

**2015 East Zone Intermediate and 12&Under Age Group Championship and  
13&Over Age Group Routine Only Open  
June 5 – 7 in Hamden, CT**

*Hosted by*



The Hamden Heronettes Synchronized Swim Team

- SANCTIONED BY:** United States Synchronized Swimming
- RULES TO GOVERN:** United States Synchronized Swimming 2015 Official Rules  
Current East Zone Synchronized Swimming Handbook
- MEET MANAGER(S):** Teena Griggs  
925 Still Hill Rd.  
Hamden, CT 06518  
(203) 214-1641  
[tgriggs01@hotmail.com](mailto:tgriggs01@hotmail.com)
- Marisa D'Amico  
23213 Town Walk Dr.  
Hamden, CT 06518  
(203) 507-3561  
[marisa329@aol.com](mailto:marisa329@aol.com)
- VENUE:** **Hamden High School**  
2040 Dixwell Ave.  
Hamden, CT 06514
- POOL SPECS:** Length: 25 yards  
Width: 6 lanes  
Depth: 11 feet w/gradual slope shallow to 4 feet  
Entry: Deep end, spectator seating in balcony on left
- AIRPORT:** Bradley Int'l Airport, Windsor Locks, CT
- HOST HOTELS:**
- |   |  |
|---|--|
| Hilton Garden Inn<br>25 Old Stratford Rd.<br>Shelton, CT 06484<br>203-447-1000<br>\$119/night + tax (includes breakfast)<br>2 double beds<br>Group Name: <b>East Zone Synchro</b><br><b>Reserve by May 15, 2015</b> | Hampton Inn & Suites<br>510 Saw Mill Rd.<br>West Haven, CT 06516<br>203-932-0404<br>\$119/night (includes breakfast)<br>2 queen beds<br>Group Name: <b>East Zone Synchro</b><br><b>Reserve by May 10, 2015</b> |
| Clarion Hotel & Suites<br>2260 Whitney Ave.<br>Hamden, CT 06518<br>203-288-3831<br>\$109/night + tax<br>Group Name: <b>Hamden Heronettes</b><br><b>Reserve by May 3, 2015</b>                                       | Best Western Plus<br>201 Washington Ave.<br>North Haven, CT 06473<br>203-239-6700<br>\$109/night + tax<br>Group Name: <b>Heronette Zone</b><br><b>Championship</b><br><b>Reserve by May 7, 2015</b>            |

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**ELIGIBILITY:** All athletes must be registered USSS Regular Athletes for 2015

**QUALIFICATION  
FOR ENTRY:**

**Intermediate and 12&U Age Group**

- 1) **Intermediate** swimmers who have placed 1-3 in Solo, Duet, and Trio in each Regional Championship
- 2) 12&U Age Group swimmers who have placed 1-3 in Solo and Duet in each Regional Championship
- 3) The Team event is open for all levels
- 4) If a qualified swimmer cannot attend this Championship, the next place winner may move up and enter the event. Written notice must be given to the runner up routine before the entry deadline for the Championship. If the routine cannot go, after the entry deadline, then a rep for the club must call. If the club fails to notify the runner up, it will be charged \$100/routine to be paid to the zone.

**13&Over Age Group Routine Only (13/15, 16/17, 18/19 all together)**

- 1) All Duet and Team routines that did not place 1-3 at their Regional Championships in the current year.
- 2) All Solo routines that did not place 1<sup>st</sup> at their Regional Championships in the current year.

**EVENTS:**

**ROUTINES:**

Intermediate (10&U, 11/12, 13&O):

Free routines w/Technical Elements

Solo, Duet, Trio, Team

Age Group (12&U, 13&Over):

Free Routines

Solo, Duet, Team

**ENTERING EVENTS:**

- 1) An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Intermediate/Age Group competition.
- 2) No duplicate events: an athlete may enter 11/12 AG Team and 11/12 Int. Solo, but cannot enter 11/12 AG Team and 11/12 Int. Team.

**FIGURES:**

*13&Over Age Group swimmers will not be competing in figures*

**Intermediate and 12&U Age Group**

Compulsory Figures are listed below. Remaining figures will be announced 18-72 hours prior to the competition.

101	Ballet Leg, Single,	1.6
301	Barracuda	2.0

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- AWARDS:** Medals for places 1-3, Ribbons for places 4-12 in each event
- ENTRY FORMS:** Form A Club Entry Form  
Please, fill out one separate Form A for each of the 3 following categories
1. All Intermediates and 12&U Age Group
  2. 13&Over Age Group
- Form B & C Entry Fee & Sponsor Fee Summary  
Form D Housing and Transportation  
Form E Officials Availability Form
- ENTRY FEES:** Entry Fee: \$ 10 per person per event  
Sponsor Fee: \$ 15 per person
- E-MAIL ALL ENTRY FORMS AND PROOF OF USSS MEMBERSHIP TO**  
Teena Griggs [tgriggs01@hotmail.com](mailto:tgriggs01@hotmail.com)  
Marisa D'Amico [marisa329@aol.com](mailto:marisa329@aol.com)
- E-MAIL ENTRY FORM A TO:**  
*Regions-don't forget to send results to Pete*  
Pete McGeoch [petemcgeoch@gmail.com](mailto:petemcgeoch@gmail.com)
- E-MAIL ENTRY FORM E TO:**  
Kim Kohut [h2ophilia@hotmail.com](mailto:h2ophilia@hotmail.com)
- MAIL ENTRY FORM B & C with check made out to Hamden Heronettes to:**  
w/PHOTO, SHOUT-OUT, FLOWER FORM  
Teena Griggs  
925 Still Hill Rd. Hamden, CT 06518
- ENTRY DEADLINE: May 22, 2015**  
Verified e-mail entries will be accepted (*please ask for read receipt*)  
Checks should be mailed by entry deadline (*use postal form #3817*)  
No entries will be accepted after this date.
- OFFICIALS:** White top w/black bottoms for all events
- ALL STAR TEAM:** The top eight athletes from 12&U Age Group figure results, **including Split Test Bonus**, shall comprise the East Zone 12&U Age Group All Star Team. Athletes will participate in a right and left water split test, and a passing score will give the athlete a .25 point bonus added to her figure score.

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<b>SOUND SYSTEM:</b>	Yamaha Stagepas 440i portable PA system Tascam CD-200 CD Player Aquasonic AC339 Underwater Speaker
<b>VENUE RULES:</b>	<b>NO FOOD ALLOWED ON DECK, WATER ONLY ATHLETES, OFFICIALS, &amp; COACHES ONLY ALLOWED ON DECK GEL IN DESIGNATED AREA ONLY <u>NO DE-GELLING ALLOWED:</u> \$100 FINE FOR DE-GELLING PER USSS NAT'L MEET GUIDELINES. AWARDS WILL TAKE PLACE WHEN LOCKER ROOMS ARE CLEAN</b>
<b>LOCKER ROOMS:</b>	Assigned by Team – look for signs Please use locker rooms for changing & showering only Keep swim bags at your team table
<b>SPECTATOR VIEWING AREA:</b>	Keep coolers and swim bags out of spectator viewing area. Coolers may be stored at your team table
<b>OFFICIALS &amp; COACHES HOSPITALITY:</b>	Food & drinks will be provided in room C109 Please wear stickers provided in your registration packet Please refill water bottles from water cooler on deck
<b>FOOD CONCESSION:</b>	Provided by the Hamden Heronettes Parents Association – available throughout the meet
<b>CLOTHING CONCESSION:</b>	Various synchro items & clothing will be available throughout meet Meet shirts will also be available w/onsite printing by Fine Designs
<b>PROGRAM:</b>	Available for purchase at Clothing Concession
<b>TEAM PHOTOS AND SHOUT-OUTS FOR PROGRAM:</b>	Clubs may submit JPEG pictures to be included in the program. Approx. image size: 10"x 15" (1080x720 pixels) & save as a JPEG (high quality) Photos will be printed approx. 3.5"x2.75" Please name your file to describe your photo, i.e. Heronettes 12-U duet (HHC12-Uduet). Also, include descriptions in body of email. Each photo is \$25

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Shout-outs: one line, up to 60 characters (12 pt font, not including spaces)

Example – Way to go, Irish duet! You rock, Carly & Tess!  
Each shout-out is \$10

Email pictures (1 per email) and shout-outs to Caitlin at [caitlin.murphy023@yahoo.com](mailto:caitlin.murphy023@yahoo.com) by **May 22<sup>nd</sup>**. Include payment with other fees.

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

**REGISTRATION HOURS:**  
**Friday, June 5** 3pm – 4pm  
**Saturday, June 6** 7am – 8:30am

**PLEASE PARTICIPATE IN THE FUNDRAISER FOR THE KIM MILLER SCHOLARSHIP**

## Directions to the Pool - Hamden High School

### From the Northeast:

Take the Mass Pike 1-90 to 1-84 West to 1-91 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 1-90 to 1-91 South (see above)

### From the West:

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

## Parking

When you enter the parking lot of the Hamden High School, drive along the right side of the building. Parking is available there (follow signs to enter building and make your way to the pool). Parking is also available along the back side of the school. Please note that if a ball game is scheduled, DO NOT park along the fence in back of the field (see posted signs). The road along the back of the building is a ONE WAY coming from the right side (Chili's Restaurant side). *There are multiple events taking place at the High School, additional parking is available in the Hamden Plaza.*

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## DIGITAL MUSIC (please bring competition CD's as back-up)

Email digital music to Anna Montgomery by **May 22, 2015** - [annamontgomery.hhc@gmail.com](mailto:annamontgomery.hhc@gmail.com)

### DIGITAL MUSIC SUBMISSION GUIDELINES

1. Digital music files (AAC, MP3) are to be submitted for routines for this competition. Please email music files or a link to a Dropbox folder containing the files (preferred).
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 is correct. 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/sMP3s 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 recommended.
6. Contact Anna if you have any questions.
7. A CD player will be provided as back up for play through the sound system.  
**Please be sure to bring backup CDs of all routine music** – thank you for your patience while we learn to adjust to digital music at competitions.
8. Use the following naming conventions (see bolded below) when saving files.  
Routines names should be “space” separated.

Music files should be sent in mp3 format and labeled:

	<b>Age Group</b>	<b>Competitive Track</b>	<b>Routine</b>	<b>Team (USA SYNCHRO abbreviation)</b>	<b>Last name of first competitor in routine alphabetically</b>
<b>Examples:</b>	<b>12-under</b>	<b>Age group</b>	<b>Trio</b>	<b>CDY</b>	<b>Brown</b>
	<b>13-over</b>	<b>Intermediate</b>	<b>Solo</b>	<b>HHC</b>	<b>Smith</b>

\*\* email Jennifer Hawkins - [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org) if you do not know your USA Synchro abbreviation

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**TENTATIVE MEET SCHEDULE**

Based on meet entries, the Meet Host, in consultation with the Tech and Scoring Chair, may adjust the schedule, including changing the day of scheduled events. We will adjust the schedule as soon as we get the entries counted and will notify you.

**Friday, June 5**      **Doors Open at 3pm** (*please do not arrive before 2:45pm as buses need to clear the school grounds before we can enter high school*)  
**Registration is open from 3-4pm**  
**Coaches Meeting at 3:20pm**

**Intermediate Solos** – 10&U, 11/12, 13/O

3:40 - 3:45pm	Lap Swim
3:45 - 4:05pm	Solo Warm Up (2x10 min)
4:10 - 5:35pm	Solo Competition (34)

**Intermediate Duets** – 10&U, 11/12, 13/O

5:40 - 5:45pm	Lap Swim
5:45 - 6:05pm	Duet Warm Up (2x10 min)
6:10 - 7:50pm	Duet Competition (33)

**Saturday, June 6**      **Doors open at 7am** (building opens at 7am)  
**Registration is open from 7-8:30am**

**Intermediate and 12&U Age Group Figures**

7:15 - 8:15am	Lap Swim & Warm Up (3x20 min) Flight #1
8:20 - 10:20am	Figure Competition for Flight #1
10:25 - 11:25am	Lap Swim & Warm Up (3x20 min) Flight #2
11:30 - 1:30pm	Figure Competition for Flight #2

**Intermediate Trios** – 10&U, 11/12, 13/O

1:45 - 1:50pm	Lap Swim
1:50 - 2:10pm	Trio Warm Up (2x10 min)
2:15 - 3:00pm	Trio Competition (18)

**Intermediate Teams** – 10&U, 11/12, 13/O

3:05 - 3:45pm	Lap Swim & Team Spacing (2x20 min) 10&U & 11/12
3:50 - 4:30pm	Team Competition for 10&U & 11/12 (13)
4:35 - 5:15pm	Lap Swim & Team Spacing (2x20 min) 13&O
5:20 - 6:00pm	Team Competition for 13&O (12)

**Intermediate awards**  
(when locker rooms are clean)

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**Sunday June 7      Doors Open at 8am (building opens at 8am)**

**12&U Age Group and 13/O Age Group Duets**

8:30 - 8:35am	Lap Swim
8:35 - 8:50am	12&Under AG Duet Warm Up
8:55 - 9:35am	Duet Competition – 12&U AG (12)
9:40 - 9:45am	Lap Swim
9:45 - 10:00am	13/O AG Duet Warm Up
10:05 - 11:10am	Duet Competition – 13&O AG (19)

**12&U Age Group and 13/O Age Group Solos**

11:15 - 11:20am	Lap Swim
11:20 - 11:35am	12&Under AG Solo Warm Up
11:35 - 11:50pm	13/15 AG Solo Warm Up
11:55 - 12:40pm	Solo Competition – 12&U AG (10), 13&O AG (12)

Lunch break

**12&U Age Group and 13/O Age Group Teams**

1:00 - 1:05pm	Lap Swim
1:05 - 1:35pm	Team Spacing (½ & ½)
1:40 - 2:30pm	Team Competition – 12&U AG (7), 13&O AG (5)

**Age Group awards**  
(when locker rooms are clean)

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**ORDER FORM FOR PHOTOS, SHOUT-OUTS & FLOWERS**

**Team Flowers for Awards – please pre-order**



\$2 per carnation

Bouquet of 3 carnations for \$5

Send pre-orders to Teena - [tgriggs01@hotmail.com](mailto:tgriggs01@hotmail.com) by **May 22, 2015**.

Team Name: \_\_\_\_\_

Person Ordering: \_\_\_\_\_

Phone #: \_\_\_\_\_

Team Colors: \_\_\_\_\_

Pick up time (time of awards ceremony): \_\_\_\_\_

Single Carnations: Amount \_\_\_\_\_ x \$2 = \_\_\_\_\_

Bouquets: Amount \_\_\_\_\_ x \$5 = \_\_\_\_\_

Photos: Amount \_\_\_\_\_ x \$25 = \_\_\_\_\_

Shout-Outs: Amount \_\_\_\_\_ x \$10 = \_\_\_\_\_

TOTAL: \_\_\_\_\_

*Include payment with other fees*