

# 2010 East Zone Junior Championship

FEBRUARY 12-14, 2010

WESTFIELD, NJ

## MEET ANNOUNCEMENT

**FACILITY** Westfield Area Y, 220 Clark Street, Westfield, New Jersey 07090

**SPONSORED BY:** Westfield Y Aquaducks

**SANCTIONED BY:** United States Synchronized Swimming, NJ Association

**RULES TO GOVERN:** United States Synchronized Swimming 2010 Official Rules  
Current East Zone Synchronized Swimming Handbook  
\*Please see weather policy in EZ Handbook in case of inclement weather.

**ELIGIBILITY:** All athletes must be registered USSS Regular Athletes for 2010.  
Age: 13 & over by birth year (athlete's birth year 1997 or before)  
Preliminaries minimum score:                      Semi-finals minimum score

Solo	65.00	Solo	74.00
Duet	64.00	Duet	73.00
Trio	62.00	Trio	71.00
		Team	Open

Preliminary scores may be earned at a Junior or Senior Association meet or Regional, Zone or National Championship. Semi-final seed scores must be earned at Regional, Zone or National Championships.

### **Over Qualifications**

Solo score 82.0, Duet 81.0, Trio 79.0 or higher.

1<sup>st</sup> place Solo, Duet, Trio in that event & team event at 2009 East Zone Jr. Championship.

Top 3 places in Team (event only) from the 2009 East Zone Championship.

All finalists from the 2009 East Zone Championship in Solo, Duet and Trio in that event.

\*Note: Over-Qualification applies to individual athletes. I.e. An athlete who has achieved an Over-qualification in a particular event may NOT participate in that event at the East Zone Junior Championship again, even if the majority of swimmers in her trio or team are eligible

**FIGURES:**

	Junior Group 3	
313	Kip, Split, Closing 180°	2.5
112f	Ibis, Continuous Spin (720°)	2.8
307	Flying Fish	3.0
115c	Catalina, Twirl	2.8

### **ALL STAR TEAM SELECTION:**

The top eight athletes from the East Zone Junior Championships figure results, who are age 13-15 in the current competitive year, **including Split Test Bonus**, shall comprise the East Zone 13-15 All Star Team.

Athletes will participate in a Right Land Split Test, and a passing score will give the athlete a .25 point bonus added to her Figure score.

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### HOST HOTELS:

Crowne Plaza  
36 Valley Road  
Clark, NJ 07066  
732-574-0100  
Group name: Aqua Ducks  
Block ID # 882004  
Reserve by January 12, 2010  
\$113/night plus tax  
- 40 Rooms w/2 dbl beds  
\$103/night plus tax  
- 10 Rooms w/King bed  
Rates incl. 2 cont breakfasts/room  
Addl. breakfasts avail @ \$7/person (+tax)  
(arrange at check-in only)  
3.7 miles from Y  
(\*Note rate stated in pre-meet was incorrect  
It did not include the breakfast)

Homewood Suites by Hilton Cranford  
2 Jackson Drive  
Cranford, NJ 07016  
908-709-1980  
For this discount mention: Westfield Y  
Aquaducks Synchronized Swim Meet  
Reserve by January 10, 2010  
\$104/night plus tax  
- 15 Rooms 1 BR Suite sleeps 4  
\$179/night plus tax  
- 10 Rooms 2 BR Suite sleeps 6  
4.7 miles from Y

### VENUE RULES:

No knocking in locker room, a gelling room is available  
No towels or shoes are allowed to be left on deck or in the hall  
Bags need to be kept in the gym  
Follow included Y entrance & parking rules (ticketing will apply)

#### **Entrance and Exit to the pool deck for Swimmers must be adhered to as follows:**

- At all times exit the pool deck through the locker room
- For routines enter the pool deck through the hall way entrance

### **PARKING AND ENTRANCE FOR THE Y:**

All athletes, coaches and spectators must enter the "Y" at the Ferris Place entrance. Ferris Place is a one way street from Prospect St. to Clark St.

Parking is limited at the "Y". Please follow all town parking regulations. Do not use the "Y" members parking lot on Clark Street. Cars parked too close to the street corners or in the Clark St parking lot **will be ticketed**. The following lots are available:

- Lot 1: Lord & Taylor Parking Lot. Located at the corner of Ferris Place and Clark Street. There are two entrances to this parking lot. 1 is from North Ave the other is off of Ferris Place. Off of Ferris Place the entrance is the second parking lot on your left. This lot is directly across from the Y entrance on Ferris Place.
- Lot 2: Public Parking Lot. Located on Prospect Street ~ .1 miles on your right coming from East Broad St. (before the corner of Prospect and Ferris). This is a Pay Station (metered) lot. Check signs for times and fees. Parking is free on Sundays. This lot is 1 block walking distance from the Y entrance on Ferris Place.
- Additional parking is also permitted on sections of Clark Street and surrounding Y streets. Some for a 2-hour limited time period (check signs).

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**DIRECTIONS TO THE POOL:** These directions take you to the Ferris Place Parking Lot. Look for “Synchro Meet” signs by the entrance to this parking lot.

### **From Cranford Homewood Suites:**

#### From the Homewood Suites in Cranford:

Head north on Jackson Drive toward Commerce Drive. Take the 1<sup>st</sup> right onto Commerce Drive. Turn right at Raritan Road then turn right at Centennial Ave. Go 1.4 miles and turn left onto North Avenue. Continue on North Avenue through the towns of Cranford and Garwood into Westfield approximately 2.5 miles. Once you pass the Train Station and Fire House on your left in Westfield you have 2 Options:

1. Turn Right onto Prospect Street. Make your 2<sup>nd</sup> left (.1 mile) onto Ferris Place. The Westfield Area Y is the red brick building at the end of Ferris Place on your right. Parking Lot is on the left.
2. Go 1 block past Prospect Street to traffic light. Go through traffic light and make 1<sup>st</sup> right into Parking Lot.

### **Garden State Parkway Exit 135 North or South:**

#### From GSP traveling South exit 135:

GSP South to exit 135. Bear right onto Central Ave. Follow directions from Central Ave

**From Central Ave:** Shop Rite will be on your right and Target on your left. Take Central Ave for 2.8 miles into Westfield. Turn left onto North Avenue and go approximately .1 mile. Once you pass the Train Station and Fire House on your left in Westfield you have 2 Options:

1. Turn Right onto Prospect Street. Make your 2<sup>nd</sup> left (.1 mile) onto Ferris Place. The Westfield Area Y is the red brick building at the end of Ferris Place on your right. Parking Lot is on the left.
2. Go 1 block past Prospect Street to traffic light. Go through traffic light and make 1<sup>st</sup> right into Parking Lot.

### **DIRECTIONS TO THE HOTEL**

#### Homewood Suites

**From the north:** Take Garden State Parkway South to Exit 136, bear right and go 500 ft, make a U-turn. At second light turn left onto Raritan Rd, proceed 300 feet and make a left onto Coleman Avenue to the back lot of hotel.

**From the south:** Take Garden State Parkway North to Exit 136, bear right at light onto Centennial Avenue and get into left hand lane. At next light, make left onto Raritan Road. Proceed 300 feet and make a left onto Coleman Avenue to the back lot of hotel.

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**TENTATIVE SCHEDULE**  
**SUBJECT TO CHANGE BASED ON FINAL MEET ENTRIES**

<b>Friday</b>		
Doors Open		4:30 PM
Pool Opens	5:00 PM	5:00 PM
Solo Prelim Warm Up	5:10 PM	5:20 PM
Solo Prelim Event	5:20 PM	6:40 PM
Duet Prelim Warm Up (1 <sup>st</sup> 1/2)	6:40 PM	6:50 PM
Duet Prelim Event 1 <sup>st</sup> 1/2	6:50 PM	7:40 PM
Duet Prelim Warm Up (2 <sup>nd</sup> 1/2)	7:40 PM	7:50 PM
Duet Prelim Event 2 <sup>nd</sup> 1/2	7:50 PM	8:40 PM
Trio Prelim Warm Up (1 <sup>st</sup> 1/2)	8:40 PM	8:50 PM
Trio Prelim Event 1 <sup>st</sup> 1/2	8:50 PM	9:35 PM
Trio Prelim Warm Up (2 <sup>nd</sup> 1/2)	9:35 PM	9:45 PM
Trio Prelim Event 2 <sup>nd</sup> 1/2	9:45 PM	10:30 PM

<b>Saturday</b>		
Doors Open		7:00 AM
Lap Swim (open)	7:00 AM	7:15 AM
Solo Semifinal Warm Up (1st 1/2)	7:15 AM	7:25 AM
Solo Semifinal Event 1st 1/2	7:25 AM	8:10 AM
Solo Semifinal Warm Up (2nd 1/2)	8:10 AM	8:20 AM
Solo Semifinal Event 2nd 1/2	8:20 AM	9:10 AM
Trio Semifinal Warm Up (1st 1/2)	9:10 AM	9:25 AM
Trio Semifinal Event 1st 1/2	9:25 AM	10:25 AM
Trio Semifinal Warm Up (2nd 1/2)	10:25 AM	10:40 AM
Trio Semifinal Event 2nd 1/2	10:40 AM	11:35 AM
Lunch Break	11:35 AM	12:05 PM
Team Semifinal Warm Up (Top 1st 1/2)	12:05 PM	12:25 PM
Team Semifinal Warm Up (Bottom 1st 1/2)	12:25 PM	12:45 PM
Team Semifinal Event 1st 1/2	12:45 PM	1:45 PM
Team Semifinal Warm Up (Top 2nd 1/2)	1:45 PM	2:05 PM
Team Semifinal Warm Up (Bottom 2nd 1/2)	2:05 PM	2:25 PM
Team Semifinal Event 2nd 1/2	2:25 PM	3:25 PM
Afternoon Break	3:25 PM	3:35 PM
Duet Semifinal Warm Up (1st 1/2)	3:35 PM	3:50 PM
Duet Semifinal Event 1st 1/2	3:50 PM	4:50 PM
Duet Semifinal Warm Up (2nd 1/2)	4:50 PM	5:05 PM
Duet Semifinal Event 2nd 1/2	5:05 PM	6:00 PM

\*\*\* In recent years we have not needed to have Solo Preliminary Routines. Based on meet entries, the Meet Host, in consultation with the Tech Chair, may adjust the schedule, including changing the day of scheduled events. We will adjust the schedule as soon as we get the entries counted and will notify you.

The registration will not start before 4:30 pm Friday and the pool will not be open before 5:00 pm.

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<b>Sunday</b>		
Doors Open		7:00 AM
Lap Swim (1/2 team)	7:15 AM	7:20 AM
Figure Warm up	7:20 AM	7:40 AM
Lap Swim (1/2 team)	7:40 AM	7:45 AM
Figure Warm up	7:45 AM	8:05 AM
Figure and Split Testing Event	8:15 AM	10:15 AM
Break	10:15 AM	10:45 AM
Team Spacing (pre1 - #3)	10:45 AM	11:00 AM
Team Spacing (#4- #8)	11:00 AM	11:15 AM
Trio, Duet, Solo Warm-up (20 min ea)	11:15 AM	12:15 PM
Public Draw	12:15 PM	12:30 PM
Trio Final Event	12:30 PM	1:10 PM
Duet Final Event	1:10 PM	1:50 PM
Solo Final Event	1:50 PM	2:25 PM
Team Final Event	2:25 PM	3:15 PM
Awards	3:30 PM	3:45 PM