

***** Please fill out the survey so we can publish a more detailed schedule *****

Deadline is March 31, 2024

<https://forms.gle/irjiWKJjBVHrZTKM9>

Host: ANA YMCA Synchro

Meet Managers: Leah Mucci, lmucci@mvymca.org
(978) 802-0059

Venue: **Phillips Exeter Academy**
Roger Nekton Championship Pool
20 Main St.
Exeter, NH 03833

GPS Address:
Chadwick Lane,
Exeter, NH

Pool Specs: Length: 25 yards
Width: 8 Lanes
Depth: 12 ft to 7 ft
Distance of water from deck level: 1 ft +
Two one-meter diving boards at deep end
Type of Pool; Entry: Deep end, spectator seating in bleachers (seating for 850)

Sanctioned By: United States Artistic Swimming

Rules To Govern: USA Artistic Swimming 2024 Official Rules
East Zone Handbook

Nearby Hotels: Hampton Inn & Suites Exeter
59 Portsmouth Ave, Exeter, NH 03833
(603) 658-5555

Fairfield Inn & Suites by Marriott Portsmouth Exeter
138 Portsmouth Ave, Exeter, NH 03833
(603) 772-7411

QUALIFICATION FOR ENTRY

Intermediate and 12 & Under Age Group

1. Intermediate swimmers that have placed 1-3 in solo, duet, mixed duet and trio in each Regional Championship.
2. 12 & Under Age Group swimmers that have placed 1-3 in solo,

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duet and mixed duet in each Regional Championship.

3. The team event is open for all levels.
4. The 13 & Over Intermediate and 12 & Under Age Group combination event is open.
5. If an Intermediate or 12 & Under Age Group qualified swimmer cannot attend this Championship, the next place routine may move up and enter the event. Written notice must be given to the runner up routine before the entry deadline for the Championship. If a routine cannot attend, after the entry deadline, then a rep from the club must call a rep from the club of the runner up. If a club fails to notify the runner up, it will be charged \$100/routine to be paid to the zone.

13 & Over Age Group

1. All free routines that competed at Association or Regional Championship in the current year, but did not qualify for Junior Olympics, are eligible to compete.

Eligibility

1. An athlete may only enter 3 total events. Free combination routines do not count toward the 3 events.
2. An athlete may not compete in duplicate events. Example: An athlete can enter 12 & Under Age Group Team and 11-12 Intermediate solo. She cannot enter 12 & Under Age Group and 11-12 Intermediate team.

EVENTS

Refer to the USAAS Rules for events, element lists and times.

Intermediate 10&U, 11-12, 13-15, 16&O: Solo, Duet, Trio, Team, Figures

Intermediate 13&O: Combination

12&Under Age Group: Solo, Duet, Team, Free Combination, Figures

13 & Over Age Group: Free Solo, Free Duet, Free Team, Free Combination, Acrobatic Routine

Solo events consist of:

1. Girls/Women Solo (an athlete who identifies as a girl/woman);
2. Boys/Men Solo (an athlete who identifies as a boy/man); and
3. Gender Inclusive Solo (open to athletes who do not identify as a girl/woman or boy/man).

Duet events consist of:

1. Girls/Women Duet (both athletes identify as girls/women);
2. Boys/Men Duet (both athletes identify as boys/men);
3. Mixed Duet (one athlete identifies as a boy/man, one as a girl/woman); and
4. Gender Inclusive Duet (one or more athlete(s) who do not identify as girls/women or boys/men).

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All other events, to include Trio, Team, Acrobatic Routine and Free Combination, are open (no gender restriction).

Figures: All Intermediate and 12&U AG competitors shall compete in the Figure competition. Exception: athletes competing only in the Combo event may choose to compete in figures, but are not required to.

Tentative Schedule:

Please fill out the survey at the top of this document so we can plan accordingly.

Friday, June 7th: Afternoon/Evening

Intermediate solo, duet and trio if possible

Saturday, June 8th: All day

Intermediate and 12&U AG figures

Intermediate and 12&U AG Teams and Combos

Sunday, June 9th: All day

12&U AG solo and duet

13&O AG routines