

2013 East Zone Invitational Meet

March 15 - 17 in Hamden, CT

HOSTED BY



The Hamden Heronettes Synchronized Swim Team

MEET MANAGERS:	Marisa D'Amico 6224 Town Walk Dr. Hamden, CT 06518 (203) 507-3561 marisa329@aol.com	Teena Griggs 925 Still Hill Rd. Hamden, CT 06518 (203) 214-1641 tgriggs01@hotmail.com
VENUE:	Hamden High School 2040 Dixwell Ave. Hamden, CT 06514 (203) 407-2040	
SANCTIONED BY:	United States Synchronized Swimming	
RULES TO GOVERN:	United States Synchronized Swimming 2013 Official Rules Current East Zone Synchronized Swimming Handbook	

*** Please see weather policy in East Zone Handbook in case of inclement weather.**

ELGIBILITY REQUIREMENTS:

1. All athletes must be registered USSS Regular Athletes for 2013.
2. Events for Age Group Level: 10 & Under, 11-12 and 13-15.
Intermediate Level: 10 & Under, 11-12 and 13 & over.
3. Entering Events
 - A) An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
 - B) No duplicate events. Example: An athlete may enter 11-12 Age Group Team and 11-12 Intermediate Solo. She may not enter 11-12 Age Group Team and 11-12 Intermediate Team

INELIGIBILITY: Over qualification

1. Intermediate: All athletes that participate in the East Zone Junior or Zone Championships
2. Age Group: Athletes who participate in the East Zone Junior Championships and/or the East Zone Championships in solo, duet, or trio shall be ineligible for the Zone Invitational Meet in that event in the current year.
3. Age Group: Athletes who place in the top 10 teams at the East Zone Junior Championships shall be ineligible for the Zone Invitational Meet in the team event in the current year.
4. Age Group: All team semi-finalist swimmers from East Zone Championships are ineligible for the Zone Invitational Meet in the team event in the current year.

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ENTRY FORMS: *Please include verification of USSS registration for athletes, coaches, and judges*

Form A	Club Entry Form - Four separate entry sheets as follows: Intermediate; 10&U Age Group; 11/12 Age Group; 13/15 Age Group
Form B	Entry Fee Summary
Form C	Host Fee summary
Form D	Housing and Transportation
Form E	Officials Availability Form

ENTRY DEADLINE: **March 1, 2013**

Use postal form # 3817 to verify mailing

Entries for all competitions must be postmarked 14 days prior to the first day of competition.

No entries will be accepted after this date.

ENTRY FEES:	Entry Fee:	\$ 7 per person per event
	Sponsor Fee:	\$15 per person

**Mail Entry Forms A-E, all fees, and
proof of USSS registration to Co-Meet Manager:**

Teena Griggs
925 Still Hill Rd.
Hamden, CT 06518

**Email Form A to Head Scorer
by March 1st deadline:**

Nancy Samela
nsamela@dnb.com

**Email Form E to CT Officials Chair
by March 1st deadline:**

Krista Bessinger
kbessinger@newcanaanymca.org

EVENTS:

FIGURES:

Intermediate & 12&U Age Groups

101R/L	Ballet Leg, Single	1.6
360	Walkover, Front	2.1
321	Somersub	2.0
315	Kipnus	1.6

13/15 Age Group

420	Walkover, Back	2.0
355e	Porpoise, Spinning 360	2.4
342	Heron	2.1
311a	Kip, Half Twist	2.2

ROUTINES: Solo, Duet, Trio, Team

Intermediate Technical Routines (10&Under, 11/12, 13&Over)

Age Group (10&Under) Free Routines w/Technical Elements

Age Group (11/12 & 13/15) Free Routines

An athlete competing in both Intermediate and Age Group Figure divisions may only take a figure award in the Age Group division. Note: Honorary placement in Intermediate – Placement is not an award.

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VENUE RULES: **NO FOOD ON DECK**
ATHLETES, OFFICIALS, & COACHES ONLY ALLOWED ON DECK
PLEASE DE-GEL AT HOTEL
AWARDS WILL TAKE PLACE WHEN LOCKER ROOMS ARE CLEAN

COMPETITIVE Length: 25 yards
POOL Width: 6 lanes
DESCRIPTION: Depth: 12 feet w/gradual slope shallow to 4 feet
Entry: Deep end, spectator seating in balcony on left

SOUND Superscope PAC770 CD/Cassette Amplifier – variable speed and pitch
SYSTEM: Lubell LL916 Underwater Loud Speaker

LOCKER ROOMS: Will be assigned by team. Please check the posted signs.

SPECTATOR Keep coolers and swim bags out of spectator viewing area.
VIEWING AREA: Coolers may be stored at your team table in the corridor.
Swim bags should be stored in locker rooms.

FOOD Provided by the Hamden Heronettes Parents Association – available
CONCESSIONS: throughout the meet

MERCHANDISE: A variety of synchro merchandise will be available throughout the meet

PROGRAM: Available for purchase at Merchandise Table

CLUB BANNERS: Hand in banners at registration

GEL STATION: Gel only in the designated area – look for posted signs

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***PLEASE PARTICIPATE IN THE FUNDRAISER
TO SUPPORT THE KIM MILLER SCHOLARSHIP***

OFFICIALS: Black bottom w/white top for all events

**OFFICIALS &
COACHES
HOSPITALITY:** Designated table in upstairs corridor
Stickers in registration packet for food & drinks
(please refill water bottles from water cooler on deck)

REGISTRATION: 7:15am in lobby

**OFFICIALS &
COACHES MEETING:** 7:45am on the pool deck

HOST HOTELS:

Clarion Hotel & Suites
2260 Whitney Ave.
Hamden, CT 06518
203-288-3831
\$109/night + tax
Group Name: East Zone
Synchronized Swimming
Reserve by 3/2/13

Homewood Suites by Hilton-Wallingford
90 Miles Dr
Wallingford, CT 06492
203-284-2600
\$109/night + tax
complimentary hot breakfast/indoor pool
Group Name: East Zone Synchro/Hamden Heronettes
Reserve by 3/2/13

Hilton Garden Inn Shelton
25 Old Stratford Rd.
Shelton, CT 06484
203-447-1000
\$99/night + tax
Group Name: East Zone
Synchronized Swimming
Reserve by 2/22/13

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AIRPORT CLOSEST TO COMPETITION: Tweed New Haven Airport
Bradley Int'l Airport, Windsor Locks, CT

DIRECTIONS TO THE POOL – HAMDEN HIGH SCHOOL

From the Northeast:

Take the Mass Pike I-90 to I-84 West to I-91 South - use exit 17 to get on CT-15/Wilbur Cross Pkwy South. Take exit 60 and turn left at the bottom of the ramp. Turn left into the school and bear right to go around the building.

From the Northwest:

Take the Mass Pike I-90 to I-91 South (see above)

From the West:

Take CT-15/Wilbur Cross Pkwy to exit 60 (see above)

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

The road along the back of the building is a ONE WAY coming from the right side (Chili's Restaurant side). Parking is also available on the sides of the building.

DIRECTIONS FROM THE POOL TO HOST HOTELS:

To the Clarion: (5 minutes)

Turn left out of the High School. At your 4th traffic light, turn right onto Skiff St (Stop & Shop & TGI Fridays will be on your right) Turn left at the 2nd traffic light onto Rt 10-Whitney Ave. The Clarion will be on your left just as you go under the overpass.

To the Hilton Garden Inn Shelton: (19 minutes)

Turn right out of the High School and make your first right onto CT-15/Wilbur Cross Pkwy South toward NY. Take exit 58 - CT-34 toward Derby. Merge onto CT-8 toward Bridgeport via the ramp on the left. Take exit 12- Old Stratford Rd. Turn right.

To the Homewood Suites by Hilton Wallingford: (16 minutes)

Turn right out of the High School and get in the left lane to get onto CT-15/Wilbur Cross Pkwy North toward Hartford. Take exit 63, North Haven, turn right onto CT-22. Turn left onto US-5/Washington Ave. Get on I-91 North toward Hartford – get off exit 15, Yalesville/Durham. Turn left onto CT-68/Barnes Rd and left onto Miles Dr.

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CLUB ENTRY FORM – DIRECTIONS FOR USE

1. Use the **Club Entry Form** for Solo, Duet, Trio or Team Events. There is a separate form for entries into Free Combination Routines.
2. On the top of the Club Entry Form, on ALL Club Entry Form pages sent:
 - a. Fill in the **Meet Name, Club Name, 3 LETTER (no numbers!) Club Code** and **Meet Location**.
 - b. Circle Zone (N, S, E, or W) and Region (A, B, C, or D).
3. **In the body, table, of the Club Entry Form:**
 - a. The **Athlete Name (First name, Last name)** **MUST** be legible, preferably typed or computer printed. This is how the athletes will be entered into the computer system for the meet.
 - b. The Athlete **Registration Number** and **Birth Year** are self-explanatory.
 - c. If the meet contains different **Figure Groups**, enter the figure group for each athlete.
 - d. The **Routine** columns (Solo, Duet, Trio and Team) are divided into **ID Number (ID #)** and **Age Division (Age Div.)**.
 - i. In the **Solo** column, the first item is the **ID #** and indicates entry in that set of Solo Routines (“1”, “2”, “3”, etc.). This equals, at the bottom of the table, the **TOTAL** number of solos entered in the meet. Enter the appropriate age division in the **Age Div.** column.
 - ii. The **Duet, Trio** and **Team** columns are slightly different. The **ID #** column is for the Routine # entered by the Club. The same number **MUST** be entered for athletes swimming the same routine (i.e., Susie, Sally are swimming a **Duet** with Sam as the alternate – each would have the same number in this column – “1”, “1”, and “alt 1” in the **ID #** column for Duet). If they are swimming a **Trio**, they will have “1”, “1”, “1” in this **ID #** column for Trio. The same holds true for **Team**, with each athlete swimming the same team having the same number in the **ID #** column for Team. Enter the appropriate age division in the **Age Div.** column.
 - iii. For Free Combination Routines, follow the instructions for the Team above.
 - iv. The columns for Solo would look like this:

ID # Age Div.	
1	JR
 - e. In the **Comments** area, enter where/when qualified and qualifying score, if applicable for the meet.
 - f. At the bottom of the table, enter the **TOTAL** number of:
 - i. Figure competitors in the **Registration Number** column, and
 - ii. Routines under each event (**Solo, Duet, Trio** and **Team**) column so the Scoring Chair entering your Club into the meet will have a quick double-check that all swimmers have been entered.
4. At the bottom of the Club Entry Form:
 - a. Complete the **Team contact** on the first page only.
 - b. The name of the **Coach, and his/her signature, MUST** be on each page of the Club Entry Form. If the Coach is not available, they will need to sign the Club Entry Form at registration at the meet.

BE SURE TO SEND VERIFICATION FOR EACH ROUTINE ENTRY WITH THE CLUB ENTRY FORM IF APPLICABLE FOR THE MEET ENTERED. IF NO VERIFICATION IS RECEIVED THE ATHLETE/ROUTINE WILL NOT BE ENTERED.

For questions or concerns, contact your Zone Scoring Chairperson or the National Scoring Chairperson.

Club Entry Form (A)

Meet Name: 2013 East Zone Invitational Meet – March 16 & 17

Please complete Separate Entry Forms for Intermediate, 10&U AG, 11/12 AG, 13/15 AG

3-Letter Club Code _____ Zone: N S E W Region: A B C D

Club _____ Meet Location: Hamden, CT

<u>Honorary</u>				<u>Solo</u>		<u>Duet</u>		<u>Trio</u>		<u>Team</u>		Comments
Athlete Name (First, then Last)	Mark if in other fig group	Birth Year	Figure Group	ID#	Age Div.	ID#	Age Div.	ID#	Age Div.	ID#	Age Div.	
Totals												

Team Contact(s) Coach _____ Phone Days (____) _____ Evenings (____) _____ Email _____

Name _____ Phone Days (____) _____ Evenings (____) _____ Email _____

The athlete(s) listed above are currently registered with USSSI and are correctly entered for this meet. Coach's Signature: _____ Date _____

Attach complete Proof of Qualification.

For questions or concerns, contact your Zone scoring chairperson or the National Scoring Chairperson.

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FORM B: ENTRY FEE SUMMARY

Club/Official Name _____

Club Code _____

Coach Name _____

Phone _____ E-mail _____

SOLOS

of solos _____ x \$ 7 = \$ _____

DUETS

of duets _____ x 2 = _____ x \$ 7 = \$ _____

TRIOS

of trios _____ x 3 = _____ x \$ 7 = \$ _____

TEAMS

(# of teams _____) # of team swimmers _____ x \$ 7 = \$ _____

ALTERNATES

Any swimmer who is listed as an alternate for a routine and who
Is not swimming any other routine event shall pay the entry fee.

of alternates only _____ x \$ 7 = \$ _____

TOTAL ENTRY FEE = \$ _____

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FORM C: HOST FEE SUMMARY

Club/Official Name _____ Club Code _____

CoachName _____

Phone _____ E-mail _____

SPONSOR FEE

of Competitors entered (including alternates)

_____ (number) x \$15

TOTAL SPONSOR FEE = \$ _____

SUMMARY

SPONSOR FEE \$ _____

ENTRY FEE \$ _____

TOTAL \$ _____

Make check payable to: *Hamden Heronettes*

Mail to: Teena Griggs, 925 Still Hill Rd., Hamden, CT 06518

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FORM D: HOUSING & TRANSPORTATION

Club/Official Name _____ Club Code _____

Coach Name _____

Phone _____ E-mail _____

Arriving: Air Auto Other

Date _____ Time _____

Flight _____ Airline _____

Departure Date _____ Time _____

Hotel/Lodging _____ Phone _____

No. of Athletes _____

No. of Coaches/Officials _____

Please list three on-site emergency contacts for your club (they may be coaches, officials or parents).

1. _____ cell # while at meet: _____

2. _____ cell # while at meet: _____

3. _____ cell # while at meet: _____

Mail to: Teena Griggs, 925 Still Hill Rd., Hamden, CT 06518

All Final Meet information is available on-line at http://www.heronettes.org/eastZone/eastZone_meets.shtml

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FORM E: OFFICIALS AVAILABILITY

Club Name: _____

Association: _____

NAME	RATING	FRIDAY	SATURDAY	SUNDAY	COMMENTS

Please note specifically any events you will not be available for.

Email to: Krista Bessinger, kbessinger@newcanaanymca.org

Mail to: Teena Griggs, 925 Still Hill Rd., Hamden, CT 06518