

# 2010 EAST ZONE INVITATIONAL MEET

**MARCH 20-21, 2010 ~ NEW CANAAN, CT**

**HOSTED BY:** The New Canaan Aquianas

**MEET MANAGERS:** Mary Shah  
(914) 533-5221  
4 Puddin Hill Road  
South Salem, NY 10590  
[Maryshah@optonline.net](mailto:Maryshah@optonline.net)

Carol Valles  
(914) 234-7787  
78 East Middle Patent Road  
Bedford, NY 10506  
[cvallesnca@aol.com](mailto:cvallesnca@aol.com)

**VENUE:** New Canaan YMCA  
594 South Avenue (Rte.124): off the Rte.15 Merritt Pky., exit 37  
New Canaan, Ct 06840  
203-966-4528

**SANCTIONED BY:** United States Synchronized Swimming

**RULES TO GOVERN:** United States Synchronized Swimming 2010 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

**ENTRY DEADLINE:** **March 6, 2010** use postal form #3817 to verify mailing. 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 AND REGISTRATION**

**VERIFICATION TO MEET MANAGER:**

**EMAIL or MAIL COPY ENTRY FORM A TO BOTH ORGANIZERS:**

Mary Shah  
[Maryshah@optonline.net](mailto:Maryshah@optonline.net)  
4 Puddin Hill Road  
South Salem, NY 10590

Carol Valles  
[cvallesnca@aol.com](mailto:cvallesnca@aol.com)  
78 East Middle Patent Road  
Bedford, NY 10506

**OFFICIALS:** Return forms E and others that apply, unaffiliated officials contact the meet manager to arrange for housing.

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## ELIGIBILITY REQUIREMENTS:

1. All athletes must be registered USSS Regular Athletes for 2010.
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 place in the top 20 solos, 15 duets, 10 trios and top 10 teams at the East Zone Junior Championships shall be ineligible for the zone invitational meet in the current year.
3. Age group: All semi-finalist swimmers from East Zone Championship are ineligible for the Zone Invitational in that event in the current year.
4. An athlete may only enter 3 events (solo, duet, trio, and or team) for the combined Invitational meet.

## 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
321 Somersub	2.0
315 Kipnus	1.6

### 13-15-Age Group

420 Walkover, Back	2.0
355f Porpoise spin 360°	2.1
342 Heron	2.1
311a Kip ½ Twist	2.2

**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

**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: February 27, 2010.)

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**PARKING:** No parking on South Avenue. Arrangements are being made for parking at nearby schools and churches.

**VENUE RULES:** **Tobacco Product-Free Environment** Effective October 15, 2009, smoking will not be permitted on the New Canaan YMCA premises, which include but are not limited to inside and outside the facility, the grounds, and the parking lots.

**No Child Left Alone** Children under the age of 12 must be under the supervision of an adult at all times while at the YMCA. Youth involved in a program or sport at the YMCA are under the supervision of the program director or coach and are not considered un-supervised. The YMCA reserves the right to contact a guardian if a child is left unattended more than 15 minutes before or after their programs.

**CLUB BANNERS:** Team banners may be hung on the far side wall of the pool facing the viewing stand.

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

**HOTEL INFORMATION:** [www.norwalk.doubletree.com](http://www.norwalk.doubletree.com): enter your check in & check out dates, click Go. Scroll to the bottom and enter Group Code: ezi.

Reservations can also 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

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

**GEL STATION:** Gel only at the designated Gel Station. Signs will be posted directing you to it. Please remove Gel at the Hotel, not at the Y.

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

**MERCHANDISE:** Will be for sale

# 2010 EAST ZONE INVITATIONAL MEET

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## TENTATIVE SCHEDULE

Based on pre-meet information. Will be updated when all meet entries are received

DOORS OPEN AT 7:00 AM, REGISTRATION 7:00-7:30

### Saturday, March 20th

8:00-8:15 Lap Swim

#### ***ROUTINE COMPETITION: Intermediate followed by 10& Under Age Group***

8:15-8:35 Trio Warm-up

8:40-9:40 TRIO COMPETITION

9:40-10:00 Duet Warm-up

10:00-11:00 DUET COMPETITION

11:00-11:20 Solo Warm-up

11:20-12:20 SOLO COMPETITION

12:20-12:50 Team Warm-up

12:55-1:35 TEAM COMPETITION

#### ***FIGURE COMPETITION***

1:40-2:15 Lap swim and figure warm-up for all Intermediates and 10-under and 11-12 Age Group swimmers

2:15-4:00 FIGURE COMPETITION

4:15-4:50 Lap swim and figure warm-up for 13-15 age group swimmers

5:00-5:45 FIGURE COMPETITION

5:45 AWARDS FOR INTERMEDIATE AND 10-UNDER AGE GROUP SWIMMERS

### Sunday, March 21st

8:00-8:15 Lap swim

#### ***ROUTINE COMPETITION: 11-12 followed by 13-15 Age Group***

8:15-8:35 Trio warm-up

8:40-9:50 TRIO COMPETITION

9:55-10:15 Duet warm-up

10:20-11:40 DUET COMPETITION

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11:45-12:05	Solo Warm-up
12:10-1:30	SOLO COMPETITION
1:30-2:00	Team Warm-up
2:05-3:30	TEAM COMPETITION
3:35	AWARDS

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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.

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If using this form where seeding of swimmers is involved, simply place an “S” in the Number (#) column after the number and also make a comment in the Comments section.

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.

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.**

## 2010 EAST ZONE INVITATIONAL MEET

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3-Letter Club Code \_\_\_\_\_

**Zone**      **N**      **S**      **E**      **W**

Region	A	B	C	D
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**Club** \_\_\_\_\_ **Meet Name** \_\_\_\_\_

[illegible]

## 2010 EAST ZONE INVITATIONAL MEET

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<b>Totals</b>													

Team contact(s)      Name \_\_\_\_\_ Phone Days (\_\_\_\_) \_\_\_\_\_ Evenings (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

*If a routine is seeded to Semifinals, indicate with an S. (e.g. "2S alt" for the second entry, seeded to Semifinals, as an alternate.) Briefly summarize in the Comment column Proof of Qualification. Attach complete Proof of Qualification. For questions or concerns, contact your zone scoring chairperson or Jackie McDaniel, National Scoring Chairperson, at (619) 464-7379.*

# 2010 EAST ZONE INVITATIONAL MEET

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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: February 27, 2010

**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	Saturday AM	Saturday PM	Sunday

Please note specifically any events you will not be available for.

## **2010 EAST ZONE INVITATIONAL MEET**

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The East Zone Invitational has been loaded and is now ready for booking!

To book online follow these steps:

Go to: [www.norwalk.doubletree.com](http://www.norwalk.doubletree.com)

enter your check in & check out dates, click Go

Scroll to the bottom and enter Group Code: ezi

Continue to follow prompts to complete reservation & record your confirmation number.

Reservations can also be made by calling (800) 492-7148, and requesting the group: East Zone Invitational

**January Ruge** | Director of Sales

Doubletree Hotel Norwalk | 789 Connecticut Ave. | Norwalk, CT 06854

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

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