



2020 East Zone 13-15 Championships

February 8-9, 2020 Andover, MA



SPONSORED BY: ANA YMCA Synchronro

SANCTIONED BY: United States Synchronized Swimming

RULES TO GOVERN: United States Synchronized Swimming 2020 Official Rules
Current East Zone Synchronized Swimming Handbook

MEET MANAGERS:	Leah Pinette	Elizabeth Fitzsimons
	lpinette@mvyymca.org	fitzsimons.elizabeth@gmail.com
	(978) 800-0059	(617) 388-3343 (cell)
	165 Haverhill St. Andover, MA 01810	

FACILITY: **Andover/North Andover YMCA**
165 Haverhill St. Andover, MA 01810
(978) 685-3541

PARKING: Parking is available around the left side of building and in upper bay. If you are just dropping off your athlete, please use the first bay parking area.

POOL SPECS: Length: 25 yards
Width: 6 Lanes
Depth: 10 ft to 7 ft (midpoint) to 4 ft
Distance of water from deck level: 0 ft
Type of Pool; Entry: Deep end, spectator seating on deck

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

QUALIFICATION: The top 4 Solos, Duets, Mixed Duets and Teams determined by the combined Free routine and Figure scores in the most recent 13-15 Zone Championships shall qualify for the U.S. 13-15 Championship. Each Zone shall receive 1 additional entry for each Solo, Duet, Mixed Duet or Team routine it places in the Finals at the previous U.S. 13-15 Championship.

Additional Qualified Entries

Championship	Solo	Duet	Team
U.S. 13-15	East 1	East 2	East 3

COACHES

ELIGIBILITY: Any person coaching on deck must hold (at least) a Level 3 CCP and current safety certifications.

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

SOUND SYSTEM: Sonos above water and Lubbell underwater speakers



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TEAM BANNERS: Please hand in at check in.

SPECTATOR AREA: Seating located on the pool deck. Spectators are not allowed to walk on deck during routine competition swims.

ATHLETE AREA: Athletes may store their backpacks and other personal items in the child care area (please look for signage – teams will be assigned specific areas). We do not have access to the gymnasium. Backpacks may not be brought into the pool area due to limited bleacher space and may not be left in the locker rooms. There is no food or drinks allowed in the pool area. **THE CHILD CARE AREA IS A NUT FREE ZONE.**

LOCKER ROOMS: The Girl's and Boy's Locker Rooms are available for teams which are open to the public. Please be considerate. There are dry bathrooms for coaches, officials and spectators outside the pool area.

READY ROOM: Athletes will prepare for their competition swims in Child Watch 2 at least two routines before their draw. You may land drill your routines in the ready room or the child care area. Always walk, do not run in the building.

GEL STATION: The Gel Station is located in The Girl's Locker Room. Athletes MAY NOT de-knox in the locker rooms. Please pick up all bobby pins from your area before leaving.

DURING COMPETITION NOTE:

The athletes will enter through the deep end pool deck door and exit through the girl's/boy's locker room. There is no food or drinks allowed in the pool area.

CONCESSIONS: Concessions are available all day at our Fitness Refreshments café, in the main lobby.

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

OFFICIALS: Officials should wear white tops with black bottoms. Hospitality for Coaches and Officials will be located in the Conference Room. Coaches and officials will be provided with meals, snacks and beverages.

AIRPORTS: Boston Logon (BOS) 30 miles 35 minutes*
Manchester (MHT) 33 miles, 37 minutes*,
*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:

SpringHill Suites Boston Andover

550 Minuteman Rd.
Andover, MA 01810
(978) 688-8200

2 Double Beds plus sofa bed

\$119 per night + tax

Code: mention East Zone Championship group

Book by Friday, January 17th at 5pm

[Click here to book your accommodations for the East Zone Championship group](#)

Fairfield Inn by Marriott Tewksbury/Andover

1695 Andover St.
Tewksbury, MA 01876
(978) 640-0700

2 Queen Beds

\$109 per night + tax

[Book your group rate for EZ Synchro Championship Participants & Staff](#)

Holiday Inn Express Andover/North Lawrence

224 Winthrop Ave
Lawrence, MA 01843
(978) 687-7122

2 Queens or Kings w/ pull out

\$99 per night + tax

Book by Friday, January 17th at 5pm

ENTRIES:

Entries must be shared by **Friday, January 24, 2020 by 11:59pm**

No entries shall be accepted after the entry deadline

Share entries through Google drive to the following emails:

gil@sharonim.com

lpinette@mvyymca.org

fitzsimons.elizabeth@gmail.com

Melbers@aol.com

lmehrenreich@amherstl.ny.us

rice.katherine.l@gmail.com

Entries Fees and Meet Registration

Please note that all the forms are now combined in the Google doc (link below).
The first tab includes the instructions, followed by swimmer entries, judges & coaches, fee form and housing.

Meet entry form: <http://bit.ly/2Ug1abN>

Note: Before submitting the form, please make sure to enter the meet name



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

Mail Fee Form with check payable to “ANA Synchro”.
Please, mail check to:

Leah Pinette
165 Haverhill St.
Andover, MA 01810
(978) 802-0059

DIGITAL MUSIC SUBMISSION:

Deadline: Friday, January 24, 2020

Submit to: anasynchromusic@gmail.com

Please bring your music on a USB drive or portal music device – iPhone, iPad, iPod, smartphone or tablet – as back-up. No CD player will be available.

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

Example: **12 & Under AG Duet OSU Smith**

Age Group: 12 & Under

Competitive Category: AG or INT = Category (Age Group or Intermediate)

Routine Event: Duet

OSU = Three Letter Club Code

Smith = Last name of the first alphabetical member of the routine



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TENTATIVE SCHEDULE

BE PREPARED TO SWIM AHEAD OF TIME

A FINAL SCHEDULE will be produced based on entries received and emailed to clubs with registered athletes.

Saturday, February 8th	7:00 am	Doors Open, Registration
	7:30 am	Coaches and Officials Meeting on deck
	7:30 am	First ½ Figure Lap Swim
	7:45 am	First ½ Figure Warm-up
	8:05 am	Second ½ Figure Lap Swim
	8:20 am	Second ½ Figure Warm-up
	9:00 am	13-15 AG Figure Competition
	12:30 pm	Duet Prelims
	2:30 pm	Solo Prelims
	5:00 pm	Team Prelims
	6:30 pm	Public Draw
Sunday, February 9th	8:00 am	Doors Open, Registration
	8:30 am	Lap Swim for Duet & Solo Finalists
	8:45 am	Solo Warm-up (pre – 12)
	9:00 am	Duet Warm-up (pre – 12)
	9:15 am	Solo Finals
	10:00 am	Duet Finals
	11:00 am	Team Lap Swim Group 1
	11:15 am	Team Warm-up Group 1
	11:30 am	Team Lap Swim Group 2
	11:45 am	Team Warm-up Group 2
	12:15 pm	Team Finals
	1:15 pm	Combo Lap Swim
	1:30 pm	Combo Warm-up
	1:45 pm	Combo Finals
		Awards