



2022 East Zone Age Group and Intermediate Invitational

New Canaan, CT

March 25-27, 2022



SPONSORED BY	New Canaan YMCA Aquinas	
SANCTIONED BY	United States Artistic Swimming	
RULES TO GOVERN	United States Synchronized Swimming 2022 Official Rules Current East Zone Synchronized Swimming Handbook	
MEET MANAGER	Krista Karwosky kristakarwosky@gmail.com (203)807-3313 564 South Avenue New Canaan CT, 06540	Adrian Lanning on site
FACILITY	New Canaan YMCA 564 South Avenue, New Canaan CT, 06840 (203) 966-4528	
PARKING	Saxe Middle School to the left of the YMCA 468 South Ave New Canaan, CT 06840	
NEARBY HOTELS	DoubleTree by Hilton 789 Connecticut Ave Norwalk, CT 06854 (203)853-3477	Hilton Garden Inn 560 Main Ave Norwalk, CT 06851 (203)523-4000
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	



2022 East Zone Age Group and Intermediate Invitational

New Canaan, CT

March 25-27, 2022



ELIGIBILITY

i. Qualification

1. Open to all Intermediates, 12 & Under Age Group, 13-15 Age Group, 16 & Over Age Group with exceptions of over qualifications listed below.
2. Must be a registered USA AS member

ii. Over qualification

1. Any swimmer who participated in the East Zone 13-15 AG Championships and/or the East Zone Junior/Senior Championships is overqualified for the Invitational in that event only.

iii. Eligibility

1. An athlete may only enter 3 total events. Free combination routines do not count toward the 3 events.
2. An athlete may not compete in duplicate events. Example: An athlete can enter 12/UN Team Age group and 11/12 Intermediate solo. She cannot enter 12/UN Team Age group and 11/12 Intermediate team.

EVENTS

Intermediate figures, solo, duet, trio, team, combo
12&under AG figures, solo, duet, team
13-15 AG figures, solo, duet, team, combo
16&over AG solo, duet, team, combo

TEAM BANNERS

We are not hanging for this meet, please display in your team area.

SPECTATOR AREA

Only parent/guardian spectators are permitted to attend the meet.

ATHLETE AREA

Teams will have a reserved space in the gym Friday and Saturday; Sunday will be in the Wagner Room. Participants will use the girls locker room for changing. **No bags kept in locker room.**

KNOX

There will be a small knox area located in the shallow end of the pool. All knocking must be done there. Athletes are encouraged to arrive knocked. **NO DEKNOXING IN THE FACILITY - \$100 fine.**

AWARDS

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



2022 East Zone Age Group and Intermediate Invitational

New Canaan, CT

March 25-27, 2022



ENTRIES: Entries must be shared by **Wednesday, March 9th at 11:59pm**

Email and Google Drive to the following emails:

Krista Karwosky kristakarwosky@gmail.com

Mei Li Olivia_viola_li_mom@yahoo.com

Gil Sharon gil@sharonim.com

Leah Mucci lpinette@mvyymca.org

Laura Ehrenreich lmehrenreich@gmail.com

Kayla Parvana kayla.parvana@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: <https://bit.ly/3401xB9>

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
Check payable to New Canaan Aquinas
Mail Att: Krista Karwosky, 564 South Avenue, New Canaan CT, 06540

OFFICIALS Officials should wear white tops with black bottoms. Hospitality area for coaches and officials off of the viewing area. Food and beverages will be available.

CONCESSIONS A variety of food will be available for purchase at the kiosk inside the YMCA .

DIGITAL MUSIC Email or share via Google Drive by **Wednesday, March 9th at 11:59pm**
Shawn Shen shawnshen@gmail.com
Alex Poteet ampoteet@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



2022 East Zone Age Group and Intermediate Invitational

New Canaan, CT
March 25-27, 2022



TENTATIVE SCHEDULE

Friday, March 25th	
3pm	Doors Open
315pm	Coaches Meeting
330-340pm	Intermediate Solo lap swim
340-355pm	Intermediate Solo warmup
4-5pm	Intermediate Solo competition (17)
5-510pm	Intermediate Duet and Trio lap swim
510-525pm	Intermediate Duet warmup
530-7pm	Intermediate Duet competition (25)
7-715pm	Intermediate Trio warmup
720-810pm	Intermediate Trio competition (16)

Saturday, March 26th	
7am	Doors Open
730-740am	Intermediate Figure lap swim#1
740-755am	Intermediate Figure warmup#1
755-805am	Intermediate Figure lap swim #2
805-820am	Intermediate Figure warmup #2
830-1030am	Intermediate Figure competition (133)
1030-1040am	12&under AG Figure lap swim
1040-1055am	12&under AG Figure warmup
11-1145am	12&under AG Figure competition (33)
1145am-12pm	BREAK
12-1210pm	Intermediate Team and Combo lap swim
1210-1225pm	Intermediate Team warmup #1
1225-1240pm	Intermediate Team warmup #2
1240-1255pm	Intermediate Team warmup #3
1-2pm	Intermediate Team competition (16)
2-215pm	Intermediate Combo warmup
220-230pm	Intermediate Combo competition (2)
245-315pm	Intermediate Awards in the gym*
230-240pm	12&under AG Duet and Solo lap swim
240-255pm	12&under AG Duet warmup
3-345pm	12&under AG Duet competition (10)
345-4pm	12&under AG Solo Warmup
405-430pm	12&under AG Solo competition (5)
430-445pm	BREAK
445-455pm	12&under AG team lap swim
455-510pm	12&under AG team warmup
515-530pm	12&under Team competition (3)
545-615pm	12&under Awards in the gym*
530-540pm	13-15 AG Figure lap swim
540-555pm	13-15 AG Figure warmup
6-630pm	13-15 AG Figure competition (21)

Sunday, March 27th	
730am	Doors Open
745am	Coaches Meeting
8-810am	13-15 & 16&O Duet and Solo lap swim
810-825am	13-15 & 16&O Duet warmup
825-840am	13-15 & 16&O Solo warmup
845-9am	13-15 & 16&O Solo competition (2, 1)
9-950am	13-15 & 16&O Duet competition (6, 4)
950-10am	13-15 & 16&O Team and Combo lap swim
10-1015am	13-15 Team warmup
1020-1030am	13-15 Team competition (2)
1030-1045am	13-15 & 16&O Combo warmup
1050-1105am	13-15 & 16&O Combo compet. (1, 2)
1115-1145am	13-15 and 16&over Awards

*Taking place while other events are running