



2019 East Zone 13-15 Championships

February 9-10, 2019 New Canaan CT



SPONSORED BY	New Canaan YMCA Aquinas	
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 pcacic@newcanaanymca.org (203)966-4528 564 South Avenue New Canaan CT, 6540	Carol Valles cavallesnca@aol.com 78 East Middle Patent Rd Bedford NY,10506
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 will be off site on Saturday . Visitors should follow the signs. No shuttle will be provided. On Sunday parking will be allowed at the YMCA staff parking lot (right side of the building).	
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 Wagner room. All teams please use the boys' locker room. Boys changing location TBD.	
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).	



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HOST HOTELS

[Hilton Garden Inn Norwalk](#)
560 Main Avenue, Norwalk CT 86851
Phone number: (203) 523 4000
Group name: East Zone
Group code: EZGR

To book online follow these steps:

Go to: norwalk.hgi.com
Enter your check in & check out dates, click MORE Options
Click on Add Special Rate codes and enter **Group Code: EZGR**

Rate: Double room \$89

ELIGIBILITY

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

EVENTS

Solo, Duet, Mixed Duets, Team, Combo and Figures
(Note: Athletes can compete in Duet, or Mixed Duet, but not both)

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

Form A	Club entry. Please, fill out one separate Form A for each Championship.
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

E-MAIL ENTRY FORM A TO

Petra Cacic pcacic@newcanaanymca.org
Mei Li olivia_viola_li_mom@yahoo.com

E-MAIL ENTRY FORM B/C TO

Carol Valles cavallesnca@aol.com
Patti Melbers Melbers@aol.com

E-MAIL ENTRY FORM D TO

Jackie Zerrusen jackijay@gmail.com



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E-MAIL ENTRY FORM E TO

Laura Ehrenreich lmehrenreich@amherstl.ny.us
Katie Rice Katherine.l@gmail.com

MAIL ENTRY FEE CHECKS TO

Carol Valles
78 East Middle Patent Road
Bedford NY, 10506

ENTRY DEADLINE

January 25, 2019 by 11:59pm

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.

DIGITAL MUSIC

Email digital music by **January 25, 2019** to Shawn Shen
shawnshe@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 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 Shawn Shen 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 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"



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TENTATIVE MEET SCHEDULE

Saturday		
Start	End	
7am		Doors Open
7am	7:30am	Registration
7:30am	7:45am	Coaches and officials meeting on deck
7:30am	7:45am	Lap swim (divide team in 1/2)
7:45am	8:20am	1st Figure warm up
8:20am	8:35am	Lap swim (2nd 1/2 of team)
8:35am	8:55am	2nd figure warm up
9:10am	11:30am	Figure competition
11:30am	11:45am	Break
11:50am	12:05pm	Duet warm up
12:05pm	12:20pm	Duet warm up
12:25pm	1:55pm	Duet Competition (5 min break for judges after #13)
2pm	2:15pm	Solo warm up
2:20pm	3:40pm	Solo competition
3:40pm	3:50pm	Break
3:55pm	4:05pm	Lap Swim group 1
4:05pm	4:25pm	Team spacing
4:25pm	4:35pm	Lap Swim group 2
4:35pm	4:55pm	Team spacing
5pm	6:15pm	Team competition
6:30pm	6:45pm	Public draw
Sunday		
Start	End	
7:30am		Doors Open
8am	8:15am	Lap swim for solo and duet finalists
8:15am	8:30am	Solo warm up finalists (pre-12)
8:30am	8:45am	Duet warm up finalists (pre-12)
8:50am	9:35am	Solo final competition
9:40am	10:40am	Duet final competition
10:45am	11am	Lap swim for team finalists
11:05am	12:05pm	Team final competition
12:15pm	12:35pm	Combo spacing
12:40pm	1:20pm	Combo finals
Awards will begin as soon as they are ready and locker rooms are clean		