



2024 East Zone Invitational B
March 16th-17th, 2024
Tonawanda, NY

Host: Town of Tonawanda Aquettes

Facility: Town of Tonawanda Aquatic & Fitness Center
1 Pool Plaza
Buffalo, NY 14223

Pool Specs: 8 lanes, all deep

Meet Manager: Alexis Sandekian
166 Mayfield Ave
Tonawanda, NY 14150
716-909-8257
alexisrsandekian@gmail.com

Sanctioned by: United States Artistic Swimming

Rules to Govern: USA Artistic Swimming 2023 Official Rules
East Zone Handbook

Eligibility: Open to all Intermediates, 12 & Under Age Group, Youth, 16 & Over Age Group athletes with exceptions of over qualifications listed below.
All athletes must hold 2023-2024 USAAS membership.
All athletes must be registered members of the East Zone.
Over qualifications: Any swimmer who participated in the East Zone Combined Youth, Junior and Senior Championships is overqualified for the East Zone Invitational in that event only.

Events:

All Solo events include Girl/Woman, Boy/Man and Gender Inclusive Solos.

All Duet events include Girls/Women, Boys/Men, Gender Inclusive and Mixed Duets.

Novice: Solo, Duet, Trio, Team, Figures

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

Intermediate 13 & Over: Combo

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

Youth Age Group: Solo, Duet, Team, Combo, Figures

16 & Over Age Group: Free Solo, Free Duet, Free Team

AWD Tier 1, 2, 3, 4, 5 & 6: Solo, Duet, Trio, Team, Figures

Figures:

Figures as per USAAS Rules.

Figures will be automatically drawn Wednesday, March 13th 2024 at 8:00am EST at the links below

Novice Figures: Kipnus and Blossom

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=aq12u

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 24th, 2024**

Share form via Google Drive with:

Megan Ross, Scoring - meginak@hotmail.com

Alexis Sandekian, Meet Manager - alexisrsandekian@gmail.com

Entry Fees

Entry fee: \$12/person/event

Sponsor Fee: \$15/person

Mail checks made out to "Tonawanda Aquettes" to:

Alexis Sandekian

166 Mayfield Ave

Tonawanda, NY 14150

Coach Cards

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

Share form via Google Drive with:

Megan Ross, Scoring - meginak@hotmail.com

Digital Music

Send to ttasynchro@gmail.com by Saturday March 2nd, 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 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.

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 designated team area.

De-gelling is not allowed in the facility

Geling Station

Please only gel in designated area near locker rooms

Concessions

Concessions will be available for purchase throughout the meet and provided for coaches/officials.

Recommended Hotels

Please note that these are not host hotels.. and there are many more hotels in the area!

Days Inn by Wyndham Tonawanda/Buffalo

1120 Niagara Falls Blvd, Tonawanda, NY 14150

<https://www.wyndhamhotels.com/days-inn/tonawanda-new-york/days-inn-tonawanda-buffalo/overview?CID=LC:iqv0j1dklijly45:11285>

La Quinta Inn & Suites by Wyndham Buffalo Amherst

145 Inn Keepers Ln, Buffalo, NY 14228

<https://www.wyndhamhotels.com/laquinta/buffalo-new-york/la-quinta-buffalo-amherst/overview?CID=LC:6ysy27krtpcrqev:53548>

Tentative Schedule:

****We decided to add Novice to the competition, schedule will change based on number of Novice swimmers****

Saturday, March 16th

7:30am-8:00am Doors Open / Officials meeting
8:00am-8:10am Intermediate Figure lap swim (Group 1)
8:10am-8:30am Intermediate Figure warm up (Group 1)
8:30am-8:40am Intermediate Figure lap swim (Group 2)
8:40am-9:00am Intermediate Figure warm up (Group 2)
9:00am-10:00am Intermediate Figure competition (66)
10:00am-10:10am 12 & U Age Group Figure lap swim
10:10am-10:30am 12 & U Age Group Figure warm up
10:30am-11:00am 12 & U Age Group Figure competition (15)
11:00am-11:10am Novice Figure lap swim
11:10am-11:30am Novice Figure warm up
11:30am-12:00pm Novice Figure competition (?)
12:00pm-12:30pm Break
12:30pm-12:40pm Solo lap swim
12:40pm-1:00pm Solo warm up (Group 1)
1:00pm-1:20pm Solo warm up (Group 2)
1:20pm-2:20pm Solo competition (19)
2:20pm-2:30pm Novice lap swim
2:30pm-2:45pm Novice swim through
2:45pm-3:15pm Novice competition (?)
3:15pm-3:25pm Duet lap swim
3:25pm-3:45pm Duet warmup (Group 1)
3:45pm-4:05pm Duet warmup (Group 2)
4:05pm-5:30pm Duet competition (19)

Novice awards when available

Sunday, March 17th

7:30am-8:00am Doors Open / Officials meeting
8:00am-8:10am Trio lap swim
8:10am-8:30am Trio warm up
8:30am-9:00am Trio competition (8)
9:00am-9:10am Team and Combo lap swim (Group 1)
9:10am-9:30am Team and Combo warm up (Group 1)
9:30am-9:40am Team and Combo lap swim (Group 2)
9:40am-10:00am Team and Combo warm up (Group 2)
10:00am-11:30am Team and Combo competition (12)(1)
Awards