2019 East Zone Intermediate & 12 under AG Championships and 13 over AG Routine Only Open June 7-9, 2019 - Phoenixville, PA 19460

**SPONSORED BY**  Philadelphia Freedom Valley YMCA Synchro

**FACILITY** Phoenixville Area YMCA 400 East Pothouse Rd. Phoenixville, PA 19460

**EVENTS:** Intermediate 10&U, 11-12, 13-15, 16&O, Solo, Duet, Mixed Duet, Trio, Team, Figures, 13&O combo

12&Under Age Group: Solo, Duet, Mixed Duet, Team, Figures

13 and Over Age Group: Solo, Duet, Mixed Duet, Team, Combo (Free routines only)

**Qualification for Entry**

**Intermediate and 12 & Under Age Group**

1. Intermediate swimmers that have placed 1-3 in solo, duet and trio in each Regional Championship.

2. 12 & Under Age Group swimmers that have placed 1-3 in solo and duet in each Regional Championship.

3. Team and Mixed Duet events are open for all levels.

**13 & Over Age Group** All routines that competed at Association or Regional Championship, but did not qualify for Junior Olympics. All duets, teams and Combos that did not place in top 3 and solos that did not place in top 2 at their Regional Championship in the current year. Mixed Duet event is Open.

**FIGURES**  Compulsory Figures are listed below. Remaining figures will be announced 18-72 hours prior to the competition.

**Intermediate Figures**

101                           Ballet Leg, Single                                   DD 1.6

301                           Barracuda                                              DD 1.9

**AWARDS:** Medals will be given for places 1-3, Ribbons 4-12 in each event

**GEL STATION:** Gel station will be set up in the West gym.  Please do all gelling there. You may not de-gel in the locker room. This includes dumping gel in any of the sinks in this facility.

**CONCESSION STAND:** Will be available throughout the meet for sale.

**KIM MILLER RAFFLE:** Proceeds help fund the Kim Miller scholarship for East Zone Swimmers

**VENUE RULES: NO FOOD ALLOWED ON DECK, WATER ONLY FOR ATHLETES**

**GEL IN DESIGNATED AREA ONLY.   NO DE-GELLING ALLOWED: this includes dumping gel in any of the sinks in the building**. **$100 FINE FOR DE-GELLING PER USSS NATIONAL MEET GUIDELINES**

**PARKING:** Parking in lower lot in the back only. Over flow will be at Schuylkill Elementary School.

**MERCHANDISE:** Will be available through the competition

**LOCKER ROOMS:** Area for changing only. Bags are to be stored in the West gym. De-Gelling not allowed. Swimmers must clean up all bobby pins, etc.