restrictions (min or max) on any routines – no time penalties

**\*\*FIGURES:** **13/15 AG Figures**

423	Ariana	2.2
143	Rio	3.1

The other 2 figures will be drawn and announced within 72 hours of the meet

**AWARDS:** Medals for places 1-3 & Ribbons for places 4-8 in each event  
(Medals and ribbons will not be given by Association)

**GEL STATION:** No knocking or de-knocking at the pool

**FOOD:** No concession

## **SCHEDULE:**

**Doors open @ 11am** Registration (Wagner room)  
11:20am Coaches/Officials Meeting (Wagner Room)  
11:45am-12pm Lap Swim (10min)

Valles Pool  
12-1215pm Jr Tech and 13-15 free solo warm up  
1220-1240pm Jr Tech Solo  
1240-1250pm 13-15 Solo free  
1255-110pm Jr Tech Duet and 13-15 Free duet warm up  
115-130pm Jr Tech Duet

130-145pm

13-15 Duet free

145-2pm

BREAK

2-220pm

Jr Tech and 13-15 Team free warm up

225-240pm

Jr Tech team

240-3pm

13-15 Team free

305-325pm

Jr and 13-15 Combo Warm up

330-350pm

Jr and 13-15 Combos

Forese pool

530-6pm

13-15 Figure lap swim and warm up

6-715pm

13-15 Figure competition

Wagner room

430pm

Jr Awards

730pm

13-15 Awards