

2023 East Zone Invitational A

March 16-17, 2024

Figures as per USAAS Rules

Figures will be announced on Wednesday, March 13 2024 at 8:00am EST at the links below

Intermediate Figure Draw Link:

https://figure-draw.web.app/draw_figure_group.html?dt=2024-03-13T12%3A00%3A00Z&fd=int

12 & Under Figure Draw Link:

https://figure-draw.web.app/draw_figure_group.html?dt=2024-03-13T12%3A00%3A00Z&fd=ag12u

Youth Age Group Figure Draw Link:

https://figure-draw.web.app/draw_figure_group.html?dt=2024-03-13T12%3A00%3A00Z&fd=youth

AWARDS Medals will be given for places 1-3, Ribbons 4-12 in each event

MEET ENTRY

Please use this [form](#) to complete your meet entry by **Saturday, February 24, 2024**

Share form via Google Drive with:

Patty Simell, meet manager - hamdenheronettes@gmail.com

Heronettes Scoring - hhcscoring@gmail.com

Gil Sharon, scoring chair - gil@sharonim.com

Eugenia Gillan, officials chair - eugenia.gillan@gmail.com

Anna Montgomery, vp awards - eastzonevpawards@gmail.com

Krista Karwosky, tech chair - kkarwasky@gmail.com

Kayla Parvana, education chair - kayla.parvana@gmail.com

ENTRY FEE Entry fee: \$12/person/event

Sponsor Fee: \$15/person

Mail checks made out to "HHC" to:

Patricia Simell/Hamden Heronettes

75 Washington Ave. Unit 4-307

Hamden, CT 06518

COACH CARDS

Label the same as music (see below) and turn in by **Saturday, March 2, 2024**

Share form via Google Drive with:

Heronettes Scoring - hhcscoring@gmail.com

Gil Sharon, scoring chair - gil@sharonim.com

2023 East Zone Invitational A

March 16-17, 2024

DIGITAL MUSIC

Send to Anna Montgomery annamontgomery.hhc@gmail.com by **Saturday, March 2, 2024**

DIGITAL MUSIC SUBMISSION GUIDELINES

1. Digital music files (ACC, MP3) are to be submitted for routines for this competition.
2. Files received before the deadline will be transferred from emails to a computer, and then imported to iTunes or a compatible program and each file tested to ensure it plays. You will not be contacted if your music is submitted on time and if the music works. You will only be contacted if your music is missing or will not play.
3. Playlists will be created for each separate routine competition to be played through the sound system.
4. We recommend submitting 160 Kbit/s AAC or higher quality audio for best sound results. 128 Kbit/s MP3s are NOT recommended, if sending MP3 files please ensure they are at least 192 Kbit/sec.
5. A minimum one second leader (silence) before the music starts added to all files is strongly recommended.
6. Use the following naming conventions (see bolded below) when saving files. Routines names should be "space" separated.

Example: **12 & Under AG Duet OSU Smith** Age Group: 12 & Under

Competitive Category: AG or INT = Category (Age Group or Intermediate) Routine Event: Duet
OSU = Three Letter Club Code

Smith = Last name of the first alphabetical member of the routine

JUDGES

*Each club/team/unaffiliated athlete entered in the meet must provide at least one Zone level or higher judge for every 10 athletes entered in competition, (1-10:1 judge, 11-20:2 judges, 21-30:3 judges) that **will be available to judge/officiate during 80% of the events at the meet.**

*Practice Judging will be accepted as available to judge while completing Zone rating for a 2 year period.

*Level 2 Certified Technical controllers (difficulty and synchronization, certification are available from the USAAS this season) will be counted in the above ration, assuming they are available to officiate during 80% of the events at the meet.

*If the club/team/unaffiliated athlete cannot provide a judge(s) a fee of \$20.00 per athlete registered will be assessed with a maximum of \$250.00 for the meet. Fee will be applied for judges not provided for every 10 athletes, i.e. if one judge supplied and 12 athletes registered, the fee would be \$40.00. Fee is due with meet entry and payable to East Zone in a separate

2023 East Zone Invitational A

March 16-17, 2024

check. Practice judging will be accepted as available to judge while completing the Zone rating, for a 2 year period, and must be submitted with meet entry.

*Officials should wear white tops and black bottoms.

VOLUNTEERS

We will be looking for panel writers and figure callers for the figure events, should they happen. Please send a note in with your entry if you have any adults who are available to help.

RESULTS/AWARDS

* Expect delays. We will try our best to run a smooth, timely competition, but with the new rules, we have potential for delays due to needed technical review and scores processing.

* It is very possible that routine scores will not be available after each routine is swam. Technical controllers and judges will hold a post event competition meeting for review of coach card declarations and major potential deductions flagged by the Technical Controllers.

LOCKER ROOMS

Please use locker rooms for changing & showering only. Keep swim bags at your team table. De-gelling is not allowed in the facility (subject to \$100 fine)

CONCESSIONS

Concessions will be available for purchase throughout the meet.

Hospitality room with breakfast, lunch, snacks and drinks will be provided for coaches and officials.

POSSIBLE HOTELS

Best Western Plus North Haven

201 Washington Ave, North Haven, CT 06473

(203) 239-6770

Homewood Suites by Hilton Wallingford-Meriden

90 Miles Dr, Wallingford, CT 06492

(203) 284-2600

Hilton Garden Inn Milford

291 Old Gate Ln, Milford, CT 06460

(203) 783-9988

Residence Inn New Haven-Hamden (recently opened)

2308 Whitney Ave, Hamden, CT 06518

(203) 691-5127

2023 East Zone Invitational A

March 16-17, 2024

TENTATIVE SCHEDULE

Based on meet entries, the meet host, in consultation with the Tech and Scoring Chair, may adjust the schedule, including changing the day of scheduled events. We will adjust the schedule as soon as we get the entries counted and will notify clubs of the changes. This may include cancellation of all figure competitions. If figure competitions are cancelled every attempt will be made to keep the rest of the order of events and the event days the same.

The goal of this schedule is to reduce the amount of time young athletes must be at the competition venue. To achieve this Intermediate and Age Group events have been planned for both days of competition.

Saturday, March 16, 2023

Events may start early if the previous event ends early.

7:30 AM	-	8:00 AM	Doors Open and Coaches & Officials Meeting
8:00 AM	-	8:05 AM	Intermediate Figure lap swim
8:05 AM	-	8:25 AM	Intermediate Figure warm up (approx 55 swimmers)
8:25 AM	-	8:30 AM	Intermediate Figure lap swim
8:30 AM	-	8:50 AM	Intermediate Figure warm up (approx 55 swimmers)
8:50 AM	-	8:55 AM	Intermediate Figure lap swim
8:55 AM	-	9:15 AM	Intermediate Figure warm up (approx 55 swimmers)
9:15 AM	-	10:40 AM	Intermediate Figure competition (163)
10:40 AM	-	11:10 AM	Break (30 minutes)
11:10 AM	-	11:15 AM	Intermediate Solo lap swim
11:15 AM	-	11:30 AM	Intermediate Solo warm up (approx 15 routines)
11:30 AM	-	11:45 AM	Intermediate Solo warm up (approx 15 routines)
11:45 AM	-	2:20 PM	Intermediate Solo competition (34)
2:20 PM	-	2:25 PM	Intermediate Duet & Mixed Duet lap swim
2:25 PM	-	2:40 PM	Intermediate Duet & Mixed Duet warm up (approx 14 routines)
2:40 PM	-	2:55 PM	Intermediate Duet & Mixed Duet warm up (approx 14 routines)
2:55 PM	-	5:10 PM	Intermediate Duet & Mixed Duet competition (27)
5:10 PM	-	5:15 PM	12 & Under Age Group Figure lap swim
5:15 PM	-	5:35 PM	12 & Under Age Group Figure warm up
5:35 PM	-	6:10 PM	12 & Under Age Group Figure competition (41)
6:10 PM	-	6:15 PM	12 & Under, Youth and 15 & Over Age Group Duet lap swim
6:15 PM	-	6:30 PM	12 & Under, Youth and 15 & Over Age Group Duet warm up
6:30 PM	-	7:30 PM	12 & Under, Youth and 15 & Over Age Group Duet competition (14)

2023 East Zone Invitational A

March 16-17, 2024

Sunday, March 17, 2023

If events finish early the next event will start early.

7:30 AM	-	8:00 AM	Doors Open and Coaches & Officials Meeting
8:00 AM	-	8:05 AM	Intermediate Trio lap swim
8:05 AM	-	8:20 AM	Intermediate Trio warm up (approx 10 routines)
8:20 AM	-	8:35 AM	Intermediate Trio warm up (approx 10 routines)
8:35 AM	-	10:00 AM	Intermediate Trio competition (18)
10:00 AM	-	10:05 AM	Intermediate Team lap swim
10:05 AM	-	10:25 AM	Intermediate Team warm up (approx 8 routines)
10:25 AM	-	10:30 AM	Intermediate Team lap swim
10:30 AM	-	10:50 AM	Intermediate Team warm up (approx 8 routines)
10:50 AM	-	12:50 PM	Intermediate Team and Combo competition (24)
12:50 PM	-	12:55 PM	Youth Figure lap swim
12:55 PM	-	1:10 PM	Youth Figure warm up
1:10 PM	-	1:35 PM	Youth Figure competition (7)
1:35 PM	-	2:35 PM	Intermediate awards presentation
2:35 PM	-	2:40 PM	12 & Under, Youth and 15 & Over Age Group Solo lap swim
2:40 PM	-	2:55 PM	12 & Under, Youth and 15 & Over Age Group Solo warm up
2:55 PM	-	3:35 PM	12 & Under, Youth and 15 & Over Age Group Solo competition (11)
3:35 PM	-	3:40 PM	12 & Under, Youth and 15 & Over Age Group Team and Combo lap swim
3:40 PM	-	3:55 PM	12 & Under, Youth and 15 & Over Age Group Team and Combo warm up
3:55 PM	-	4:35 PM	12 & Under, Youth and 15 & Over Age Group Team and Combo competition (7)
4:35 PM	-	4:50 PM	Break (15 minutes)
4:50 PM	-	5:20 PM	12 & Under, Youth and 15 & Over Age Group awards presentation