



2020 East Zone Invitational

March 13-15, 2020



SPONSORED BY Cambridge Synchro, Attleboro YMCA Lyonfish Synchronettes, and Wheaton College

SANCTIONED BY United States Synchronized Swimming

RULES TO GOVERN United States Synchronized Swimming 2018 Official Rules
Current East Zone Synchronized Swimming Handbook

MEET MANAGERS

Annie Dicaire	Michal Fandel
Cambridge Synchro	Attleboro YMCA Lyonfish Synchronettes
adicaire@hotmail.com	mfandel@attleboroymca.org
(617)866-8305	(617) 640-7828

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

Holiday Inn Mansfield - Foxboro (508) 339-2200
31 Hampshire Street Rate: \$121 per night + tax
Mansfield, MA 02048 (breakfast incl.)
Block name: Synchronized swimming (book by 2/13/2020)

Hampton Inn & Suites Foxboro/Mansfield (508) 623-2555
2 Foxborough Blvd Rate: \$110 per night + tax
Foxborough, MA 02035 (breakfast incl.)
Block name: East Zone Swim Meet (book by 3/2/2020)

Comfort Inn Foxboro - Mansfield (508) 543-1000
4 Fisher Street Rate: \$104 per night + tax
Foxborough, MA 02035 (breakfast incl.)
Block name: East Zone Invitational (book by 3/1/2020)



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Residence Inn Foxboro (508) 698-2800
250 Foxborough Blvd Rate: \$139 per night + tax
Foxborough, MA 02035 (breakfast incl.)
Block name: East Zone Invitational (book by 3/1/2020)

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: Free - 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)

Registration Instructions and forms:

<https://docs.google.com/spreadsheets/d/1ZD5OAGzgivygatUWLDbW2HYKdw1HCdZT1J9Nr2BXV0s/edit#gid=1315623114>

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



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SHARE document with:

Gil Sharon (Gil@sharonim.com)
Liana Litsky (cambridgesynchro@gmail.com)
Paul Bain/Susan Weir (weirbain@gmail.com)
Annie Dicaire (adicaire@hotmail.com)
Michal Fandel (mfandel@attleboroyymca.org)
Patti Melber (Melbers@aol.com)
Laura Ehrenreich (lmehrenreich@gmail.com)

ENTRY FEES

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

ENTRY DEADLINE

Friday, February 28th 2020
No entries shall be accepted after the entry deadline
Checks should be mailed by the entry deadline

MAIL FEE FORM and

ENTRY FEE CHECKS TO

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

MAKE CHECKS PAYABLE TO CAMBRIDGE SYNCHRO and include a copy of the fee form.

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, February 28th, 2020

Submit to: Liana Litsky (cambridgesynchromusic@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.

Digital Music Submission Guidelines

1. Digital music files (M4A, MP3) are to be submitted for routines for this competition.



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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 Liana Litsky 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&O AG

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 USA Synchro if you do not know your code



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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.

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Please be prepared to swim ahead of schedule. Events will move up if and when possible.	
Friday, March 13th	
4:00 PM	Doors Open
	Coaches and Officials meeting on deck
	Intermediate Solo Competition (5 minutes break halfway through)
Saturday, March 14th	
7:00	Doors Open
	Coaches and Officials meeting on deck
	Intermediate Figure Competition
	Lunch Break
	Intermediate Duet Competition (5 minutes break halfway through)
	Intermediate Trio Competition
	Intermediate Team and Combo Competition
	<i>Awards on Deck</i>
Sunday, March 15th	
7:00	Doors Open
	Coaches and Officials meeting on deck



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	12 & Under Figure Competition - 2 panels - can do 4 if we have enough judges
	13-15 Figure Competition - 2 panels
	16 & Over Tech Team Competition
	Age Group Solo Competition
	Age Group Duet/Mixed Duet Competition
	Age Group Combo, then Team Competition
	Awards on Deck



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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.

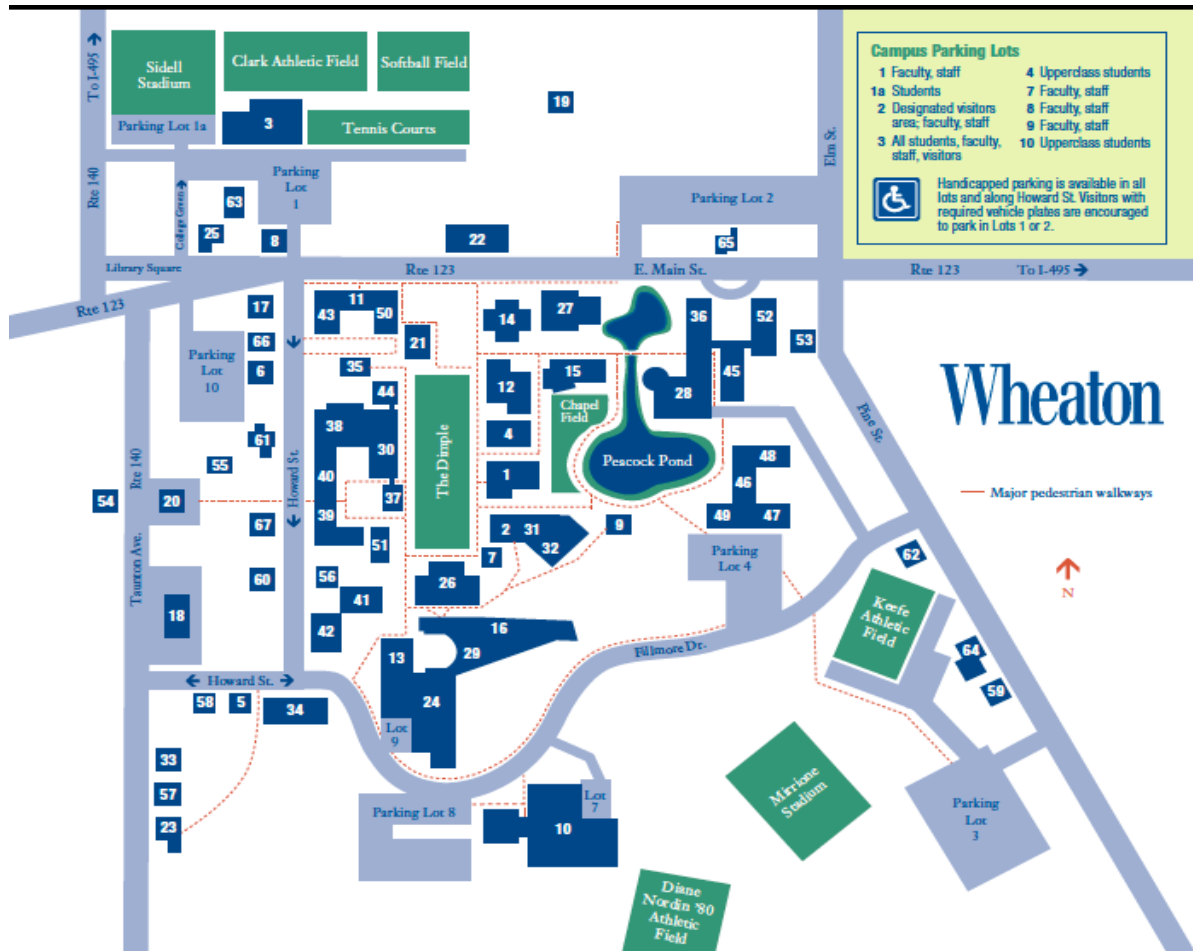
From Western Massachusetts: Take Interstate 90 (the Massachusetts Turnpike) to Exit 11A onto Interstate 495 south. Follow 495 south 28 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 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.



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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 Hindle 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>
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