**Final Meet Announcement**

**SPONSORED BY** Swimkins Synchronized Swim Team inc.

**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** Mary Ellen Wiegand Laura Ehrenreich

21 Forest Lake Drive 716- 633- 6215, cell 716- 445- 1767

N. Tonawanda, NY 14120 lmehrenreich@gmail.com

716- 695- 6394, cell 716- 440- 8816

[Maryewiegand@verizon.net](mailto:Maryewiegand@verizon.net)

**FACILITY** **Maryvale High School**

1059 Maryvale Dr., Cheektowaga, NY 14225

**ENTRY FORMS** Form A Club entry form

Please fill out three separate forms, one in each category:

1. All Intermediates and 12 & Under Age Group

2. 13 - 15Age Group and 16 & O Age Group

3. Novice

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

**MAIL ENTRY FEE CHECKS TO** Mary Ellen Wiegand

21 Forest Lake Drive

North Tonawanda NY 14120

Check made out to Swimkins

**E-MAIL ALL ENTRY FORMS AND PROOF OF USSS MEMBERSHIP**

Mary Ellen Wiegand [maryewiegand@verizon.net](mailto:maryewiegand@verizon.net)

**E-MAIL ENTRY FORM A TO** Scoring- Dan Cassidy [dcassidy@cosbeycassidy.com](mailto:dcassidy@cosbeycassidy.com)

**E-MAIL ENTRY FORM E TO** Officials- Laura Ehrenreich [lmehrenreich@gmail.com](mailto:lmehrenreich@gmail.com) and

Education - Katie Rice [rice.katherine.l@gmail.com](mailto:rice.katherine.l@gmail.com)

**ENTRY DEADLINE**  **March 2, 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 meters X – 8 lanes

Depth: 12 feet w/gradual slope shallow to 4 feet

Entry: Deep end looking toward shallow end, spectator seating in balcony on right

**AIRPORTS**  Buffalo/Niagara International Airport (BUF) 15 minutes from Pool

**HOST HOTELS**

**Buffalo Lodging Associates Hotel group-** **Teams please call Karissa Clancy716 566 5115 or email kclancy@buffalolodging.com** with the hotel that you are requesting and the number of rooms that the team needs. Colleen will let the clubs know if the requested hotel has rooms available and walk them through the booking process. All room rates are $109.00 and some include a hot breakfast. All hotels are 5 minute from pool. Hotel Cut off date **March 1** You will need to send a Team rooming list. If you are cancelling the **total** block you must do it 15 days before event. Normal room cancellation is 72 hours before check in check in date.

Please give code: East Zone Invitational

**Hilton Garden Inn Airport** **Courtyard by Marriott Airpor**

* 4201 Genesee St. Cheektowaga 14225 4243 Genesee St. Cheektowaga 1422 716 565 0040 716 633 2700 across street from \*$6.95 Discounted breakfast buffet Buffalo airport

Price per person

**Fairfield Inn and Suites by Marriott** **Hampton Inn Walden Galeria**

4271 Genesee Street Cheektowaga 14225 1745 Walden Ave Cheektowaga 14225

\*\*\* Hot breakfast buffet included \*\*\*Hot breakfast buffet included

716 633 2488 716 894 8000

**Home 2 Suites by Hilton Air port**

1745 Walden Ave. Cheektowaga 14225

\*\*\*Hot breakfast buffet included 716 240 2700

**If you have a problem booking rooms please call Mary Ellen at 716 695 6394 for help.**

**ELIGIBILITY**

1. Must be a registered USSS athlete.

2. Open to all Novice, Intermediates, 12&Under Age Group, 13-15 Age Group, 16&Over Age Group with exceptions of over qualifications listed below.

**OVER QUALIFICATIONS**

Any swimmer who participated in the East Zone 13-15 AG Championships and/or the East Zone Junior/Senior Championships is overqualified for Invitational in that event only.

**COACHES ELIGIBILITY**

Any person coaching on deck must hold (at least) a **Level 3** CCP

certification and current safety credentials.

**EVENTS**

Novice: Solo, Duet, Trio, Team (Routine Only)

Intermediate 10&U: Solo, Duet, Mixed Duet, Trio, Team, Figures

Intermediate 11-12: Solo, Duet, Mixed Duet, Trio, Team, Figures

Intermediate 13-15: Solo, Duet, Mixed Duet, Trio, Team, Figures

Intermediate 16&O: Solo, Duet, Mixed Duet, Trio, Team, Figures

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

13-15 Age Group: Solo, Duet, Mixed Duet, Team, Combo, Figures

16&Over Open: Solo, Duet, Mixed Duet, Team, Combo (Free Routine Only)

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

**Intermediate**

101 Ballet Leg, Single DD 1.6

301 Barracuda DD 1.9

**Age Group 12 &U** 106 Straight Ballet Leg DD 1.6

301 Barracuda DD 1.9

**13-15**  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

**OFFICIALS** Officials should wear white tops with black bottoms. Hospitality for Officials and Coaches in designated area.

**SOUND SYSTEM** Lubell underwater speaker and Lubell 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-gelling in the locker room.

**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 the lobby.

**LOCKER ROOM** Full use of the Locker Rooms will be available. De-Gelling not allowed, must clean up all bobby pins, etc...

**DIGITAL MUSIC** Email digital music to Julia Grizanti by **March 2, 2018 jgrizanti@yahoo.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 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 **Julia** if you have any questions. 716 472 2915

7. A CD player 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” |

**VERY TENTATIVE SCHEDULE one Day only**

Based on meet entries, the Meet Host, in consultation with the Tech and Scoring Chair, may adjust the schedule. If we have novice we will fit small routines in after figures to give intermediates and Age Group more time. The Novice routines are only 1:30 each. Novice Teams will go first in the team event. This may add 15 minutes to the day.

8:00-8:05 Lap Swim Intermediate group one

8:05-8:25 Figure warm up first group Intermediate

8:25-8:30 Lap Swim Intermediate group Two

8:30-8:50 Figure warm up second group Intermediate

8:55-9:45 Figure competition Intermediate

9:45-9:50 Lap Swim Age Group

9:50-10:10 Figure Warm up 12 and Under and 13-15 Age group

10:15- 11:05 Figure Competition 12 and Under and 13-15Age group

11:05-11:10 Lap Swim for Trios and Combo

11:10 – 11:25 Warm up (Intermediate) Trios

11:25- 11: 35 Combo Warm up

11:35-12:00 Trios Competition

12:00-12:05 Combo

12:05-12:10 AG Duet Lap Swim

12:10-12:25 Age Group Duet and Mixed Duet Warm up

12:25-12:30 Intermediate Duet Lap Swim

12:30- 12:45 Intermediate Duet and Mixed Duet Warm up

12:45 – 1:55 Duet competition Age Group first, Intermediate second

1:55-2:00 Lap Swim All Solos

2:00- 2:15 Age Group Solo Warm Up

2:15-2:30 Intermediate Solo Warm up

2:35- 3:25 Solo competition Age Group first, Intermediate second

3:25-3:30 Lap Swim All Teams

3:35- 4:15 Team warm up – deck, deep, mid, shallow x half pool Total 20 each Intermediate teams , 2nd group AG Routine

4:20- 5:20 Team competition intermediate and then Age Group teams

5:30- 6:00 Awards