**SPONSORED BY** Philadelphia Freedom Valley YMCA Synchro  
**SANCTIONED BY** United States Synchronized Swimming

**RULES TO GOVERN** UNITED States Synchronized Swimming 2018 Official Rules  
 East Zone Synchronized Swimming Handbook

**MEET MANAGERS** Jennifer Hatt, JenMacHatt@verizon.net, (484) 716-3560  
 Stephanie McMullan, mcmullanfour@verizon.net

**FACILITY** Phoenixville Area YMCA - 400 East Pothouse Rd., Phoenixville, PA 19460

**ENTRY FORMS** Form A Club entry form  
 Please fill out three separate forms one in each category:   
 1. All intermediates

2. 12 & Under Age Group  
 3. 13 & Over Age Group  
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 payable to Phoenixville YMCA  
 Sponsor Fee: $15 per person payable to FVS Boosters

**MAIL OR E-MAIL ALL ENTRY FORMS BY MAY 24TH 11:59PM TO**

Jennifer Hatt 751 W. Hoffecker Rd., Pottstown, PA – JenMacHatt@verizon.net

**E-MAIL ENTRY FORM A (excel file) TO**

emerdenbrack@yahoo.com   
 Stephanie Kuebler - skolterjahn@gmail.com

**E-MAIL ENTRY FORM E TO**

Laura Ehrenreich- lmehrenreich@gmail.com  
 Katie Rice - rice.katherinel@gmail.com

**POOL SPECS** Length: 25 meters x 6 lanes  
 Depth: 10 feet with gradual slope to 3.5 feet   
 Entry: Deep end looking toward shallow end, spectator seating in the balcony  
 on the right.

**AIRPORT** Philadelphia International Airport, 45 min drive to Phoenixville without traffic

**QUALIFICATION FOR ENTRY**

**Intermediate and 12 & Under Age Group**

1. Intermediate swimmers that have placed 1-3 in solo, duet and trio in each Regional Championship.

2. 12 & Under Age Group swimmers that have placed 1-3 in solo and duet in each Regional Championship.

3. Team and Mixed Duet events are open for all levels.

4. If an Intermediate or 12 & U Age Group qualified swimmer cannot attend this Championship, the next place winner may move up and enter the event. Written notice must be given to the runner up routine before the entry deadline for the Championship. If a routine cannot go, after the entry deadline, then a rep from the club must call. If a club fails to notify the runner up, it will be charged $100/routine to be paid to the zone.

**13 & Over Age Group**

All routines that competed at Association or Regional Championship, but did not qualify for Junior Olympics. All duets, teams and Combos that did not place in top 3 and solos that did not place in top 2 at their Regional Championship in the current year. Mixed Duet event is Open.

**EVENTS:** Intermediate 10&U, 11-12, 13-15, 16&O, Solo, Duet, Mixed Duet, Trio, Team, Figures, 13&O combo

12&Under Age Group: Solo, Duet, Mixed Duet, Team, Figures

13 and Over Age Group: Solo, Duet, Mixed Duet, Team, Combo (Free routines only)

**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 Age Group Figures**

106                           Straight Ballet Leg, Single                                 DD 1.6  
301                           Barracuda                                                              DD 1.9

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

**OFFICIALS:** White tops with black bottoms for all events

**OFFICIALS/COACHES:** Food and drinks will be provided in concession area

**SOUND SYSTEM: Oceanears** underwater speaker and **Bose** Air speakers

**CLUB BANNER:** Please bring your banner and hand in at registration.

**GEL STATION:** Gel station will be set up in the West gym.  Please do all gelling there. You may not de-gel in the locker room. This includes dumping gel in any of the sinks in this facility.

**CONCESSION STAND:** Will be available throughout the meet for sale.

**KIM MILLER RAFFLE:** Proceeds help fund the Kim Miller scholarship for East Zone Swimmers

**VENUE RULES: NO FOOD ALLOWED ON DECK, WATER ONLY FOR ATHLETES**

**GEL IN DESIGNATED AREA ONLY.   NO DE-GELLING ALLOWED: this includes dumping gel in any of the sinks in the building**. **$100 FINE FOR DE-GELLING PER USSS NATIONAL MEET GUIDELINES**

**PARKING:** Please see attached map. Parking in lower lot in the back only. Over flow will be at Schuylkill Elementary School.

**MERCHANDISE:** Will be available through the competition

**LOCKER ROOMS:** Area for changing only. Bags are to be stored in the West gym. De-Gelling not allowed. Swimmers must clean up all bobby pins, etc.

**DIGITAL MUSIC:** Email digital music to Bin Le - fvs.june.music@gmail.com by May 28th

**DIGITAL MUSIC SUBMISSION GUIDELINES**

1. Digital music files (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 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 Bin Le 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. Routine Name should be “space” separated.

|  |
| --- |
| **11-12int Duet PYS Smith**  11-12int = category  Duet = Routine event  PYS = Club Abbreviation/ Three Letter Code  Smith = Last name of the first alphabetical member of the routine |

**TENTATIVE SCHEDULE**

**PLEASE NOTE:** This is a tentative schedule. Final schedule will be based on actual entries.  
 **During figures, the deck will be closed to spectators.**  
During routine competition, all judges will be on the far side of the pool opposite the spectators  
**THERE IS NO DE-KNOXING AT THIS FACILITY**

**Friday JUNE 7**

3:45 pm Doors open and Registration  
4:00 pm Coaches and officials meeting

4:00- 6:30 Solo Lap Swim/Warm up and **Competition** for ALL Intermediate solos **(35 approx.)**

6:35-9:00pm Duet Lap Swim/Warm up and **Competition** for ALL Intermediate duets **(39 approx.)**

**Saturday JUNE 8**

8:00 am Doors Open

8:05 am Coaches and officials meeting

8:05- 12:30 **Intermediate Figure Competition (247 approx.)**

12:45-1:00 Intermediate 13&O Combo Warm Up

1:00-1:30 **Intermediate Combo Competition**

1:35-3:30 Intermediate Trio lap swim, warm up, **Competition** ALL intermediate trios – **(29 approx.)**

3:30-4:15 Intermediate Team Spacing - 3 warm ups - **10 and Under and 11-12**

4:20-5:30 **Intermediate Team Competition - 10 and Under and 11-12**

5:30-6:15 Intermediate Team Spacing - 3 warm ups **13-15 and 16 and Over**

6:20-7:30 **Intermediate Team Competition 13-15 and 16 and Over**

7:45pm Awards

**Sunday, JUNE 9**

8:00 am Doors Open

8:05 am Coaches and officials meeting

8:05-9:00 Figure Lap Swim/figure warm up – 2 warm ups

9:15-10:30 **12 & U Age Group Figure Competition (76 approx.)**

10:45-12:00 Duet Spacing all Age Groups, **Duet Competition** all Age Groups

12:05-1:10 Solo Spacing all Age Groups, **Solo Competition** all Age Groups **12&U AG & 13&O AG**

1:15-1:45 Team Lap swim and Warm up

1:45-3:00 **Team Competition 12&U AG and 13&O AG (13 approx.)**

3:15pm Awards

**HOST HOTELS**

Please patronize the following hotels. They will be giving us comp rooms to host unaffiliated Judges and our Zone scoring committee.

|  |  |  |  |
| --- | --- | --- | --- |
| **HOTEL LINKS - East Zone Synchro** | **Breakfast** | **Book BY:** | **Event Pricing** |
| HOST HOTEL - Hampton Inn & Suites Valley Forge/Oaks  1-800-HILTONS - unique code EZS | YES! Free 4/per room  SOLD OUT! | Wednesday, May 8th | $119 USD - King  $119 USD - 2 Queens |
| Courtyard Philadelphia Valley Forge/Collegeville - Book your group rate for East Zone Synchro  (484) 974-2600 | 2 per room included in room rate - Bistro meals available | Wednesday, May 22, 2019 | $139 USD - King Suite  $149 USD - 2 Queens |
| Courtyard Philadelphia Valley Forge/King of Prussia - 1.800.321.2211 | YES! Free 4/per room Special room specifically for swimmers | Monday, May 20, 2019 | $119 USD - King w/sofa pull out |
| [**Book your group rate for East Zone Synchro**](https://www.marriott.com/event-reservations/reservation-link.mi?id=1549895840086&key=GRP&app=resvlink#https://www.marriott.com/event-reservations/reservation-link.mi?id=1549895840086&key=GRP&app=resvlink) |  |  |  |
| Hampton Inn - King of Prussia 530 W. DeKalb Pike King of Prussia, PA  t: 610-962-8111  hampton.com East Zone Synchro | YES! Free 4/per room | Friday, May 24, 2019 | $115 USD - 2 Queens $115 USD - King w/sofa pull out |
| Hampton Inn Limerick, PA  610-495-6999  East Zone Synchro | YES! Free 4/per room | Friday, May 24, 2019 | $144 USD - 2 Queens |

**More Hotels to come - please book these first to help house unaffiliated judges and scorers**