



**2013 East Zone Intermediate/Age Group Championships
March 15-17
Town of Tonawanda, NY**

Final Meet Announcement

MEET MANAGER Patti Melber
Melbers@aol.com
91 Ashford Avenue
Tonawanda, NY 14150
716-838-2402 H 716-316-5745 C

FACILITY Town of Tonawanda Aquatic & Fitness Center
1 Pool Plaza
Kenmore, NY 14223

POOL SPECS Length: 25 Meters
Width: 8 lanes
Depth: All Deep
Distance of water from deck level: 5"
Entry: Clear, NO starting blocks or diving board.

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.

EVENTS:

ROUTINES: Solo, Duet, Trio, Team
Intermediate Free Routines with Technical Elements (10&Under, 11/12, 13&Over)
Age Group (10&Under) Free Routines w/Technical Elements
Age Group (11/12 & 13/15) Free Routines

FIGURES:

10 und int, 11-12 int, 13 over int,	13/15 age group		
10 und age, 11/12 age	420	Walkover, back	2.0
101 Ballet leg, single 1.6	355e	Porpoise Spinning 360	2.1
360 Front Walkover 2.1	301d	Barracuda Spining 180	2.1
315 Kipnus 1.6	140	Flamingo Bent Knee	2.4
321 Somersub 1.6			

ELIGIBILITY 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) You may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.



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B) No duplicate events. Example: You can enter 11-12 Age Group Team and 11-12 Intermediate Solo. You cannot enter 11-12 Age Group Team and 11-12 Intermediate Team

OVERQUALIFICATIONS

- i. Intermediate: All athletes that participate in the East Zone Junior or Zone Championships.
- ii. Age Group: Athletes who participate in the East Zone Junior Championships and/or East Zone Championships in solo, duet or trio shall be ineligible for the zone invitational meet in that event in the current year.
- iii. 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.
- iv. Age Group: All team semifinalist swimmers from East Zone Championship are ineligible for the Zone Invitational in the team event in the current year.

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

Form A Official 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

*Please send copy of Form E to Kim Kohut (Officials chair): h2ophilia@hotmail.com

ENTRY DEADLINE: **March 1, 2013**

Use postal form # 3817 to verify mailing

No entries will be accepted after this date

MAIL OR EMAIL ALL FEES, ENTRY FORMS A-E, AND PROOF OF USSS REGISTRATION TO MEET MANAGER:

Patti Melber
91 Ashford Avenue
Tonawanda, NY 14150
Melbers@aol.com

EMAIL ONE COPY ENTRY FORM A TO:

Bob Weigand
bobwiegs@yahoo.com

Please remember to include an accurate coach's email on first sheet.

OFFICIALS:

Officials should wear white tops with black bottoms.
Hospitality for Officials and Judges in designated exercise room.

ENTRY FEES:

Routines: \$7/person/event; Sponsor fee: \$15 per person



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- AWARDS:** Medals 1st -3rd, ribbons 4th – 8th
- SOUND SYSTEM** Lubbel underwater
4 overhead speakers
- CLUB BANNERS:** Please hand in club banners when checking in. Only Lifeguards can hang up
And/or take down. Please let us know if you are leaving early.
- GEL STATION:** WILL BE SET UP IN SHALLOW END BY KIDDIE POOL. PLEASE DO
ALL GELLING THERE. YOU MAY DE-GEL IN LOCKER ROOM IF IT IS
KEPT CLEAN!!
- Concession Stand:** Will be available throughout the meet. An assortment of Breakfast, lunch and
Snack items will be for sale.
- Merchandise:** Will be for Sale throughout competition
- MIGZ Photography:** Will be taking both posed and action shots....pictures will be available
For purchase in lobby.
- LOCKER ROOM** Full use of Men's and Ladies Locker Rooms will be available. De-Gelling is allowed,
Must clean up all bobby pins, etc..
- AIRPORT** **Buffalo/Niagara International Airport (BUF) 15 minutes from Pool.**
- HOST HOTEL** Comfort Inn University
1 Flint Rd
Amherst, NY 14226
716-688-0811
\$89/night + tax. Includes full hot breakfast
Group Name: East Zone Synchronized Swimming



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*****TENTATIVE SCHEDULE*****

Based on Pre-Meet Entries Received – Pending Receipt of Meet Entries

Friday, March 15: Doors open 4:00p.m:

All Intermediate & 10&U AG Solos
All Int. Duets, 10/U AG Duets

Saturday March 16: Doors open 8:45a.m:

All Intermediate & 10&U AG Trios
All Intermediate & 10/U AG Teams
Int and 12/U AG figures
Awards for All Int & 10/U AG
13/15 AG Figures

Sunday, March 17: Doors open 7:45a.m.

11/12 & 13/15 Age Solos
11/12 & 13/15 AG Trios
11/12 & 13/15 AG Duets
11/12 & 13/15 AG Teams
Awards for 11/12 & 13/15 AG