

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

- MEET MANAGER:** Marisa D'Amico  
6224 Town Walk Drive  
Hamden, CT 06518  
(203) 507-3561  
[marisa329@aol.com](mailto: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](http://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](mailto:nsamela@dnb.com)
- EMAIL FORM E TO OFFICIALS CHAIR:**  
Krista Bessinger  
[kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

**FIGURES:**

Intermediate & 10&U and 11/12 Age Group		
101 <sub>R/L</sub>	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 9<sup>th</sup>

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 10<sup>th</sup>

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.**