

**2011 EAST ZONE INVITATIONAL MEET**  
**March 25-27, 2011~ NEW CANAAN, CT**



**Hosted by:** New Canaan YMCA Aquianas  
and  
Long Island Synchro

**Meet Managers:** Carol Valles  
78 East Middle Patent Road  
Bedford, NY 10506  
(914) 243-7787  
[cvallesnca@aol.com](mailto:cvallesnca@aol.com)

Sheila Wright  
212 Springmeadow Drive Unit I  
Holbrook, NY 11741  
(631) 472-4441  
[wrightsync@aol.com](mailto:wrightsync@aol.com)

**Venue:** New Canaan YMCA  
564 South Avenue (rte 124)  
New Canaan, CT 06840

**Parking:** **No parking at the YMCA or on South Avenue.**  
Friday: before 4pm at New Canaan High school, after  
4pm at NCHS or Saxe Middle School.  
Saturday; Saxe Middle school  
Sunday; New Canaan High school  
Shuttle will be available during posted times.

**SANCTIONED BY:** United States Synchronized Swimming  
**RULES TO GOVERN:** United States Synchronized Swimming 2011 Official Rules  
Current East Zone Synchronized Swimming Handbook

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

**ENTRY FORMS:** Please see attached.  
Form A Club entry-one per age group or level  
Form B Entry Fee Summary  
Form C Host Fee summary  
Form D Housing and transportation  
Form E Officials Availability form  
Verification of USSS Membership of athletes, coaches and judges

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**ENTRY DEADLINE:** **March 10, 2011.** Entries for all competitions must be postmarked 14 days prior to the first day of the competition. No entries shall be accepted after entries close.

**ENTRY FEES:** Routines: \$7 / person / event; Sponsor fee: \$10 per person

**NOTE:** Please note that entries are limited to clubs that previously sent a Pre-Meet entry, specific to this meet.

**MAIL ENTRIES FORMS A, B, C, D, E, PAYMENT (checks made out to New Canaan Aquianas), AND REGISTRATION VERIFICATION TO MEET  
MANAGER:**

**Sheila Wright  
212 Springmeadow Drive Unit I  
Holbrook, NY 11741**

**EMAIL ALL ENTRIES TO MEET MANAGER AND:** Chaz Collette:  
[ccollett@varsitynet.com](mailto:ccollett@varsitynet.com)

**EMAIL JUDGES FORM TO CT OFFICIALS CHAIR:** Krista Bessinger  
[kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

**ELIGIBILITY REQUIREMENTS:**

1. All athletes must be registered USSS Regular Athletes for 2011.
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) You may only enter 3 total events (solo, duet, trio and/or team) for a combined Intermediate/Age Group competition.
  - B) No duplicate events. Example: you can enter 11-12 Team Age Group and 11-12 Intermediate Solo. You cannot enter 11-12 Team AG and 11-12 INT Team

**INELIGIBILITY:**

Over qualification:

1. Intermediate: all athletes that participate in the East Zone Jr or Sr. Championship
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 Championship are ineligible for the Zone Invitational in that event in the current year.
5. An athlete may only enter 3 events (solo, duet, trio, and or team) for the combined Invitational meet.

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**EVENTS:**

**ROUTINES:** TRIO, DUET, SOLO, TEAM

11-12 and 13-15 Age Group Routines are Free Routines

10 & under Age Group Routines are Free Routines with Technical Elements

Intermediate Routines are Technical Routines

Please see USSS Rules Appendix L for descriptions of Technical Elements

**FIGURES:**

**12&U Age Group AND Intermediate**

101 Ballet Leg Single 1.6

360 Walkover Front 2.1

355 Porpoise 1.9

401 Swordfish 2.0

420

355

240

345

**13-15-Age Group**

Walkover Back 2.0

Porpoise Spinning 360° 2.1

Albatross 2.2

Catalina Reverse 2.1

**POOL DESCRIPTION:** Length: 75' Width: 6 lanes Depth: 11' to 4' Distance of water from deck level: 12" Type of Pool Entry: diving well end, spectator seating on right diving toward shallow end.

**SOUND SYSTEM:** Lubell 9500 sound system. Variable speed CD player / cassette deck

**CLUB BANNERS:** Please hand in banners at registration to be displayed during the meet.

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

**HOTEL INFORMATION:**

Reservations can be made by calling

(800) 492-7148, and requesting the group: East Zone Invitational

Doubletree Hotel Norwalk

|789 Connecticut Ave. | Norwalk, CT 06854

Phone: 203-523-2205 | Fax: 203-523-2292

[iruge@doubletreenorwalk.com](mailto:iruge@doubletreenorwalk.com) | [www.norwalk.doubletree.com](http://www.norwalk.doubletree.com)

**\*\*\* Book by: March 7, 2011, under room block: East Zone Invitational**

**PROGRAMS:**

Will be available for purchase at the meet. Anyone who wishes to have a photo in the program needs to send in JPEG format to [cvallesnca@aol.com](mailto:cvallesnca@aol.com). (\$20 for B&W photo, \$100 full Page, \$60 half page, \$40 quarter page, \$20 business card ad. Cutoff date: March 10, 2011.)

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**GEL STATION:** Gel only at the designated Gel Station

**CONCESSIONS:** A variety of food will be available throughout the meet.

**MERCHANDISE:** A variety of synchro merchandise will be for sale throughout the meet.

**\*\* We will be having a raffle to donate to the East Zone Scholarship in honor of Kim Miller \*\***

**TENTATIVE SCHEDULE:**

**Friday, March 25:** Doors open 4pm: All Int Solos & 10/u AG solos, All Int. Duets, 10/U AG Duets.

**Saturday March 26:** Doors open at 7am: Int Trios & 10/u AG Trios, Int and 12/U AG figures (**figure warm up tentatively 10:30am**), Int Teams & 10/U AG Teams; 13/15 AG Figures (**figure warm up tentatively 3:00pm**), Awards for All Int & 10/U AG, 11/12 & 13/15 AG Trios

**Sunday, March 27:** Doors open at 7am: 11/12 & 13/15 AG Duets, 11/12 & 13/15 AG solos, 11/12 & 13/15 AG Teams. Awards for 11/12 and 13/15 AG

A final schedule will be sent out as soon as all entries are received.

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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.

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.

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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) 464-7379.**

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**FORM B: ENTRY 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 = \$ \_\_\_\_\_**

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**FORM C: HOST FEE SUMMARY**

**SPONSOR FEE**

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

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

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

**PROGRAM PHOTOS:** \$20 for B&W photo, \$100 full Page, \$60 half page,  
\$40 quarter page, \$20 business card ad. Cutoff date: March 10, 2011  
Email to Carol Valles [cvallesnca@aol.com](mailto:cvallesnca@aol.com)

**Program Photo Fees = \$ \_\_\_\_\_**

**Total Entry Fee + Sponsor Fee + Program Photo Fees = \$ \_\_\_\_\_**

**Make check payable to: *New Canaan Aquianas***

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**FORM D: HOUSING/TRANSPORTATION**

Club/Official Name \_\_\_\_\_

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

Coach Name \_\_\_\_\_

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: \_\_\_\_\_

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**FORM E: OFFICIALS AVAILABILITY**

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

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

NAME/RATING	Friday	Saturday AM	Saturday PM	Sunday

Please note specifically any events you will not be available for. Email this form to Krista Bessinger [kbessinger@newcanaanyca.org](mailto:kbessinger@newcanaanyca.org)