

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

Imehrenreich@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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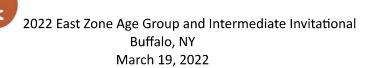
Schedule2022 East Zone Invitational

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



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