

**2011 Ct & Metro Association
Championships
Intermediate and Age Group
(Connecticut & Metropolitan)
April 9th & 10th 2011 – Hamden, CT**

- MEET MANAGER:** Marisa D’Amico
6224 Town Walk Drive
Hamden, CT 06518
(203) 507-3561
marisa329@aol.com
- VENUE:** Hamden High School
2040 Dixwell Ave.
Hamden, CT 06514
- RULES TO GOVERN:** 2011 Official USSS Rules
2010-2011 East Zone Synchronized Swimming Rules
- EVENTS:** Intermediate Trio, Duet, Solo, Team (10&U, 11/12, 13&O)
Age Group Trio, Duet, Solo, Team (10&U, 11/12, 13/15, 16/17, 18/19)
- ENTRIES & FEES:** Club Entry Form A
(1 form for each: Intermediate, 12&U AG, 13/15 AG, 16&O AG)
Form B – Entry & Sponsor Fee Summary
Entry Fee: \$ 7.00 per athlete per routine
Sponsor Fee: \$10.00 per athlete
Form E – Officials Availability
Please include membership summary from usasynchro.org
Please send one check payable to: *Hamden Heronettes*
- ENTRY DEADLINE:** Saturday, March 26, 2011
Use Postal Form #3817 to validate
- MAIL FORMS A, B, E, PAYMENT AND MEMBERSHIP SUMMARY TO MEET MANAGER:**
Marisa D’Amico
6224 Town Walk Drive
Hamden, CT 06518
- EMAIL FORM A TO SCORER:**
Nancy Samela
nsamela@dnb.com
- EMAIL FORM E TO OFFICIALS CHAIR:**
Krista Bessinger
kbessinger@newcanaanymca.org

FIGURES:

| | | |
|---|-----------------------------------|-----|
| Intermediate & 10&U and 11/12 Age Group | | |
| 101 _{R/L} | Ballet Leg, Single, right or left | 1.6 |
| 360 | Walkover, Front | 2.1 |
| 355 | Porpoise | 1.9 |
| 3401 | Swordfish | 2.0 |

| | | |
|-----------------|------------------------|-----|
| 13/15 Age Group | | |
| 420 | Walkover, Back | 2.0 |
| 355e | Porpoise, Spinning 360 | 2.1 |
| 240 | Albatross | 2.2 |
| 345 | Catalina Reverse | 2.1 |

| | | |
|-------------------------|-----------------------------|-----|
| 16/17 & 18/19 Age Group | | |
| 313 | Kip, Split Closing 180 | 2.5 |
| 112f | Ibis, Continuous Spin (720) | 2.8 |
| 355b | Porpoise Fill Twist | 2.5 |
| 150 | Knight | 3.1 |

SOUND SYSTEM: Superscope PAC770 CD/Cassette Amplifier
Aquasonic AC339 Underwater Speaker

COMPETITIVE POOL: Length 25 yds – Width – 6 lanes – 12 ft deep/4 ft shallow

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

OFFICIALS: Navy blue bottom w/white top for all events
No jeans, please

PROGRAM: Available for purchase at the meet

CLUB BANNERS: Hand in at Registration

LOCKER ROOMS: Assigned by Team – look for signs

GEL STATION: Back hallway outside the locker rooms – look for signs

FOOD: Concessions will be provided by the
Hamden Heronettes Parents Association
throughout the meet
No Food/Drink (other than water) Allowed in Pool Area

DIRECTIONS TO THE POOL – HAMDEN HIGH SCHOOL:

Take CT-15/Wilbur Cross Parkway North
Exit 60
Turn left at the bottom of the ramp
At 2nd light, turn left into the school
Bear right around the building – enter on back side of the school

Parking is available along the fence on the back side of the school and on both sides of the school.

SCHEDULE:

Doors open @ 8am

Saturday, April 9th

Intermediate Trio, Duet, Solo, Team

Intermediate and 10&U, 11/12 Age Group Figures

Intermediate Awards

10&U, 11/12, and 13/15 Age Group Trio, Duet, Solo, Team

10&U and 11/12 Age Group Awards

Doors open @ 8am

Sunday, April 10th

13/15 Age Group Figures

16/17 & 18/19 Figures

13/15 Age Group Awards

16/17 & 18/19 Trio, Duet, Solo, Team

16/17 & 18/19 Awards

Once all entries are received a final schedule will follow.