



2015 East Zone Junior and Senior Championships

March 6-8, 2020 New Canaan CT



SPONSORED BY New Canaan YMCA Aquinas

SANCTIONED BY United States Synchronized Swimming

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

MEET MANAGER: Krista Karwosky Jackie Zerrusen
kkarwosky@newcanaanymca.org On site during the meet
(203)807-3313
564 South Avenue
New Canaan CT, 6540

FACILITY: **New Canaan YMCA**
564 South Avenue, New Canaan CT, 06840
(203) 966-4528

POOL SPECS Length: 25 yards Width: 6 lanes
Depth: 12 feet w/gradual slope shallow to 5 feet –
Warm up/down area 10ydx10yds beyond bulkhead in shallow end.
Diving boards in deep end
Entry: Deep end, spectator seating in balcony on Right

SOUND SYSTEM Bose above water and Lubbell underwater speaker

ELIGIBILITY

1. Must be a registered USSS athlete.
2. Junior Zone Championship shall be open to all registered competitors 15 to 18 years of age based on the year of birth without regards to qualification. *
3. Senior Zone Championship shall be open to all registered competitors 15 years of age or older based on the year of birth without regards to qualification.

*Junior Team may include 13, 14 or 19-year-old swimmers as long as 50% of swimmers are 15 – 18. If less than 50%, the team swims as honorary and can advance to finals, but cannot place in finals



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Free Combination

1. Free Combination event will be held in combined Junior/Senior division.
2. Competitors who are 13 and 14 years of age may participate in the Senior/Junior Free Combination event.
3. Competitors from the Senior and Junior Zone Championships may be combined for the Junior/ Senior Free Combination event.
4. Free Combination routines may enter without regard to qualifications.
5. A Free Combination may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.
6. Preliminary event maybe waived at the discretion of the Zone tech Chair or appointed representative and/or meet manager.

Preliminary Events:

Junior - Tech Solo, Tech Duet, Tech Team, Free Solo, Free Duet and Free Team

Senior - Tech Solo, Tech Duet, Tech Team, Free Solo, Free Duet and Free Team.

If less than 12 Senior routines are entered in any category Senior Preliminary competition in that category will be eliminated.

Senior/Junior - Free Combination Event, Mixed Duet

All Junior swimmers must enter Tech Routine in each event they compete except Combo. Senior swimmers may enter just Tech or just Free Routine or both.

Final Events

Junior – Free Solo, Free Duet and Free Team: 12 highest scoring entries (combined tech and Preliminary free routine scores) shall qualify for the Final routine competition (Free Routine will swim) #13 is pre-swimmer

Senior - Free Solo, Tech Solo, Free Duet, Tech Duet Free Team and Tech Team: 12 highest scoring entries (Preliminary routine scores) shall qualify for the Final routine competition #13 is pre-swimmer

Senior/Junior - Free Combination Event: 12 highest scoring entries (Preliminary routine scores) shall qualify for the Final routine competition #13 is pre-swimmer

PARKING

No parking at the YMCA. Information will be sent out before the meet with directions on where to park.

TEAM BANNERS

Please hand in at check in.

SPECTATOR AREA

Seating in the mezzanine of the Valles pool. Spectators are not allowed on deck at any time.

ATHLETE AREA

Teams will have reserved space in an assigned room for team coolers, storage of all athlete bags and land drilling. Gel Station will be available on deck in the shallow end. All teams please use the boys' locker room.

AIRPORTS

John F Kennedy (JFK) 48mi 1.5hr*, LaGuardia (LGA) 41mi 1hr*, White Plains (HPN) 17mi 30min*.

*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 HOTEL

Hilton Garden Inn

560 Main Avenue
Norwalk, CT 06851
(203) 523-4000
Block: East Zone Synchro
\$119+tax/double with full hot breakfast
Must book by February 24, 2020

AWARDS

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

ENTRIES:

Entries must be shared by **Friday, February 21, 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

kkarwosky@newcanaanymca.org

Melbers@aol.com

lmehrenreich@gmail.com

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

ENTRY FEES

Entry Fee: \$ 12 per person per event

Sponsor Fee: \$ 15 per person

OFFICIALS

Officials should wear white tops with black bottoms. Hospitality for Officials and Judges in designated area.

GRADUATING SENIORS

Please provide a listing of all graduating seniors and the college they will be attending.

SCHOLAR ATHLETE AWARDS **GPA Requirement: 3.7 or 92.5% or higher to qualify**

PROGRAM

Will be available for purchase at the meet.

CONCESSIONS

A variety of food will be available for purchase throughout the meet. Merchandise will also be available.

KIM MILLER SCHOLARSHIP RAFFLE AND FUNDRAISER

Please participate or donate online. <https://www.eastzonesynchro.com/kim-miller-scholarship.html>



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DIGITAL MUSIC Email digital music to Shawn Shen by **February 21, 2020**
shawnshe@gmail.com

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

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.

Friday, March 6th: Doors open at 3pm. Junior Free Solo, Senior Free Solo, Junior Free Duet, Senior Free Duet.

Saturday March 7th: Doors open at 7am. Mixed Duet Free, Junior Tech Solo , Senior Tech Solo, Junior Tech Duet , Senior Tech Duet, Mixed Duet Tech, Junior Free Team , Senior Free Team, JR/SR Combo, Zone Awards, East Zone Meetings (location TBD).

Sunday, March 8th: Doors open 7am. Finals, Awards, Team Trophy