



East Zone 13-15 Age Group Championship

February 10-11, 2018



SPONSORED BY	Cambridge Synchro, Attleboro Y Lyonfish Synchronettes, and Wheaton College	
SANCTIONED BY	United States Synchronized Swimming	
RULES TO GOVERN	United States Synchronized Swimming 2018 Official Rules East Zone Synchronized Swimming Handbook	
MEET MANAGERS	Annie Dicaire Cambridge Synchro adicaire@hotmail.com (617)866-8305	Karen Sweetland Dion Attleboro Y Lyonfish Synchronettes KarSweetla@aol.com (508) 222-7699
FACILITY	Wheaton College; Hass Athletic Center – Balfour Natatorium 26 East Main Street, Norton, MA 02766	
POOL SPECS	Length: 40 meters with movable bulkhead Width: 8 lanes Depth: Entry 13ft, Midpoint 9ft, End of competition area 8ft Entry: Deep end, starting blocks and two diving boards Deck space: Entry end 14'8", Opp. End 4' Bulkhead, Side 1: 5'2", Side 2: 9'9" Spectator seating: Balcony area seating 350 people	
TEAM BANNERS	Please hand in at check in upon your arrival	
AIRPORT	T.F. Green Airport (PRV), Warwick, RI (30 miles) Logan Int'l Airport (BOS), Boston, MA (40 miles)	
HOST HOTELS	The Inn at Sharon/Foxboro 395 Old Post Road Sharon, MA 02067 Book by January 26, 2018	(781) 784-1000 Rate: \$105 per night + 11.7% tax Check-in: 3pm, Check out: 11am
	Holiday Inn Mansfield 31 Hampshire Street Mansfield, MA 02048	(508) 339-2200 Rate: \$119 per night + 9.7% tax (Breakfast included)
LOCKER ROOMS	Please use locker rooms for changing & showering only Keep swim bags at your team table De-gelling is not allowed in the facility (subject to \$100 fine)	



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ELIGIBILITY

1. Must be a registered USSS athlete.
2. Open to ALL athletes between the ages of 13-15

EVENTS

Solo, Duet, Mixed Duet, Team, Combo and Figures

FIGURES

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

423 Ariana	DD 2.2
143 Rio	DD 3.1

AWARDS

Medals will be given for places 1-3, Ribbons 4-12 in each event

ENTRY FORMS

1. Meet Entry Google Doc

Please **COMPLETE ALL** Tabs (Meet Information, Swimmer Entries, Judges and Coaches) of the Meet Entry Google Doc (link below). **SHARE document** with:

Gil Sharon (Gil@sharonim.com),
Katie Rice (Rice.Katherine.l@gmail.com),
Paul Bain/Susan Weir (weirbain@gmail.com)
Annie Dicaire (adicaire@hotmail.com) and
Patty Flanagan (pflanagan@ywcacentralmass.org).

Link for Google Doc Meet Entry Form:

<https://drive.google.com/open?id=12ELgTcrMNNbpFMYSzVAv8zi1j1Cj1jZVc5k9XugqfIE>

How to fill the entry form: <https://tinyurl.com/h3y25bg>

Note for Mixed Duets: Please enter Mixed Duets in the Duet column and make a note in the comment section that it is a Mixed Duet.

2. Form B/C Entry Fee Summary

ENTRY FEES

Entry Fee: \$12 per person per event
Sponsor Fee: \$15 per person

ENTRY DEADLINE

January 26th 2018 by 11:59 pm
Verified e-mail entries will be accepted
(Please ask for read receipt)
Checks should be mailed by the entry deadline
No entries shall be accepted after the entry deadline



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E-MAIL FORM B/C to: Katie Rice (Rice.Katherine.l@gmail.com) and
Paul Bain/Susan Weir (weirbain@gmail.com)

MAIL ENTRY FEE CHECKS TO Paul Bain/Susan Weir
26 Knapp St., Somerville, MA 02143

MAKE CHECKS PAYABLE TO CAMBRIDGE SYNCHRO

OFFICIALS Officials should wear white tops with black bottoms. Hospitality for
Officials and Coaches will be provided.

PROGRAM A PDF of the program will be emailed to club contacts/head coach as soon as
the draw information is made available (2-3 days prior to meet) for
distribution to parents. Clubs and parents may submit business ads and
shout-outs (text and/or pictures) for a display board that will be placed in
the viewing balcony alcove.

3x5	\$10
5x7	\$20
8x10	\$40

MAIL Ad Picture, Text and Check (payable to Cambridge Synchro) no later than January 26th, 2018
to Karen Sweetland Dion (96 Sentinel Hill Rd, Attleboro, MA, 02703). Note on check that it is for an
Ad. Contact Karen at Karsweetla@aol.com if you have any questions.

CONCESSIONS A variety of healthy food will be available for purchase throughout the
meet.

DIGITAL MUSIC Email digital music to Katie Rice by **January 26th, 2018**. Please bring
CDs as a backup.
rice.katherine.l@gmail.com

DIGITAL MUSIC SUBMISSION GUIDELINES

1. Digital music files (ACC, MP3) are to be submitted for routines for this competition.
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 works. You will only be contacted if your music is missing or will not play.



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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/s MP3s 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 Katie if you have any questions.
7. A CD player will be provided as back up for play through the sound system.
8. Use the following naming conventions (see bolded below) when saving files. Routines names should be “space” separated.

Duet OSU Smith

Duet = Routine event

OSU = Club Abbreviation/ Three Letter Code **

Smith = Last name of the first alphabetical member of the routine

Optional- If you know how to modify the Artist/Album/Track Title tags of your files, please use the following conventions.

Artist = “Name of the meet”

Album = “Routine Event” (Solo, Duet, etc.)

Album Artist = “Three Letter Code”

Title = “Last name of the first alphabetical member of the routine”



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TENTATIVE 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.

Saturday, February 10th 2018

7:00 am	Doors Open
7:00 – 7:30	Registration
7:30 – 7:45	Coaches and Officials Meeting at the Sound Table
7:45 – 8:00	Lap Swim
8:00 - 8:30	Figure Warm up (<i>divide team in half for 2x15 minute warm ups</i>)
8:30- 10:45	Figure Competition

Lunch Break 10:45 – 11:15

11:15 – 11:30	Duet Warm-ups 1 st half
11:30–1:00	Duet Competition
1:00 – 1:15	Duet Warm-ups
1:15 – 2:45	Duet Competition 2 nd half
2:45 – 3:00	Solo Warm-ups
3:00 – 4:30	Solo Competition
4:30 – 4:45	Team Lap Swim
4:45 – 5:00	Team Spacing
5:00- 5:15	Team Spacing
5:15 – 5:30	Team Spacing
5:30-5:45	Team Spacing
5:45-07:15	Team Competition
7:30-7:45	Public Draw

Sunday, February 11th, 2018

7:30am	Doors Open
8:00 –8:15	Lap Swim for solo and duet finalists
8:15 - 8:30	Duet and Mixed Duet Warm-ups
8:30 - 8:45	Solo Warm-ups
8:45 – 9:45	Duet and Mixed Duet Finals
09:45 –10:45	Solo Finals
10:45 – 11:00	Lap Swim
11:00 – 11:30	Team Spacing
11:30am–12:30pm	Team Finals
12:30 –1:00	Combo Spacing
1:00-2:00	Combo Finals

AWARDS IMMEDIATELY FOLLOWING



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DIRECTIONS AND PARKING

Haas Athletic Center Pool

Wheaton College, 26 East Main Street, Norton, MA 02766

Parking is limited to Lots 7 and 8. Please see below campus map with these spaces listed. Signs will be posted for the event to help with flow. **PLEASE PARK ONLY IN DESIGNATED PARKING SPOTS.** Any car not in an official parking spot will be towed.

From Boston and Northern New England: Take Interstate 95 south to Exit 6A onto Interstate 495 south. Follow 495 south 2.5 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.

From Western Massachusetts: Take Interstate 90 (the Massachusetts Turnpike) to Exit 11A onto Interstate 495 south. Follow 495 south 28 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.

From Providence and Southern New England: Take Interstate 95 north. Once in Massachusetts, take Exit 6A onto Interstate 495 south. Follow 495 south 2.5 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.



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