

**2012 Tri-State Associations  
Jr & Sr Championships**  
(Connecticut, Metropolitan, New Jersey)  
***January 29<sup>th</sup> – 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:** 2012 Official USSS Rules  
2011-2012 East Zone Synchronized Swimming Rules
- EVENTS:** Jr – Trio, Duet, Solo, Team  
Sr – Trio, Duet, Solo, Team
- ENTRIES & FEES:** Club Entry Form A  
Please use 1 form for Jr & 1 form for Sr  
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, January 14, 2012  
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)

<b>FIGURES:</b>	Junior Figures (for both Jr & Sr)	
	313 Kip Split Closing 180	2.5
	112f Ibis Continuous Spin (720)	2.8
	355b Porpoise Full Twist	2.5
	150 Knight	3.1
<b>SOUND SYSTEM:</b>	Superscope PAC770 CD/Cassette Amplifier	
	Aquasonic AC339 Underwater Speaker	
<b>COMPETITIVE POOL:</b>	Length 25 yds – Width – 6 lanes – 12 ft deep/4 ft shallow	
<b>AWARDS:</b>	Medals for places 1-3 & Ribbons for places 4-8 in each event	
<b>OFFICIALS:</b>	Navy blue bottom w/white top for all events	
	No jeans, please	
<b>PROGRAM:</b>	Available for purchase at the meet	
<b>CLUB BANNERS:</b>	Hand in at Registration	
<b>LOCKER ROOMS:</b>	Assigned by Team – look for signs	
<b>GEL STATION:</b>	Back hallway outside the locker rooms – look for signs	
<b>FOOD:</b>	Concessions will be provided by the Hamden Heronettes Parents Association throughout the meet <i>No Food/Drink (other than water) Allowed in Pool Area</i>	

#### **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:**

<b>Doors open @ 8am</b>	Registration
8:30am	Coaches/Officials Meeting on Deck
8:45am	Lap Swim (10min)
9:00am	Figure warm-up
9:30am	Figure Competition

*All routine events will run Jr followed by Sr*

Trio  
Duet  
Solo  
Team  
Awards

**Once all entries are received a final schedule will follow.**

FORM B: ENTRY and SPONSOR FEE SUMMARY

Club \_\_\_\_\_ Club Code \_\_\_\_\_

Person completing form: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**SOLOS**

# of solos \_\_\_\_\_ x \$7 = \$ \_\_\_\_\_

**DUETS**

# of duets \_\_\_\_\_ x 2 = \_\_\_\_\_ x \$7 = \$ \_\_\_\_\_

**TRIOS**

# of trios \_\_\_\_\_ x 3 = \_\_\_\_\_ x \$7 = \$ \_\_\_\_\_

**TEAMS**

# of teams \_\_\_\_\_ x # of 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 = \$ \_\_\_\_\_**

**SPONSOR FEE**

# of Competitors entered (including alternates)  
\_\_\_\_\_ (number) x \$10

**TOTAL SPONSOR FEE = \$ \_\_\_\_\_**

**Total Entry Fee + Sponsor Fee** = \$ \_\_\_\_\_

*Make check payable to: **Hamden Heronettes***

Mail all forms  
and check to:

Marisa D'Amico  
6224 Town Walk Drive  
Hamden, CT 06518

FORM E: OFFICIALS AVAILABILITY

Club Name: \_\_\_\_\_

Association: \_\_\_\_\_

NAME	RATING	Sunday AM	Sunday PM

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

Email form to: [kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

We no longer use Figure or Routine sheets at National meets. We will, instead, use the Club Entry Form as the meet entry.

## **DIRECTIONS FOR USE**

Fill in the **Club Name**, **Code** and **Meet Name** on ALL Club Entry Forms sent. At the bottom of the form, the Team Contact(s) only need to be filled in on the first of the Club Entry Forms.

The **Athlete Name** (first, then last) **MUST** be legible (this is how the swimmers will be entered into the computer/meet). The **Registration Number** and **Birth Year** are unchanged (self-explanatory).

The Figure Group means the age of the youngest routine the swimmer is competing in. Example:

a) If swimmer is 11 years old but swims in a 12-13 Team **ONLY**, the swimmer should do 12-13 Figures for any award placement. The swimmer will not place in the 11 and Under Figure results. Therefore, "12-13" is the age placed in the **Figure Group** column.

b) If a swimmer swims a 12-13 Routine and a 14-15 Routine, with **DIFFERENT** Figures, the swimmer **MUST** do Figures in 12-13 and also 14-15. The swimmer will be eligible for an award in 12-13 Figures and place as an Honorary in the 14-15 Figure results. Therefore, the swimmer would have "12-13" in the **Figure Group** column and *also* "14-15H". (You may also just place a "12" or "14H" in the column if not enough room.)

The **Routine** columns (Solo, Duet, Trio and Team) are divided into Number (#) and **Group Name**.

The **Solo** column **Number** (#) indicates entry in that set of routines ("1", "2", "3", etc.). This equals, at the bottom, the total number of Solos entered in that meet. The **Group Name** indicates the age of that Routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Duet**, **Trio** and **Team** columns, the **Number** (#) indicates entry in that set of Routines. However, it differs from the Solos in that the swimmers, swimming with each other, **MUST** have corresponding numbers (including any alternate). If Susie Q is swimming with Emma Lou, and Gertrude is the alternate, then all 3 swimmers **MUST** have the same number, with Gertrude having alternate ("Alt.") indicated in the column by their names as well as the number ("1", "1", "1 Alt."). Again, the **Group Name**, or age group in this example, is the age of the oldest swimmer swimming the routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Comments** section, enter any necessary information, such as where/when qualified & score (if not on pre-qualified list), swimmer **ONLY** entering for Trials (Figures only), etc.

If using this form where seeding of swimmers is involved, simply place an "S" in the Number (#) column after the number and also make a comment in the Comments section.

At the bottom of the page, please write in the **Total** number of Routines/Figure competitors so the person entering your club into the meet will have a quick double-check that all swimmers have been entered.

At Registration for the meet, you will need to check the Club Summary Form immediately for any discrepancies, so changes may be made **BEFORE** the meet begins.

Samples of the Club Entry Form have been forwarded to all clubs with the 2000 Pre-Meet information. This form and instructions are also available on-line in MS Word '97 PC format at [www.usasynchro.org](http://www.usasynchro.org), click on "Synchro Resources", then "Forms". (Feel free to type onto the form, but please do not alter the layout of the form.)

Please look over this form and familiarize yourself with it. We hope that by eliminating Figure & Routine sheets, plus the previous Forms A & B from the Final Meet Announcement, that we will streamline the entry process and save a few trees along the way. **Any questions? Call your zone scoring chairperson or National Scoring Chairperson Jackie McDaniel at (619) 464-737**

**CLUB ENTRY FORM A**  
*Tri-State Association Championships (1 form for Jr & 1 form for Sr)*

3-Letter Club Code \_\_HHC\_\_

Club \_\_\_\_\_ Hamden Heronettes

**Team contact(s) Name** \_\_\_\_\_ **Phone Days ( )** \_\_\_\_\_ **Evenings ( )** \_\_\_\_\_ **e-mail** \_\_\_\_\_ **If**

*a routine is seeded to Semifinals, indicate with an S. (e.g. "2S at" for the second entry, seeded to Semifinals, as an alternate.) Briefly summarize in the Comment column Proof of Qualification. Attach complete Proof of Qualification. For questions or concerns, contact your zone scoring chairperson or Jackie McDaniel, National Scoring Chairperson, at (619)464-7379.*

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