**SPONSORED BY** New Canaan YMCA Aquianas

**SANCTIONED BY** United States Synchronized Swimming

**RULES TO GOVERN:** United States Synchronized Swimming 2018 Official Rules

East Zone Synchronized Swimming Handbook

**MEET MANAGERS:** Petra Cacic Carol Valles

[pcacic@newcanaanymca.org](mailto:pcacic@newcanaanymca.org) [cavallesnca@aol.com](mailto:cavallesnca@aol.com)

(203)966-4528 78 East Middle Patent Rd  
 564 South Avenue Bedford NY,10506 New Canaan CT, 6540

**FACILITY:** **New Canaan YMCA**564 South Avenue, New Canaan CT, 06840

**POOL SPECS** Length: 75’ Width: 6 lanes Depth: 11’ to 4’

Distance of water from deck level: 12”

Type of Pool Entry: diving well end, spectator seating in balcony on right diving toward shallow

**SOUND SYSTEM** Bose above water and Lubbell underwater speaker

**PARKING** Parking is at South School ONLY. A shuttle bus will run between South School and the Y on Friday afternoon, Saturday from 7 am-10 am and 4pm-7pm and on Sunday from 8 am-11 am and 12pm -3pm. The hotel will also shuttle people to the Y upon request. You may DROP OFF swimmers at the Y but please do not park there even if you see spaces--there is **No parking**  at the Y for meet attendees or swimmers (including NCA families). To get to School South (8 Farm Rd, New Canaan, CT), take a right leaving the Y to the first intersection, then take a left onto Farm Rd., South School is right.

**TEAM BANNERS** Please hand in at check in.

**SPECTATOR AREA** Seating in the mezzanine of the Valles pool. Spectators are not allowed on deck at any time.

**ATHLETE AREA** Teams will have reserved space in the gym for all athlete bags and land drilling. For the team coolers Wagner room (next to the café) will be reserved. All teams please use the boys’ locker room.

**No food is allowed in the gym.**

**AIRPORTS** John F Kennedy (JFK) 48mi 1.5hr\*, LaGuardia (LGA) 41mi 1hr\*,

White Plains (HPN) 17mi 30min\*.

\*All times are without the addition of Friday rush hour traffic (add at least 1 hour if you are arriving between 4 and 7pm).

**HOST HOTELS Double Tree**

789 Connecticut Ave

Norwalk, CT 06854

Reservations: (800) 492-7148

Block: East Zone Championships

Single/$89.00, Double/$89.00

Block will be held until March 2nd 2018!

Room block include continental breakfast.

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

2. Open to all 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.

**EVENTS** Intermediate: 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 (Free routines only)

**Entering Events:**

1) An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition. Combo doesn’t count as one of the events for this purpose.

2) No duplicate events. Example: An athlete may enter 12&Under Age Group Team and 11-12 Intermediate Solo. She may not enter 12&Under Age Group Team and 11-12 Intermediate Team

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

certification and current safety credentials.

**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 AG Figures 13-15 AG Figures**

106 Straight Ballet Leg DD 1.6 423 Ariana DD 2.2

301 Barracuda DD 1.9 143 Rio DD 3.1

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

**ENTRY FORMS** Form A Club entry. Please, fill out one separate Form A for each

Age Group.

Form B/C Entry Fee Summary

Form D Housing and Transportation

Form E Officials Availability

**ENTRY FEES** Entry Fee: $ 12 per person per event

Sponsor Fee: $ 15 per person

**E-MAIL ALL ENTRY FORMS TO** Petra Cacic [pcacic@newcanaanymca.org](mailto:pcacic@newcanaanymca.org)

**E-MAIL ENTRY FORM A TO** Sen and Mei Li [olivia\_viola\_li\_mom@yahoo.com](mailto:olivia_viola_li_mom@yahoo.com)

**E-MAIL ENTRY FORM B/C TO** Carol Valles [cavallesnca@aol.com](mailto:cavallesnca@aol.com)

**E-MAIL ENTRY FORM D TO** Lucy Gao [lucyliuus@yahoo.com](mailto:lucyliuus@yahoo.com) and

Jackie Zerrusen [jackijay@gmail.com](mailto:jackijay@gmail.com)

**E-MAIL ENTRY FORM E** TO Krista Karwosky [kkarwosky@newcanaanymca.org](mailto:kkarwosky@newcanaanymca.org) and

Katie [Rice.Katherine.l@gmail.com](mailto:%20Rice.Katherine.l@gmail.com)

**MAIL ENTRY FEE CHECKS TO** Carol Valles

78 East Middle Patent Road

Bedford NY, 10506

Check made out to NCA

**ENTRY DEADLINE March 2nd, 2018**

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***

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

**CONCESSIONS** A variety of food will be available for purchase throughout the meet in the Cafe. Merchandise by Fine Design will be available.

**DIGITAL MUSIC** Email digital music by **March 2nd 2018** to Petra Cacic [pcacic@newcanaanymca.org](mailto:pcacic@newcanaanymca.org)

**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 Petra Cacic 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. Routines names 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 MEET SCHEDULE**

Note: 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, March 16** | | |  |  |
| 3pm |  | Doors Open |  |  |
| 3:30pm |  | Coaches meeting |  |  |
| 3:30pm | 3:45pm | Solo lap swimming (all Intermediate solos) |  |  |
| 3:45pm | 3:55pm | Solo warm up (10/U and 11/12 intermediate) |  |  |
| 3:55pm | 4:05pm | Solo warm up (13/15 and 16/O Intermediate) |  |  |
| **4:15pm** | **5:35pm** | **Intermediate Solo competition** |  |  |
| 5:40pm | 5:55pm | Trio and Mixed duets lap swim (all Intermediate trios) | | |
| 5:55pm | 6:05pm | Trio warm up (10/U and 11/12 intermediates) |  |  |
| 6:05pm | 6:15pm | Trio and Mixed Duets warm up (13/15 and 16/O intermediate) | | |
| **6:20pm** | **7:30pm** | **Intermediate Trio competition** |  |  |
| **7:35pm** | **8pm** | **Mixed Duet competition** |  |  |
|  |  |  |  |  |
| **Saturday, March 17** | | |  |  |
| 7am |  | Doors open |  |  |
| 7:30am |  | Coaches meeting |  |  |
| 7:30am | 7:45am | Lap swim (all Intermediate duets) |  |  |
| 7:45am | 7:55am | Duet warm up (10/U and 11/12 Intermediate) |  |  |
| 7:55am | 8:05am | Duet warm up (13/15 and 16/O Intermediate) |  |  |
| **8:15am** | **10:40am** | **Intermediate Duet competition** |  |  |
| 10:50am | 11:00am | 1st Intermediate figure lap swim |  |  |
| 11:00am | 11:15am | 1st Intermediate figure warm up |  |  |
| 11:15am | 11:25am | 2nd Intermediate figure lap swim |  |  |
| 11:25am- | 11:40am | 2nd Intermediate figure warm up |  |  |
| **11:45am** | **1:30pm** | **Intermediate Figure competition** |  |  |
| 1:35pm | 1:45pm | 12&Under AG lap swim |  |  |
| 1:45pm | 2pm | 12&Under AG figure warm up |  |  |
| **2:05pm** | **4pm** | **12&Under AG figure competition** |  |  |
| 4:15pm | 4:25pm | Intermediate Team lap swim (all 10/U, 11/12 #'s 1-3) | |  |
| 4:25pm | 4:40pm | Intermediate Team spacing (all 10/U, 11/12 #'s 1-3) | |  |
| 4:40pm | 4:50pm | Intermediate Team lap swim (11/12 # 4, 13/15 #'s 1-5) | | |
| 4:50pm | 5:05pm | Intermediate Team spacing (11/12 # 4, 13/15 #'s 1-5) | |  |
| 5:05pm | 5:15pm | Intermediate Team lap swim (13/15 # 6, all 16/O) | |  |
| 5:15pm | 5:30pm | Intermediate Team spacing (13/15 # 6, all 16/O) | |  |
| **5:40pm** | **7:00pm** | **Intermediate Team competition** |  |  |
| 7:15pm |  | Awards |  |  |
|  |  |  |  |  |
| **Sunday, March 18** | | |  |  |
| 7am |  | Doors Open |  |  |
| 7:30am |  | Coaches meeting |  |  |
| 7:30am | 7:45am | 13/15 Age Group figure lap swim |  |  |
| 7:45am | 8am | 13/15 Age Group figure warm up |  |  |
| **8:15am** | **9am** | **13/15 Age Group Figure competition** |  |  |
| 9:15am | 9:30am | Solo lap swim (all AG solos) |  |  |
| 9:30am | 9:45pm | Solo warm up |  |  |
| **9:50am** | **10:35am** | **AG Solo competition** |  |  |
| 10:35am | 10:50am | Duet lap swim (all AG duets) |  |  |
| 10:50am | 11:05pm | Duet warm up |  |  |
| **11:10pm** | **12:05pm** | **AG Duet competition** |  |  |
| 12:05pm | 12:15pm | Team/Combo lap swim (All Age Groups) |  |  |
| 12:15pm | 12:35pm | Team spacing (4 rotations of 5 min) |  |  |
| **12:45pm** | **1:15pm** | **AG Team competition** |  |  |
| 1:15pm | 1:30pm | 13-15 AG Combo spacing |  |  |
| **1:35pm** | **1:45pm** | **13-15 AG Combo competition** |  |  |
| 2pm |  | Awards |  |  |