

HAMDEN HERONETTES FIGURE MEET & HOLIDAY PARTY

Thursday, January 10, 2019

Practice starts @ 5:00pm for all swimmers-Meet to begin at 5:45pm

Competition Apparel for AG & Intermediates

Uniform - black swimsuit, green HHC jacket, white HHC shirt, black leggings (full length- not capri), black flip flops, towel, white cap, goggles, nose clips

Competition Apparel for New Intermediates

Uniform - black swimsuit, green HHC jacket, white HHC shirt (plain white shirt if you don't have one), black leggings (full length- not capri), black flip flops, towel, white cap, goggles, nose clips

Judges: Uniform - black bottoms & white tops/white HHC shirts

We will need 8 parent volunteers to record scores and 2 runners (can be young siblings)

| <u>Intermediate Figures</u> | | |
|-----------------------------------|---------------------|-----|
| 101 _{R/L} | Ballet Leg, Single | 1.6 |
| 301 | Barracuda | 2.0 |
| <u>12 Under Age Group Figures</u> | | |
| 106 | Straight Ballet Leg | 1.6 |
| 301 | Barracuda | 1.9 |
| <u>13/15 Age Group Figures</u> | | |
| 423 | Ariana | 2.2 |
| 143 | Rio | 3.1 |
| <u>16/19 Technical Elements</u> | | |
| 307 | Flying Fish | 2.7 |
| 436 | Cyclone | 2.4 |

Additional 2 figures to be drawn 72 hours prior to the meet.

**Our Holiday Party will take place on
Saturday January 12, 2019 at
Hamden High School**

Party Apparel for AG & Intermediate

Uniform - white HHC shirt, green HHC jacket, black leggings, sneakers

Party Apparel for New Intermediates

Uniform - white HHC shirt (plain white shirt if you don't have one), green HHC jacket, black leggings, sneakers

Please bring a wrapped gift to the party for the Synchro Sister Gift Exchange (approx. \$10 value)



A signup genius will be emailed regarding snacks & drinks for our party.