

# 2013 East Zone Invitational Meet

March 15 - 17 in Hamden, CT

## HOSTED BY



The Hamden Heronettes Synchronized Swim Team

- MEET MANAGERS:** Marisa D'Amico  
6224 Town Walk Dr.  
Hamden, CT 06518  
(203) 507-3561  
[marisa329@aol.com](mailto:marisa329@aol.com)
- Teena Griggs  
925 Still Hill Rd.  
Hamden, CT 06518  
(203) 214-1641  
[tgriggs01@hotmail.com](mailto:tgriggs01@hotmail.com)
- VENUE:** Hamden High School  
2040 Dixwell Ave.  
Hamden, CT 06514  
(203) 407-2040
- SANCTIONED BY:** United States Synchronized Swimming
- RULES TO GOVERN:** United States Synchronized Swimming 2013 Official Rules  
Current East Zone Synchronized Swimming Handbook

**\* Please see weather policy in East Zone Handbook in case of inclement weather.**

### ELGIBILITY REQUIREMENTS:

1. All athletes must be registered USSS Regular Athletes for 2013.
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) An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
  - B) No duplicate events. Example: An athlete may enter 11-12 Age Group Team and 11-12 Intermediate Solo. She may not enter 11-12 Age Group Team and 11-12 Intermediate Team

### INELIGIBILITY: Over qualification

1. Intermediate: All athletes that participate in the East Zone Junior or Zone Championships
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 Championships are ineligible for the Zone Invitational Meet in the team event in the current year.

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**ENTRY FORMS:** *Please include verification of USSS registration for athletes, coaches, and judges*

Form A Club Entry Form - Four separate entry sheets as follows:  
Intermediate; 10&U Age Group; 11/12 Age Group; 13/15 Age Group  
Form B Entry Fee Summary  
Form C Host Fee summary  
Form D Housing and Transportation  
Form E Officials Availability Form

**ENTRY DEADLINE:** **March 1, 2013**

Use postal form # 3817 to verify mailing  
Entries for all competitions must be postmarked 14 days prior to the first day of competition.  
No entries will be accepted after this date.

**ENTRY FEES:** Entry Fee: \$ 7 per person per event  
Sponsor Fee: \$15 per person

**Mail Entry Forms A-E, all fees, and  
proof of USSS registration to Co-Meet Manager:**

Teena Griggs  
925 Still Hill Rd.  
Hamden, CT 06518

**Email Form A to Head Scorer  
by March 1<sup>st</sup> deadline:**

Nancy Samela  
[nsamela@dnb.com](mailto:nsamela@dnb.com)

**Email Form E to CT Officials Chair  
by March 1<sup>st</sup> deadline:**

Krista Bessinger  
[kbessinger@newcanaanyca.org](mailto:kbessinger@newcanaanyca.org)

**EVENTS:**

**FIGURES:**

<u>Intermediate &amp; 12&amp;U Age Groups</u>			<u>13/15 Age Group</u>		
101R/L	Ballet Leg, Single	1.6	420	Walkover, Back	2.0
360	Walkover, Front	2.1	355e	Porpoise, Spinning 360	2.4
321	Somersub	2.0	342	Heron	2.1
315	Kipnus	1.6	311a	Kip, Half Twist	2.2

**ROUTINES:** Solo, Duet, Trio, Team

Intermediate Technical Routines (10&Under, 11/12, 13&Over)  
Age Group (10&Under) Free Routines w/Technical Elements  
Age Group (11/12 & 13/15) Free Routines

*An athlete competing in both Intermediate and Age Group Figure divisions may only take a figure award in the Age Group division. Note: Honorary placement in Intermediate – Placement is not an award.*

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**VENUE RULES:** **NO FOOD ON DECK**  
**ATHLETES, OFFICIALS, & COACHES ONLY ALLOWED ON DECK**  
**PLEASE DE-GEL AT HOTEL**  
**AWARDS WILL TAKE PLACE WHEN LOCKER ROOMS ARE CLEAN**

**COMPETITIVE POOL DESCRIPTION:** Length: 25 yards  
Width: 6 lanes  
Depth: 12 feet w/gradual slope shallow to 4 feet  
Entry: Deep end, spectator seating in balcony on left

**SOUND SYSTEM:** Superscope PAC770 CD/Cassette Amplifier – variable speed and pitch  
Lubell LL916 Underwater Loud Speaker

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

**SPECTATOR VIEWING AREA:** Keep coolers and swim bags out of spectator viewing area.  
Coolers may be stored at your team table in the corridor.  
Swim bags should be stored in locker rooms.

**FOOD CONCESSIONS:** Provided by the Hamden Heronettes Parents Association – available throughout the meet

**MERCHANDISE:** A variety of synchro merchandise will be available throughout the meet

**PROGRAM:** Available for purchase at Merchandise Table

**CLUB BANNERS:** Hand in banners at registration

**GEL STATION:** Gel only in the designated area – look for posted signs

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***PLEASE PARTICIPATE IN THE FUNDRAISER  
TO SUPPORT THE KIM MILLER SCHOLARSHIP***

- OFFICIALS:** Black bottom w/white top for all events
- OFFICIALS &  
COACHES  
HOSPITALITY:** Designated table in upstairs corridor  
Stickers in registration packet for food & drinks  
(please refill water bottles from water cooler on deck)
- REGISTRATION:** 7:15am in lobby
- OFFICIALS &  
COACHES MEETING:** 7:45am on the pool deck

## HOST HOTELS:

Clarion Hotel & Suites  
2260 Whitney Ave.  
Hamden, CT 06518  
203-288-3831  
\$109/night + tax  
Group Name: East Zone  
Synchronized Swimming  
**Reserve by 3/2/13**

Homewood Suites by Hilton-Wallingford  
90 Miles Dr  
Wallingford, CT 06492  
203-284-2600  
\$109/night + tax  
complimentary hot breakfast/indoor pool  
Group Name: East Zone Synchro/Hamden Heronettes  
**Reserve by 3/2/13**

Hilton Garden Inn Shelton  
25 Old Stratford Rd.  
Shelton, CT 06484  
203-447-1000  
\$99/night + tax  
Group Name: East Zone  
Synchronized Swimming  
**Reserve by 2/22/13**

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**AIRPORT CLOSEST TO COMPETITION:** Tweed New Haven Airport  
Bradley Int'l Airport, Windsor Locks, CT

## **DIRECTIONS TO THE POOL – HAMDEN HIGH SCHOOL**

### From the Northeast:

Take the Mass Pike I-90 to I-84 West to I-91 South - use exit 17 to get on CT-15/Wilbur Cross Pkwy South. Take exit 60 and turn left at the bottom of the ramp. Turn left into the school and bear right to go around the building.

### From the Northwest:

Take the Mass Pike I-90 to I-91 South (see above)

### From the West:

Take CT-15/Wilbur Cross Pkwy to exit 60 (see above)

**Parking** is available along the fence on the back side of the school.

The road along the back of the building is a ONE WAY coming from the right side (Chili's Restaurant side). Parking is also available on the sides of the building.

## **DIRECTIONS FROM THE POOL TO HOST HOTELS:**

### **To the Clarion: (5 minutes)**

Turn left out of the High School. At your 4th traffic light, turn right onto Skiff St (Stop & Shop & TGI Fridays will be on your right) Turn left at the 2nd traffic light onto Rt 10-Whitney Ave. The Clarion will be on your left just as you go under the overpass.

### **To the Hilton Garden Inn Shelton: (19 minutes)**

Turn right out of the High School and make your first right onto CT-15/Wilbur Cross Pkwy South toward NY. Take exit 58 - CT-34 toward Derby. Merge onto CT-8 toward Bridgeport via the ramp on the left. Take exit 12- Old Stratford Rd. Turn right.

### **To the Homewood Suites by Hilton Wallingford: (16 minutes)**

Turn right out of the High School and get in the left lane to get onto CT-15/Wilbur Cross Pkwy North toward Hartford. Take exit 63, North Haven, turn right onto CT-22. Turn left onto US-5/Washington Ave. Get on I-91 North toward Hartford – get off exit 15, Yalesville/Durham. Turn left onto CT-68/Barnes Rd and left onto Miles Dr.

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## CLUB ENTRY FORM – DIRECTIONS FOR USE

1. Use the **Club Entry Form** for Solo, Duet, Trio or Team Events. There is a separate form for entries into Free Combination Routines.
2. On the top of the Club Entry Form, on ALL Club Entry Form pages sent:
  - a. Fill in the **Meet Name, Club Name, 3 LETTER (no numbers!) Club Code** and **Meet Location**.
  - b. Circle Zone (N, S, E, or W) and Region (A, B, C, or D).
3. **In the body, table, of the Club Entry Form:**
  - a. The **Athlete Name (First name, Last name)** **MUST** be legible, preferably typed or computer printed. This is how the athletes will be entered into the computer system for the meet.
  - b. The Athlete **Registration Number** and **Birth Year** are self-explanatory.
  - c. If the meet contains different **Figure Groups**, enter the figure group for each athlete.
  - d. The **Routine** columns (Solo, Duet, Trio and Team) are divided into **ID Number (ID #)** and **Age Division (Age Div.)**.
    - i. In the **Solo** column, the first item is the **ID #** and indicates entry in that set of Solo Routines (“1”, “2”, “3”, etc.). This equals, at the bottom of the table, the **TOTAL** number of solos entered in the meet. Enter the appropriate age division in the **Age Div.** column.
    - ii. The **Duet, Trio** and **Team** columns are slightly different. The **ID #** column is for the Routine # entered by the Club. The same number **MUST** be entered for athletes swimming the same routine (i.e., Susie, Sally are swimming a **Duet** with Sam as the alternate – each would have the same number in this column – “1”, “1”, and “alt 1” in the **ID #** column for Duet). If they are swimming a **Trio**, they will have “1”, “1”, “1” in this **ID #** column for Trio. The same holds true for **Team**, with each athlete swimming the same team having the same number in the **ID #** column for Team. Enter the appropriate age division in the **Age Div.** column.
    - iii. For Free Combination Routines, follow the instructions for the Team above.
    - iv. The columns for Solo would look like this:

<b>ID # Age Div.</b>	
1	JR
  - e. In the **Comments** area, enter where/when qualified and qualifying score, if applicable for the meet.
  - f. At the bottom of the table, enter the **TOTAL** number of:
    - i. Figure competitors in the **Registration Number** column, and
    - ii. Routines under each event (**Solo, Duet, Trio** and **Team**) column so the Scoring Chair entering your Club into the meet will have a quick double-check that all swimmers have been entered.
4. At the bottom of the Club Entry Form:
  - a. Complete the **Team contact** on the first page only.
  - b. The name of the **Coach, and his/her signature, MUST** be on each page of the Club Entry Form. If the Coach is not available, they will need to sign the Club Entry Form at registration at the meet.

**BE SURE TO SEND VERIFICATION FOR EACH ROUTINE ENTRY WITH THE CLUB ENTRY FORM IF APPLICABLE FOR THE MEET ENTERED. IF NO VERIFICATION IS RECEIVED THE ATHLETE/ROUTINE WILL NOT BE ENTERED.**

**For questions or concerns, contact your Zone Scoring Chairperson or the National Scoring Chairperson.**



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## FORM B: ENTRY FEE SUMMARY

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### SOLOS

# of solos \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

### DUETS

# of duets \_\_\_\_\_ x 2 = \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

### TRIOS

# of trios \_\_\_\_\_ x 3 = \_\_\_\_\_ x \$ 7 = \$ \_\_\_\_\_

### TEAMS

(# of teams \_\_\_\_\_) # of team 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**

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

CoachName \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**SPONSOR FEE**

# of Competitors entered (including alternates)

\_\_\_\_\_ (number) x \$15

**TOTAL SPONSOR FEE = \$ \_\_\_\_\_**

**SUMMARY**

**SPONSOR FEE** \$ \_\_\_\_\_

**ENTRY FEE** \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

**Make check payable to: *Hamden Heronettes***

**Mail to: Teena Griggs, 925 Still Hill Rd., Hamden, CT 06518**

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## FORM D: HOUSING & TRANSPORTATION

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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: \_\_\_\_\_

**Mail to: Teena Griggs, 925 Still Hill Rd., Hamden, CT 06518**

