**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

**ELIGIBILITY** 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, Figures

16&Over Open: Solo, Duet, Mixed Duet, Team

Detailed schedule will be based on pre-meet numbers.

**Friday, March 17th:** Likely to be scheduled depending on the numbers. Would start at 4:30PMwith Intermediate Solos.

**Saturday, March 18th:** Doors open 7:00AM: Intermediate Duets, Intermediate and 12&U Age Group Figures, Trios, and Teams, Awards for Intermediates.

**Sunday, March 19th:** Doors Open 8:00 AM: 13-15 AG Figures, 12&U, 13-15 and 16&O Age Group Solos, Duets and Teams, Awards for Age Group.

**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 Hilton Garden Inn** **Double Tree**

560 Main Avenue 789 Connecticut Ave

Norwalk, CT 06851 Norwalk, CT 06854

(203) 523-4000 Reservations: (800) 492-7148

Block: East Zone Synchro Block: East Zone Championships

$99+tax/double Single/$94.00, Double/$99.00

Triple/$99.00, Quad/$104.00

All Clubs and officials interested in attending should complete the information requested and return the form no later than **January 15, 2017** so the appropriate plans can be made.

**Please send completed Pre-Meet Entry Form to both:**

Petra Cacic Svetlana Malinovskaya

[pcacic@newcanaanymca.org](mailto:pcacic@newcanaanymca.org) [optimasynchro@gmail.com](mailto:optimasynchro@gmail.com)

Note: In an effort to regulate meet size (not too big, not too small) PRE-MEET entries are required. Meet hosts in consultation with the Tech Chair, may close entries to one meet if a maximum meet size (approximately 180 total swimmers) is reached.

**PRE-MEET ENTRY FORM**

**NAME OF TEAM\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NAME OF HEAD COACH/OFFICIAL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CONTACT PERSON\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CITY\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_STATE\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHONE - HOME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WORK \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FAX\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_EMAIL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- \_\_\_\_\_\_\_\_\_\_**

Please indicate the number of routines you plan to bring in each category:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| EVENT | Int. 10&U | Int. 11/12 | Int. 13-15 | Int. 16&O | AG 12&U | AG 13-15 | AG 16&O |
| **Figures** |  |  |  |  |  |  |  |
| **SOLO** |  |  |  |  |  |  |  |
| **DUET** |  |  |  |  |  |  |  |
| **Mixed DUET** |  |  |  |  |  |  |  |
| **TRIO** |  |  |  |  |  |  |  |
| **TEAM** |  |  |  |  |  |  |  |

Please indicate the total number of individuals participating in the following areas:

1. Athletes attending

2. Coaches attending

3. Judges attending AND available

4. Chaperones attending

**Please return completed form by January 15, 2017 to:**

Petra Cacic pcacic@newcanaanymca.org

AND

Svetlana Malinovskaya, optimasynchro@gmail.com

**THIS FORM MUST BE RETURNED TO RECEIVE FINAL ENTRY MATERIALS**