



2019 East Zone Invitational

March 15-17, 2019



SPONSORED BY	Cambridge Synchro, Attleboro Y Lyonfish Synchronettes, and Wheaton College	
SANCTIONED BY	United States Synchronized Swimming	
RULES TO GOVERN	United States Synchronized Swimming 2017 Official Rules East Zone Synchronized Swimming Handbook	
MEET MANAGERS	Annie Dicaire Cambridge Synchro adicaire@hotmail.com (617)866-8305	Emily Conner Attleboro Y Lyonfish Synchronettes emilyconner@mac.com (401)862-2896
FACILITY	Wheaton College; Hass Athletic Center – Balfour Natatorium 26 East Main Street, Norton, MA 02766	
POOL SPECS	Length: 40 meters with movable bulkhead Width: 8 lanes Depth: Entry 13ft, Midpoint 9ft, End of competition area 8ft Entry: Deep end, starting blocks and two diving boards Deck space: Entry end 14'8", Opp. End 4' Bulkhead, Side 1: 5'2", Side 2: 9'9" Spectator seating: Balcony area seating 350 people	
TEAM BANNERS	Please hand in at check in upon your arrival	
AIRPORT	T.F. Green Airport (PRV), Warwick, RI (30 miles) Logan Int'l Airport (BOS), Boston, MA (40 miles)	
HOST HOTELS	Fairfield Inn & Suites Boston Walpole 630 Providence Hwy Walpole, MA 02081	(888) 236-2427 Rate: \$129 per night + 11.7% tax
	The Inn at Sharon/Foxboro 395 Old Post Road Sharon, MA 02067	(781) 784-1000 Rate: \$105 per night + 11.7% tax (breakfast included)
	Holiday Inn Mansfield - Foxboro 31 Hampshire Street Mansfield, MA 02048	(508) 339-2200 Rate: \$119 per night + 9.7% tax



2019 East Zone Invitational

March 15-17, 2019



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, Combo, 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

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

106 Straight Ballet Leg	DD 1.6
301 Barracuda	DD 1.9

13-15 AG Figures

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

1. Meet Entry Google Doc

Please **COMPLETE ALL** Tabs (Meet Information, Swimmer Entries, Judges and Coaches) of the Meet Entry Google Doc (link below). **SHARE document** with:

Gil Sharon (Gil@sharonim.com)

Katie Rice (Rice.Katherine.l@gmail.com)

Paul Bain/Susan Weir (weirbain@gmail.com)

Annie Dicaire (adicaire@hotmail.com)

Patti Melber (Melbers@aol.com)

Laura Ehrenreich (lmehrenreich@gmail.com)



2019 East Zone Invitational

March 15-17, 2019



Link for Google Doc Meet Entry Form:

<https://docs.google.com/spreadsheets/d/12ELgTcrMNNbpFMYSzVAv8zi1j1Cj1jZVc5k9XugqfIE/edit?usp=sharing>

How to fill the entry form:

<https://drive.google.com/file/d/0B51fbmDQQ4wORGRoZnZwTIRrd1E/view?usp=sharing>

Note for Mixed Duets: Please enter Mixed Duets in the Duet column and make a note in the comment section that it is a Mixed Duet.

2. Form B/C Entry Fee Summary

ENTRY FEES

Entry Fee: \$12 per person per event
Sponsor Fee: \$15 per person

ENTRY DEADLINE

Friday, March 1st 2019

No entries shall be accepted after the entry deadline

Checks should be mailed by the entry deadline

E-MAIL FORM B/C to: Paul Bain/Susan Weir (weirbain@gmail.com)

MAIL ENTRY FEE CHECKS TO

Paul Bain/Susan Weir
26 Knapp St., Somerville, MA 02143

MAKE CHECKS PAYABLE TO CAMBRIDGE SYNCHRO

OFFICIALS

Officials should wear white tops with black bottoms. Hospitality for Officials and Judges will be provided.

LOCKER ROOMS

Please use locker rooms for changing & showering only
Keep swim bags at your team table
De-gelling is not allowed in the facility (subject to \$100 fine)

CONCESSIONS

Full concessions will be available for purchase throughout the meet.
Hospitality room with breakfast, lunch, snacks and drinks will be provided for Coaches and Officials.

DIGITAL MUSIC

Deadline: Friday, March 1st, 2019

Submit to: Katie Rice (rice.katherine.l@gmail.com)

Please bring your music on a device (iphone, ipad, ipod, smartphone or tablet) with a 1/8" TRS (headphone) jack as a backup. A CD player will NOT be available as back up.



2019 East Zone Invitational March 15-17, 2019



Digital Music Submission Guidelines

PLEASE DO NOT SEND MUSIC AS EMAIL ATTACHMENTS. SEND ALL MUSIC AT ONCE USING A FILE SHARING SERVICE - WeTransfer, Dropbox, Google Drive, OneDrive, etc.

1. Digital music files (M4A, MP3) are to be submitted for routines for this competition.
2. Music files should be shared using a file sharing/ transfer service – WeTransfer, Dropbox, Google Drive, OneDrive, etc.
3. 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 works. You will only be contacted if your music is missing or will not play.
4. We recommend submitting 160+ kbit/sec M4A/AAC or higher quality audio for best sound results.
5. If sending MP3 files, 192+ kbit/sec is recommended.
6. A minimum one second leader (silence) before the music starts added to all files is recommended.
7. A device with a 1/8" TRS (headphone) jack is acceptable as a backup.
8. A CD player will NOT be available as back up.
9. Contact Katie Rice if you have any questions.

Use the following naming conventions (see bolded below) when saving files.
Routines names should be "space" separated.

Divisions and Category Options:

10&U INT, 11-12 INT, 13-15 INT, 16&O INT, 13&O INT, 12&U AG, 13-15 AG, 16-17 AG, 18-19 AG, 16&O AG, JR Free, JR Tech, SR Free, SR Tech

16-17 AG Duet CSG Smith
16-17 = Division
AG or INT – Category (Age Group or Intermediate)
Duet = Routine event
CSG = 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



2019 East Zone Invitational

March 15-17, 2019



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 adjust the schedule as soon as we get the entries counted and will notify you.

2019 East Zone Invitational	
Please be prepared to swim ahead of schedule. Events will move up if and when possible.	
Friday, March 15th	
4:00	Doors Open
4:15	Coaches and Officials meeting on deck
4:30-4:45	Solo Lap Swim
4:45-5:00	Solo Warm-up #1
5:00-5:15	Solo Warm-up #2
5:25-7:15	Intermediate Solo Competition (5 minutes break halfway through)
Saturday, March 16th	
7:00	Doors Open
7:15	Coaches and Officials meeting on deck
7:30-7:45	Intermediate Figure Lap Swim #1
7:45-8:00	Intermediate Figure Warm-up #1, Lap swim #2 in shallow end
8:00-8:15	Intermediate Figure Warm-up #2, Lap swim #3 in shallow end
8:15-8:30	Intermediate Figure Warm-up #3
8:40-11:00	Intermediate Figure Competition
11:00-11:30	Lunch Break
	<i>*If we are running behind schedule, duet lap swim will begin at 11:30 regardless of what time the lunch break begins</i>



2019 East Zone Invitational March 15-17, 2019



11:30-11:45	<i>Duet/Mixed Duet Lap Swim #1</i>
11:45-12:00	Duet/Mixed Duet Warm-up #1 and Duet/Mixed Duet Lap Swim #2 (in shallow end)
12:00-12:15	Duet/Mixed Duet Warm-up #2
12:25-2:30	Intermediate Duet Competition (5 minutes break halfway through)
	<i>Intermediate Trios #1 - quiet lap swim in shallow end during duet competition</i>
2:30-2:45	Intermediate Trio Warm-up #1 and Intermediate Trio Lap Swim #2 (in shallow end)
2:45-3:00	Intermediate Trio Warm-up #2
3:10-4:30	Intermediate Trio Competition
	<i>Intermediate Teams and Combos #1 - quiet lap swim in shallow end during trio competition</i>
4:30-4:45	Intermediate Teams and Combos Warm-up #1 and Lap Swim #2
4:45-5:00	Intermediate Teams and Combos Warm-up #2 and Lap Swim #3
5:00-5:15	Intermediate Teams and Combos Warm-up #3
5:25-6:45	Intermediate Team and Combo Competition
7:00	<i>Awards on Deck</i>
Sunday, March 17th	
7:00	Doors Open
7:15	Coaches and Officials meeting on deck
7:30-7:45	12 & Under Figure Lap Swim
7:45-8:00	12 & Under Figure Warm-up
8:10-9:40	12 & Under Figure Competition - 2 panels - can do 4 if we have enough judges



2019 East Zone Invitational March 15-17, 2019



	<i>13-15 Figures - quiet lap swim in shallow end during 12 & Under figure competition</i>
9:45-10:00	13-15 Figure Warm-up
10:10-10:45	13-15 Figure Competition - 2 panels
	<i>16 & Over Tech Teams - quiet lap swim in shallow end during 13-15 figure competition</i>
10:45-11:00	16 & Over Tech Team Warm-up
11:10-11:20	16 & Over Tech Team Competition
	<i>Age Group Solos - quiet lap swim in shallow end during 13-15 figure competition</i>
11:20 - 11:35	Age Group Solo Warm-up
11:45-12:30	Age Group Solo Competition
	<i>Age Group Duet/Mixed Duet - quiet lap swim in shallow end during solo competition</i>
12:30 - 12:45	Age Group Duet/Mixed Duet Warm-up
12:55 - 1:30	Age Group Duet/Mixed Duet Competition
	<i>Age Group Teams and Combos #1 - quiet lap swim in shallow end during duet competition</i>
1:30 - 1:45	Age Group Team and Combo Warm-up #1 and Lap Swim #2
1:45 - 2:00	Age Group Team and Combo Warm-up #2
2:10 - 3:00	Age Group Combo, then Team Competition
3:15	Awards on Deck



2019 East Zone Invitational March 15-17, 2019



DIRECTIONS AND PARKING

Haas Athletic Center Pool

Wheaton College, 26 East Main Street, Norton, MA 02766

Parking is limited to Lots 7 and 8. Please see below campus map with these spaces listed. Signs will be posted for the event to help with flow. **PLEASE PARK ONLY IN DESIGNATED PARKING SPOTS.** Any car not in an official parking spot will be towed.

From Boston and Northern New England: Take Interstate 95 south to Exit 6A onto Interstate 495 south. Follow 495 south 2.5 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.

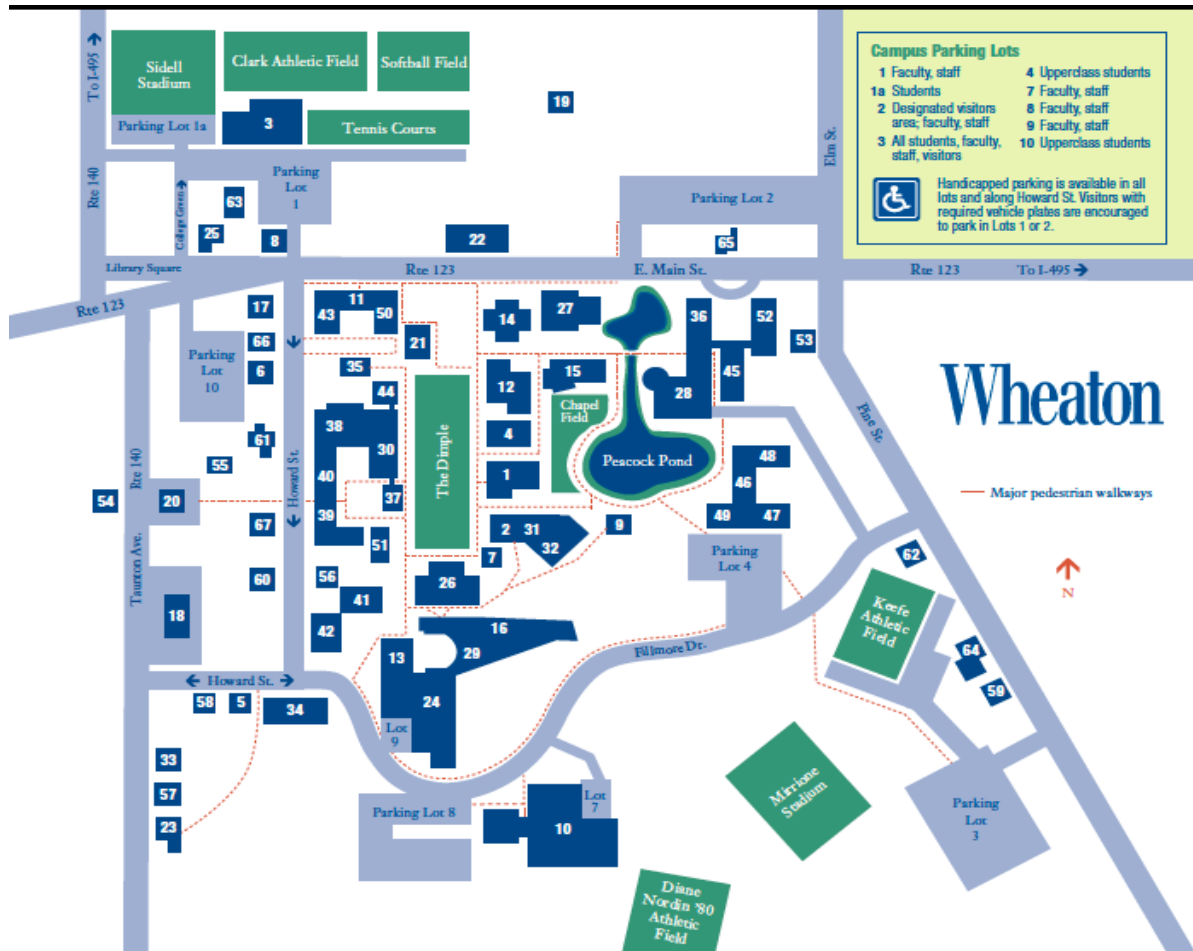
From Western Massachusetts: Take Interstate 90 (the Massachusetts Turnpike) to Exit 11A onto Interstate 495 south. Follow 495 south 28 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.

From Providence and Southern New England: Take Interstate 95 north. Once in Massachusetts, take Exit 6A onto Interstate 495 south. Follow 495 south 2.5 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.



2019 East Zone Invitational

March 15-17, 2019



Campus Parking Lots

1 Faculty, staff	4 Upperclass students
1a Students	7 Faculty, staff
2 Designated visitors area; faculty, staff	8 Faculty, staff
3 All students, faculty, staff, visitors	9 Faculty, staff
	10 Upperclass students

Handicapped parking is available in all lots and along Howard St. Visitors with required vehicle plates are encouraged to park in Lots 1 or 2.

Wheaton

Major pedestrian walkways

N

<p>Academic and Administrative Buildings</p> <p>1 Admission Admission Office Student Financial Services</p> <p>2 Balfour-Hood Campus Center Campus Mail Services/Copy Center Conference and Event Services Ellison Dance/Aerobics Studio Information Center Lyons Lounge Media Center Pappas Fitness Center Residential Life Office Student Government Association Student Activities, Involvement & Leadership (SAIL) Office WCCS Radio and Recording Studio Wheaton Wire</p> <p>3 Clark Center</p> <p>4 Cole Memorial Chapel Office of Service, Spirituality and Social Responsibility Christian Fellowship Community Service Council Hillel Interfaith Alliance</p>	<p>5 Counseling Center</p> <p>6 Center for Global Education</p> <p>7 Doll's House Education Department Institutional Research Office of the Registrar</p> <p>8 Elisabeth W. Amen Nursery School</p> <p>9 Facilities & Operations</p> <p>10 Haas Athletic Center Balfour Natatorium Beard Field House Emerson Gym</p> <p>11 Hobe Hall Human Resources</p> <p>12 Knapp Hall Classrooms Faculty Offices</p> <p>13 Kollett Hall Filene Center for Academic Advising & Career Services Disability Services Peer Tutoring</p>	<p>14 Mary Lyon Hall Holman Room May Room Quincy Alumnae/ Offices Woolley Room</p> <p>15 Mars Arts and Humanities Meneely Studio Arts</p> <p>16 Mars Center for Science and Technology Classrooms/Labs Faculty Offices Greenhouse Lecture Halls Observatory</p> <p>17 Marshall Center for Intercultural Learning</p> <p>18 Norton Medical Center</p> <p>19 Old Observatory</p> <p>20 Old Town Hall Bookstore</p> <p>21 Park Hall Administrative Offices President's Office</p> <p>22 Presidents' House</p> <p>23 Public Safety</p>	<p>24 Science Center Classrooms/Labs Faculty Offices Hindie Auditorium Lecture Halls</p> <p>25 Ten Library Square Advancement Services Communications Office Web Strategy Team</p> <p>26 Wallace Library Gebbie Archives Library Collections Library and Information Services (LIS) LIS Technical Support</p> <p>27 Watson Fine Arts Beard Gallery Kresge Experimental Theatre Weber Theatre Well Gallery</p> <p>Dining Facilities</p> <p>28 Chase Dining Halls Chase Round Chase Square Chase Small</p>	<p>29 Davis Spencer Café</p> <p>30 Emerson Hall Emerson Dining Faculty Dining President's Dining Rooms</p> <p>31 Hood Café</p> <p>32 The Loft</p> <p>33 The Lyons Den Residence Halls</p> <p>34 Beard Hall</p> <p>35 Chapin Hall</p> <p>36 Clark Hall</p> <p>37 Cragin Hall</p> <p>38 Emerson Hall</p> <p>39 Everett Hall</p> <p>40 Everett Heights</p> <p>41 Gebbie Hall</p> <p>42 Keefe Hall</p> <p>43 Kilham Hall</p> <p>44 Larcom Hall</p> <p>45 McIntire Hall</p> <p>46 Meadows Center</p>	<p>47 Meadows East</p> <p>48 Meadows North</p> <p>49 Meadows West</p> <p>50 Melcalf Hall</p> <p>51 Stanton Hall</p> <p>52 Young Hall</p> <p>Student Houses</p> <p>53 5/7 Pine Street</p> <p>54 9 Taunton Ave</p> <p>55 11 Howard Street</p> <p>56 22 Howard Street</p> <p>57 26/28 Taunton Ave</p> <p>58 44 Howard St</p> <p>59 Bittersweet</p> <p>60 Brooks Campbell House</p> <p>61 Davis International House</p> <p>62 Elms</p> <p>63 Guest House</p> <p>64 Lindens</p> <p>65 Oldfield House</p> <p>66 The Sem</p> <p>67 White House</p>
---	--	--	--	---	---