

2019 East Zone Invitational

March 16, 2019 Binghamton, NY



SPONSORED BY BGC Gaviatas

SANCTIONED BY United States Synchronized Swimming

RULES TO GOVERN: United States Synchronized Swimming 2019 Official Rules
East Zone Synchronized Swimming Handbook

MEET MANAGERS: Diana Lenzo Maureen Mueller
ddlenzo@gmail.com maureenm@stny.rr.com
(607)727-9871 607-761-8937

FACILITY: **Maine Endwell High School**
750 Farm to Market Road, Endwell, NY, 13760

POOL SPECS Length: 75' Width: 8 lanes Depth: 11' to 4'
Distance of water from deck level: 12"
Type of Pool Entry: diving well end, spectator seating in concrete seating area right of diving toward shallow

ENTRY FORMS Form A Club entry form
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 fees to: Diana Lenzo, 155 Kay Road, Endicott, NY 13760
Checks made out to BGC Gaviatas

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.

ENTRY DEADLINE **MARCH 1, 2019**
Email all forms to Maureen Mueller maureenm@stny.rr.com
Email form E to Officials Laura Ehrenreich lmehrenreich@gmail.com
Email digital music to Ross Reibel rreibel@gmail.com

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.

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EVENTS

Intermediate: Solo, Duet, Mixed Duet, Trio, Team, Figures, combo
12&Under Age Group: Solo, Duet, Mixed Duet, Team, Figures, combo
13-15 Age Group: Solo, Duet, Mixed Duet, Team, Figures, combo
16&Over Open: Solo, Duet, Mixed Duet, Team, combo, (free routines)

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
12 &U Age Group	106	Straight Ballet Leg	DD 1.6
	301	Barracuda	DD 1.9
13-15 Age Group	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.

CLUB BANNER

Please bring your banner and hand in at registration

LOCKER ROOMS

Locker rooms are for changing only. Please store team bags and gear in cafeteria. De-Gelling not allowed- strict facility rules.

GEL STATION

Gel station will be set up outside locker rooms. Please do all gelling there. De-Gelling not allowed- strict facility rules. \$100 fine. Please clean up after yourselves.

CONCESSION STAND Will be available throughout the meet.

MERCHANDISE

T-shirt and merchandise vendor on Saturday

DIGITAL MUSIC

Email digital music to Ross Reibel reibel@gmail.com by **March 1, 2019**

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. Any questions, contact Ross Reibel reibel@gmail.com

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7. Use the following naming conventions (see bolded below) when saving files

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"

AIRPORTS

Greater Binghamton Airport (BGM) 12 minutes, 7.1 miles

Syracuse Airport (SYR) 1 hour 25 minutes, 87.2 miles

HOST HOTELS

When calling hotels ask for the special rate for: East Zone Synchronized Swimming

Best Western Plus Johnson City
607-729-9194
569 Harry L. Drive, Johnson City
www.bestwestern.com/ofjohnsoncity
\$92.10 Double

La Quinta Inn
607-770-9333 569 Harry L. Drive
Johnson City www.lq.com
\$90.00 – King/single
\$80.00 Double

Hampton Inn & Suites
607-797-5000
3708 Vestal Parkway East
Vestal, NY 13850
<http://www.hampton-inn.com>
\$119.00 – standard room Single or Double
\$129.00 – Standard Room – Triple or Quad

Microtel Inn & Suites
607-677-0321
400 Prospect St
Binghamton, NY 13905
www.wyndhamhotels.com/microtel/
\$99.00 flat rate Single, Double, Triple or Quad

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Tentative Schedule

Based on pre-meet entries. If we receive significantly more entries, age group routines will be shifted to Sunday.

Saturday		
INTERMEDIATE	Start	End
Doors Open	7:00 AM	
Lap Swim, coaches and officials meeting	7:15 AM	7:25 AM
Figure warm up (1/2 team)	7:25 AM	7:40 AM
Figure warm up (1/2 team)	7:45 AM	8:00 AM
Intermediate Figure competition (106)	8:00 AM	10:00 AM
Lap swim trios/combo	10:00 AM	10:05 AM
warmup trio combo	10:05 AM	10:15 AM
trio competition (8) followed by combo (1)	10:15 AM	10:50 AM
intermediate duet lap swim	10:50 AM	10:55 AM
intermediate mixed duet and duet warm up	10:55 AM	11:05 AM
Intermediate mixed duet and duet competition (19)	11:05 AM	12:10 PM
Lap swim solo	12:10 PM	12:15 PM
intermediate solo warm up	12:15 PM	12:25 PM
intermediate solo competition (25)	12:25 PM	1:35 PM
Lap swim teams	1:35 PM	1:40 PM
team warm up (swim thru in order of draw)	1:40 PM	2:20 PM
team competition (11)	2:20 PM	3:00 PM
AWARDS	3:00 PM	
AGE GROUP		
Lap Swim, coaches and officials meeting	3:30 PM	3:40 PM
12UAG and 1315 AG figure warmup	3:40 PM	3:50 PM
1315 AG figure competition (5)	3:50 PM	4:00 PM
12UAg figure competition (32)	4:00 PM	4:30 PM
Lap swim	4:30 PM	4:40 PM
age group solo warmup	4:40 PM	4:50 PM
age group solo competition (10)	4:50 PM	5:20 PM
age group duet warm up	5:20 PM	5:30 PM
age group duet competition (14)	5:30 PM	6:20 PM
Lap swim	6:20 PM	6:30 PM
team warmup (swim thru in order of draw)	6:30 PM	6:55 PM
team competition (5)	6:55 PM	7:20 PM
AWARDS		