**SPONSORED BY** York Synchro  
**SANCTIONED BY** United States Synchronized Swimming

**RULES TO GOVERN** UNITED States Synchronized Swimming 2018 Official Rules  
 East Zone Synchronized Swimming Handbook  
 \*Please see weather policy in East Zone Handbook in case of inclement weather

**MEET MANAGERS** Kathy Warner Angela Alhadeff  
 320 E. Market St [aangalhadeff@gmail.com](mailto:aangalhadeff@gmail.com)   
 York, PA 10403  
 (717) 434-1767  
 [kwarner@ywcayork.org](mailto:kwarner@ywcayork.org)

**FACILITY** Central York High School  
 601 Mundis Mill Rd.  
 York, PA 17406

**ENTRY FORMS** Form A Club entry form  
 Please fill out three separate forms one in each category:   
 1. All intermediates

2. 12 & Under Age Group  
 3. 13 & Over Age Group

Form B/C Entry Fee Summary   
Form D Housing and Transportation Form  
Form E Officials Availability Form

**ENTRY FEES** Entry Fee: $12 per person per event  
 Sponsor Fee: $15 per person  
 Check made out to YWCA York

**MAIL OR E-MAIL ALL ENTRY FORMS BY MAY 25TH 11:59PM TO**

Kathy Warner  
 320 E. Market St.  
 York, PA 17403  
 [kwarner@ywcayork.org](mailto:kwarner@ywcayork.org)

**E-MAIL ENTRY FORM A (excel file) TO Bruce Edwards** [**synchroscoring.edwards@gmail.com**](mailto:synchroscoring.edwards@gmail.com) **and Stephanie Kuebler** [**skolterjahn@gmail.com**](mailto:skolterjahn@gmail.com)

**E-MAIL ENTRY FORM E TO Patty Flanagan** [**Pflanagan@ywcacentralmass.org**](mailto:Pflanagan@ywcacentralmass.org) **and Katie Rice** [**rice.katherinel@gmail.com**](mailto:rice.katherinel@gmail.com)

**ENTRY DEADLINE** **MAY 25, 2018 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

**POOL SPECS** Length: 25 yards X 8 lanes  
 Depth: 13 feet with gradual slope to 7 feet   
 Entry: Deep end looking toward shallow end, spectator seating in the balcony  
 on the right.

**AIRPORT** Harrisburg International Airport, 35 min drive to York  
BWI Airport, 1hr 15 min drive to York

**HOST HOTELS**

**Wingate Hotel** (3.1 miles from pool)

105 State St.

York, PA 17404

Telephone: (717) 848-2100

$109.00 /night + tax includes breakfast

Group name: **USA Synchronized Swimming**

Reservation cut off date: 5/9/2018

**Homewood Suites by Hilton** (2.4 miles from pool)

200 Masonic Dr.

York, PA 17406

Telephone: (717) 434-1800

$124.00/night + tax includes breakfast   
Group name: **USA Synchronized Swimming**

Reservation cut off date: 5/9/2017

**TRU by Hilton** (3 miles from pool)

1520 Tornito St.

York, PA 17402

Telephone: (717) 812-0001

$104.00/night + tax includes breakfast

Group name: **USA Synchronized Swimming**

Reservation cut off date: 5/9/2018

**Comfort Inn and Suites** (2.2 miles from pool)

2250 N George St

York, PA 17406

Telephone: (717) 699-1919  
 $105.00/night + tax includes breakfast  
Group name: **USA Synchronized Swimming**

Reservation cut off date: 5/8/2018

**ELIGIBILITY** 1. Must be a registered USSS athlete.

2. An athlete may only enter 3 total events (solo, duet, trio or team) for Age Group/Intermediate competition. (Combination routines do not count as one of the three events)

3. Athletes who compete in the Intermediate Championships may NOT compete at the Age Group Championships ***in the same event.***

4. See Qualification for Entry

**QUALIFICATION FOR ENTRY**

**Intermediate and 12 & Under Age Group**

1. Intermediate swimmers that have placed 1-3 in solo, duet and trio in each Regional Championship.

2. 12 & Under Age Group swimmers that have placed 1-3 in solo and duet in each Regional Championship.

3. Team and Mixed Duet events are open for all levels.

4. If an Intermediate or 12 & U Age Group 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 a routine cannot go, after the entry deadline, then a rep from the club must call. If a club fails to notify the runner up, it will be charged $100/routine to be paid to the zone.

**13 & Over Age Group**

All routines that competed at Association or Regional Championship, but did not qualify for Junior Olympics. All duets, teams and Combos that did not place in top 3 and solos that did not place in top 2 at their Regional Championship in the current year. Mixed Duet event is Open.

**EVENTS** Intermediate 10&U, 11-12, 13-15, 16&O, Solo, Duet, Mixed Duet, Trio,   
Team, Figures

12&Under Age Group: Solo, Duet, Mixed Duet, Team, Figures

13 and Over Age Group: Solo, Duet, Mixed Duet, Team, Combo (Free routines only)

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

**Intermediate Figures**

101 Ballet Leg, Single DD 1.6

301 Barracuda DD 1.9

**12&Under Age Group Figures**

106 Straight Ballet Leg, Single DD 1.6

301 Barracuda DD 1.9

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

**OFFICIALS** White tops with black bottoms for all events

**OFFICIALS/COACHES** Food and drinks will be provided in designated area. (Look for signs)

**SOUND SYSTEM Oceanears** underwater speaker and **Oceanears** sound system

**CLUB BANNER** Please bring your banner and hand in at registration

**GEL STATION** Gel station will be set up. Please do all gelling there. You may not de-gel in the locker room.

**CONCESSION STAND** We are planning on having local food trucks available throughout the meet with an assortment of food items for sale.

**VENUE RULES NO FOOD ALLOWED ON DECK, WATER ONLY  
ATHLETES, OFFICIALS, & COACHES ONLY ALLOWED ON DECK  
GELL IN DESIGNATED AREA ONLY.   
NO DE-GELLING ALLOWED:  
$100 FINE FOR DE-GELLING PER USSS NAT’L MEET GUIDELINES**

**PARKING** As you enter the school property proceed to the first stop sign and turn left. Drive toward the athletic stadium and you will park in the lot between the stadium and the aquatic center.

**MERCHANDISE** Will be for sale throughout competition.

**MIGZ PHOTOGRAPHY** Will be taking both posed and action shots. Pictures will be available for purchase in the lobby.

**LOCKER ROOM** Full use of the Locker Rooms will be available. The girls will use both the women’s & men’s pool locker rooms. The boys will use the gym locker room which is down the hall. De-Gelling not allowed, swimmers must clean up all bobby pins, etc...

**DIGITAL MUSIC** Email digital music to Frank Salvo [Franksalvo@yahoo.com](mailto:Franksalvo@yahoo.com) AND Julie Shumway [shumwayzhang@gmail.com](mailto:shumwayzhang@gmail.com) by **May 26th 2018**

**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 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/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 Frank or Julie if you have any questions.

7. A CD player or AUX cord for the phone will be provided as back up for play through the sound system

8. Use the following naming conventions (see bolded below) when saving files. Routine Name should be “space” separated.

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| --- |
| **Duet OSU Smith**  Duet = Routine event  OSU = Club Abbreviation/ Three Letter Code \*\*  Smith = Last name of the first alphabetical member of the routine **\*\* email** Jennifer Hawkins - [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org) if you do not know your code |
| **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” |

**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 move up if we can.

**LAP SWIM:** Can be done in the lap side of the pool (other side of the bulkhead) at all times. Please be quiet during competition times. No Lifts, throws or tapping allowed.

**Friday JUNE 8**

4:00 Doors open and Registration

4:15- 4:25 Lap Swim for Solos

4:25-4:35 Solo Spacing Intermediate 1st half

4:40-5:20 Intermediate Solo Competition 1st half

5:20-5:30 Solo Spacing Intermediate 2nd half

5:35-6:15 Intermediate Solo Competition 2nd half

6:20-6:30 Duet Spacing Intermediate 1st half

6:35-7:25 Intermediate Duet Competition 1st half

7:25-7:35 Duet Spacing Intermediate 2nd half

7:40-8:30 Intermediate Duet Competition 2nd half

**Saturday JUNE 9**

8:00 Doors Open

8:05- 8:15 Lap swim all Intermediate athletes

8:15- 8:35 Intermediate Figure Warm up 1st half

8:35- 8:55 Intermediate Figure Warm up 2nd half

9:00-11:30 Intermediate Figure Competition

11:30-11:40 12 & U AG Lap Swim

11:45-12:00 12 & U AG Figure Warm up

12:00-1:00 Age Group Figure Competition

1:15-1:25 Lap Swim for ALL Intermediate Trios

1:30-1:45 Intermediate Trio Spacing 1st half

1:50-2:30 Intermediate Trio Competition 1st half

2:30-2:45 Intermediate Trio Spacing 2nd half

2:50-3:30 Intermediate Trio Competition 2nd half

3:45-4:00 Intermediate Team Spacing 1

4:00-4:15 Intermediate Team Spacing 2

4:15-4:30 Intermediate Team Spacing 3

4:30-4:45 Intermediate Team Spacing 4

4:50-6:30 Intermediate Team Competition

Awards

**Sunday, JUNE 10**

8:00 Doors Open 12 and Under Age Group and 13 and Over Age Group

8:05- 8:15 Duet Lap Swim All

8:15-8:30 Duet Spacing

8:35- 9:20 Duet Competition 12 and U AG followed by 13 & O AG

9:20-9:35 Solo Warm Up & Spacing

9:35-10:35 Solo competition 12 and U followed by 13 & O AG

10-35-10:45 Team- All Teams Lap Swim

10:45- 11:05 Team All Teams Spacing

11:10-12:00 Team- Competition 12 and Under and 13 & O

12:00-12:15 Combo spacing 13 & O AG

12:20-12:30 Combo Competition

Awards