



# 2013 Region A Championships

May 17-19, 2013

New Canaan YMCA – New Canaan, CT



## OFFICIAL MEET ANNOUNCEMENT

MEET MANAGER: Krista Bessinger  
594 South Avenue  
New Canaan, Ct 06840  
(203)-966-4528

FACILITY: New Canaan YMCA  
594 South Avenue  
New Canaan, Ct 06840  
(203)-966-4528

POOL SPECS: **Length:** 40yds with bulkead placed at 25yds  
**Width:** 6 lanes (approx. 15ydds)  
**Depth:** 12' to 4'  
**Entry:** Diving well, 12" from deck to water  
**Spectator seating:** on right diving toward shallow end.

SOUND SYSTEM: BOSE

RULES TO GOVERN: United States Synchronized Swimming 2013 Official Rules

EVENTS: Intermediate trio, duet, solo, team (10/U, 11/12, 13/O)  
Age group trio, duet, solo, team (10/U, 11/12, 13/15, 16/17, 18/19)

FIGURES: Intermediate & 10&U and 11/12 Age Group  
101R/L Ballet Leg, Single, right or left 1.6  
360 Walkover, Front 2.1  
355 Porpoise, 1.9  
401 Swordfish, 2.0

13/15 Age Group  
420 Walkover, Back 2.0  
355e Porpoise, Spinning 360 2.1  
340 Albatross, 2.2  
345 Reverse Catalina, 2.1

16/17 & 18/19 Age Group  
313 Kip, Split Closing 180 2.5  
112f Ibis, Continuous Spin (720) 2.8  
355b Porpoise Full Twist, 2.5  
150 Knight, 3.1



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## ENTRIES:

Form A Official Entry Form

**Please Attach Proof of USSS Registration**

Form B Entry Fee Summary

Form C Host Fee summary

Form E Officials Availability form

- Please send officials availability form to Krista Bessinger electronically no later than May 3, 2013 at [kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

ENTRY DEADLINE: **May 3, 2013** use postal form #3817 to verify mailing.

ENTRY FEES: Routines: \$8 / person / event; Sponsor fee: \$12 per person

EMAIL or MAIL

FORM A TO **BOTH**:

Krista Bessinger  
564 South Ave.  
New Canaan, CT 06840

[kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

Chas Collett  
28 Cobblestone Dr.  
Hamden, CT 06518

[chas.collett@comcast.net](mailto:chas.collett@comcast.net)

EMAIL and MAIL

FORMS B and C to:

Krista Bessinger  
594 South Avenue  
New Canaan, Ct 06840

[kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

EMAIL FORM E TO

OFFICIALS CHAIR:

Krista Bessinger

[kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

AWARDS: Medals for place 1-3, ribbons place 4-8 in each event.

OFFICIALS: White tops, black bottoms

PROGRAMS: Will be available for purchase

BANNERS: Hand in at registration

LOCKER ROOMS: Boys locker room in the back of the Y. Please do not use the front locker rooms.

GEL STATION: Will be provided in gym.

CONCESSIONS: Will be for sale in the gym for both days of competition.

PARKING: At Saxe Middle School (signs will be posted)