**2020 13/15,JR & SR**

**Connecticut/Metro Association Invitational**

***January 26, 2020 – Hamden, CT***

**VENUE:** Hamden High School

2040 Dixwell Ave.

Hamden, CT 06514

**RULES TO GOVERN:** 2020 Official USSS Rules

2020 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)

**FOOD:**Concessions will be provided by the

Hamden Heronettes Parents Association throughout the meet

***No Food/Drink (other than water) Allowed in Pool Area***

**SCHEDULE:**

**Doors open @ 8:00am** Registration 8:15am

8:30am Coaches Meeting on deck

8:45am Lap Swim (10min)

8:55am Figure warm-up

9:15am 13/15 AG Figure Competition

***Routines will follow figure competition in the following order:***

Duet (Tech followed by Free)

Team (Tech followed by Free)

Solo (Tech followed by Free)

Combo

***Awards will follow the end of routine competition***