



2022 East Zone Age Group and Intermediate Invitational
Buffalo, NY
March 19, 2022

Sponsored by	Swimkins Synchronized swimming
Sanctioned by	United States Artistic Swimming
Rules to Govern	United States Artistic Swimming Official rules East Zone Handbook (current)
Meet Manager	Laura Ehrenreich lmehrenreich@gmail.com 716-445-1767 36 Catherine Amherst, NY 14221
Facility	Buffalo State College 1300 Elmwood Ave Buffalo, NY 13222
Pool specs	25 yards 6 lanes Depth 12 feet, slope to 4 feet Diving board and starting blocks at deep end Entry at deep end
Eligibility	Must be registered USAS athlete Please use East Zone Handbook for overqualification rules.
Events	Intermediate figures, solo, duet, trio, team and combo 12&Under figures, solo, duet, team, combo 13-15 figures, solo, duet, team, combo 16&O solo,duet, team Novice, solo, duet, team AWD Figures, solo, duet, team



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Spectators Bleacher area, one parent/guardian in the pool area. Windows available.

Athletes Locker room available, bags to be kept on pool deck

Knox Due to the schedule please come knoxed, touch up area will be available- may
Only know there.

Entries March 9th
Please make a copy of the google doc

[+ Invitational Synchro_meet_entry_form](#)

Please share with Laura Ehrenreich lmehrenreich@gmail.com

Please submit payment to 36 Catherine, Amherst, NY 14221 or

Venmo @Swimkins-Synchro

Concessions We will not be offering concessions- please bring lunch and snacks with you.

Judges White top and black bottoms

Digital Music Email or share via google drive by March 9th

Swimkinssynchro@gmail.com

Digital music files (acc, mp3) are to be submitted for this competition

Use the following naming conventions

Example 12 & U AG Duet OSU Smith

Age Group 12 & U

Competitive Group

Routine event

Three letter Club code

Last name of the first alphabetical member of the routine



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Schedule 2022 East Zone Invitational

Saturday 19th

Buffalo State College, Buffalo NY

8:00 am Doors Open

8:15 Coach's meeting

8:15-8:30 Lap swim solos

8:30-8:45 Solo warm up

8:50-10:00 Solo competition

10:10-10:20 Lap swim Trio

10:20-10:30 Trio warm up

10:30-10:45 Trio Competition

10:50-11:00 Lap swim duet

11:00-11:15 Duet warm up

11:15-12:15 Duet Competition

12:15-12:45 Break

12:45-1:00 Lap swim intermediate figures

1:00-1:30 Figure warm up intermediate (2-15 minute groups- divide team)

1:30-2:30 Figures



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2:30-2:45	Lap swim Age group figures
2:45-3:00	Figure warm up
3:00-4:00	Figures
4:00-4:30	Team Warm up (2 groups)
4:30-5:30	Team Comp

Competition youngest to oldest – novice/intermediate/age group

Will move up when possible