

**2011 EAST ZONE INVITATIONAL MEET  
MARCH 25-27, 2011 ~ TONAWANDA, NY**



**Hosted by:** Town of Tonawanda Aquettes  
Synchronized Swimming Team

**Meet Manager:** Patti Melber  
91 Ashford Avenue  
Tonawanda, NY 14150  
[Melbers@aol.com](mailto:Melbers@aol.com)  
716-838-2402

**Venue:** Sweet Home Sr. High School  
1900 Sweet Home Road  
Amherst, NY 14226

**Parking:** Pool is located by the tennis courts off of Skinnersville Road. Limited parking is available...Ample parking is available in the front of the school..

**SANCTIONED BY:** United States Synchronized Swimming  
**RULES TO GOVERN:** United States Synchronized Swimming 2011 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 4, 2011** 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.

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**MAIL ENTRIES FORMS A, B, C, D, E, PAYMENT AND REGISTRATION  
VERIFICATION TO MEET MANAGER: Patti Melber**

**91 Ashford Avenue  
Tonawanda, NY 14150**

**EMAIL ALL ENTRIES TO MEET MANAGER AND: Gigi Grizanti, Scoring  
Chair: [ggrizanti@roadrunner.com](mailto:ggrizanti@roadrunner.com)**

**ELIGIBILITY REQUIREMENTS:**

1. All athletes must be registered USSS Regular Athletes for 2011.
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 participate in the East Zone Junior Championships and/or the East Zone Championships in solo, duet, or trio shall be ineligible for the zone invitational meet in that event in the current year.
3. Age Group: Athletes who place in the top 10 teams at the East Zone Junior Championships shall be ineligible for the zone invitational meet in the team event in the current year.
4. Age group: All team semi-finalist swimmers from East Zone Championship are ineligible for the Zone Invitational in that event in the current year.
5. 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

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**FIGURES:**

**12&U Age Group AND Intermediate**

101 Ballet Leg Single 1.6  
360 Walkover Front 2.1  
355 Porpoise 1.9  
401 Swordfish 2.0

**13-15-Age Group**

420 Walkover Back 2.0  
355 Porpoise Spinning 360° 2.1  
240 Albatross 2.2  
345 Catalina Reverse 2.1

**POOL DESCRIPTION:** Length: 75' Width: 8 lanes Depth: 112 to 4' Distance of water from deck level: 12" Ample balcony seating for spectators.

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

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

**HOTEL INFORMATION:**

Ramada Hotel and Conference Center  
2402 N. Forest Rd.  
Amherst, NY 14226

\$81.00 per night: 2 Queens and free deluxe continental breakfast

**\*\*\* Book by: February 25, 2011, under room block: East Zone Championship**

**GEL STATION:** Gel only at the designated Gel Station which will be located in the Cafeteria.

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

**MERCHANDISE:** A variety of synchro merchandise will be for sale throughout the meet.

**\*\* We will be having a raffle to donate to the East Zone Scholarship in honor of Kim Miller \*\***

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**TENTATIVE SCHEDULE:**

**Friday, March 25:** Doors open 4pm: All Int Solos & 10/u AG solos,  
All Int. Duets, 10/U AG Duets.

**Saturday March 26:** Int Trios & 10/u AG Trios, Int Teams & 10/U  
AG Teams; Int and 12/U AG figures; 13/15 AG Figures, **Awards for  
All Int & 10/U AG**, 11/12 & 13/15 AG Trios, 11/12 & 13/15 AG  
solos

**Sunday, March 27:** 11/12 & 13/15 AG Duets, 11/12 & 13/15 AG  
Teams, **AWARDS BY NOON**

A final schedule will be sent out as soon as all entries are received.