



2023 East Zone Invitational A March 18-19, 2023

SPONSORED BY	Hamden Heronettes
SANCTIONED BY	United States Artistic Swimming
RULES TO GOVERN	United States Artistic Swimming 2023 Official Rules Current East Zone Artistic Swimming Handbook

Important notes heading into our first zone competitions of the season, with the new rules.

- * **Expect delays.** We will try our best to run a smooth, timely competition, but with the new rules, we have potential for delays due to needed technical review and scores processing.
- * It is very possible that routine scores will not be available after each routine swim. Technical controllers and judges will hold a post event competition meeting for review of coach card declarations and major potential deductions flagged by the Technical Controllers.
- * Please be prepared for delays in the schedule as we all adjust to running meets under the new World Aquatics rules.

MEET MANAGERS	Anna Montgomery annamontgomery.hhc@gmail.com (203) 535-4120	Patty Simell hamdenheronettes@gmail.com (203) 671-4623
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FACILITY Hamden High School
2040 Dixwell Ave.
Hamden, CT 06514

POOL SPECS Length: 25 yards
Width: 6 lanes
Depth: 12 feet with gradual slope to 4 feet
Entry: Deep end looking toward shallow end - spectator seating on left

ELIGIBILITY Open to all Intermediates, 12 & Under Age Group, Youth, 16 & Over Age Group athletes with exceptions of over qualifications listed below. All athletes must hold 2022-2023 USAAS membership.
Over qualifications: Any swimmer who participated in the East Zone Combined Youth, Junior and Senior Championships is overqualified for the East Zone Invitational in that event only.

AWARDS Medals will be given for places 1-3, Ribbons 4-12 in each event
Athletes names will be presented immediately after their routine swim, but tentative routine scores will not be announced.



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EVENTS

Intermediate 10 & Under, 11-12, 13-15, 16 & Over: Solo, Male Solo, Duet, Mixed Duet, Trio, Team, Figures

Intermediate 13 & Over: Combo

12 & Under Age Group: Solo, Male Solo, Duet, Mixed Duet, Team, Figure

Youth Age Group: Solo, Male Solo, Duet, Mixed Duet, Team, Combo, Figures

16 & Over Age Group: Free Solo, Free Male Solo, Free Duet, Free Mixed Duet, Free Team

AWD Tier 1, 2, 3, 4, 5 & 6: Solo, Duet, Mixed Duet, Trio, Team, Figures

FIGURES

Figure competitions as per USAAS Rules. Figures will be drawn using the following links at 8:00AM on Wednesday, March 15th, 2023.

Intermediate Figures: https://figure-draw.web.app/draw_figure_group.html?dt=2023-03-15T12%3A00%3A00Z&fd=int

12 & Under Age Group Figures: https://figure-draw.web.app/draw_figure_group.html?dt=2023-03-15T12%3A00%3A00Z&fd=ag12u

Youth Figures: https://figure-draw.web.app/draw_figure_group.html?dt=2023-03-15T12%3A00%3A00Z&fd=youth

ENTRY FORMS

Please **COMPLETE ALL** Tabs (Meet Information, Swimmer Entries, Judges and Coaches). Entry forms due on **Saturday, March 4th 2023**

Registration Form and instructions:

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

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

SHARE Registration Form and Coach Cards with:

Gil Sharon Gil@sharonim.com

Anna Montgomery annamontgomery.hhc@gmail.com

Patty Simell hamdenheronettes@gmail.com

Cheryl Nadzam hhcscoring@gmail.com

Eugenia Gillan eugenia.gillan@gmail.com

Krista Karwosky kristakarwosky@gmail.com

Kayla Parvana kayla.parvana@gmail.com

COACH CARDS

Label the same as the music entries (see below)

Coach Cards sent to same list as the Registration Form (see above)

Entry deadline **Saturday, March 4th 2023**



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ENTRY FEES Entry Fee: \$12 per athlete per event
 Sponsor Fee: \$15 per athlete

ENTRY DEADLINE **Saturday, March 4th 2023**
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 **Patty Simell**
 75 Washington Ave. Unit 4-307
 Hamden, CT 06518

MAKE CHECKS PAYABLE TO HAMDEN HERONETTES
and include a copy of the fee form.

DIGITAL MUSIC **Deadline: Saturday, March 4th, 2023**
Submit to: Anna Montgomery annamontgomery.hhc@gmail.com

Digital Music Submission Guidelines

1. Digital music files (M4A, MP3) are to be submitted for routines for this competition.
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 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 or Apple lightning jack is acceptable as a backup.

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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VOLUNTEERS

We will be looking for figure callers and score recorders on Saturday for all figure competitions. Please send a note with your entry if you have any available volunteers. Estimated event times: Intermediate figures 1-3pm, 12 & Under Age Group figures 7:10-8:10pm, Youth figures 8:30-9:00pm

LOCKER ROOMS

Please use locker rooms for changing & showering only
Keep swim bags at your team table
Gelling only in the designated area in hallway outside pool locker rooms
De-gelling is not allowed in the facility (subject to \$100 fine)

CONCESSIONS

Food and beverages will be available for purchase throughout the meet. Hospitality area with breakfast, lunch, snacks and beverages will be provided for coaches and officials.

AREA HOTELS

Please note that these are not host hotels, and they are not the only hotels in the area.

Best Western Plus North Haven

201 Washington Ave, North Haven, CT 06473
(203) 239-6770

Homewood Suites by Hilton Wallingford-Meriden

90 Miles Dr, Wallingford, CT 06492
(203) 284-2600

Hilton Garden Inn Milford

291 Old Gate Ln, Milford, CT 06460
(203) 783-9988

Residence Inn New Haven Hamden (brand new- reported to be opened 3/1/23)

2308 Whitney Ave, Hamden, CT 06518
(203) 691-5127



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TENTATIVE SCHEDULE

Saturday, March 18, 2023

8:00 AM - 8:15 AM	Doors Open
8:15 AM - 8:25 AM	Intermediate Solo & Male Solo lap swim
8:25 AM - 8:40 AM	Intermediate Solo & Male Solo warm up
8:40 AM - 9:40 AM	Intermediate Solo & Male Solo competition (18)
9:40 AM - 9:50 AM	Intermediate Duet & Mixed Duet lap swim
9:50 AM - 10:05 AM	Intermediate Duet & Mixed Duet warm up
10:05 AM - 11:10 AM	Intermediate Duet & Mixed Duet competition (17)
11:10 AM - 11:20 AM	Intermediate Trio lap swim
11:20 AM - 11:35 AM	Intermediate Trio warm up
11:35 AM - 12:10 PM	Intermediate Trio competition (7)
12:10 PM - 12:20 PM	Intermediate Figure lap swim - first half
12:20 PM - 12:40 PM	Intermediate Figure warm up - first half
12:40 PM - 1:00 PM	Intermediate Figure warm up - second half
1:00 PM - 1:10 PM	Intermediate Figure lap swim - second half
1:10 PM - 2:55 PM	Intermediate Figure competition (86)
2:55 PM - 3:10 PM	Break (15 minutes)
3:10 PM - 3:20 PM	Intermediate Team lap swim #1
3:20 PM - 3:35 PM	Intermediate Team warm up #1
3:35 PM - 3:45 PM	Intermediate Team lap swim #2
3:45 PM - 4:00 PM	Intermediate Team warm up #2
4:00 PM - 4:10 PM	Intermediate Team lap swim #3
4:10 PM - 4:25 PM	Intermediate Team warm up #3
4:25 PM - 5:30 PM	Intermediate Team competition (15)
5:30 PM - 5:40 PM	Intermediate Combo lap swim
5:40 PM - 5:55 PM	Intermediate Combo warm up
5:55 PM - 6:10 PM	Intermediate Combo competition (1)
6:10 PM - 6:50 PM	Intermediate awards presentation
6:50 PM - 7:00 PM	12 & Under Age Group Figure lap swim
7:00 PM - 7:20 PM	12 & Under Age Group Figure warm up
7:20 PM - 8:05 PM	12 & Under Age Group Figure competition (35)
8:05 PM - 8:15 PM	Youth Figure lap swim
8:15 PM - 8:35 PM	Youth Figure warm up
8:35 PM - 8:55 PM	Youth Figure competition (15)



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TENTATIVE	SCHEDULE	CONTINUED
Sunday, March 19, 2023		
8:00 AM	- 8:15 AM	Doors Open
8:15 AM	- 8:25 AM	12 & Under, Youth and 16 & Over Age Group Solo, Male Solo, Duet and Mixed Duet lap swim
8:25 AM	- 8:40 AM	12 & Under, Youth and 16 & Over Age Group Solo and Male Solo warm up
8:40 AM	- 9:15 AM	12 & Under Age Group Solo and Male Solo competition
9:15 AM	- 10:00 AM	Youth and 16 & Over Age Group Solo and Male Solo competition
10:00 AM	- 10:15 AM	12 & Under, Youth and 16 & Over Age Group Duet and Mixed Duet warm up
10:15 AM	- 10:50 AM	12 & Under Age Group Duet and Mixed Duet competition
10:50 AM	- 11:40 AM	Youth and 16 & Over Age Group Duet and Mixed Duet competition
11:40 AM	- 11:50 AM	12 & Under, Youth and 16 & Over Age Group Team lap swim
11:50 AM	- 12:10 PM	12 & Under, Youth and 16 & Over Age Group Team warm up
12:10 PM	- 12:30 PM	12 & Under Age Group Team competition
12:30 PM	- 12:55 PM	Youth and 16 & Over Age Group Team competition
12:55 PM	- 1:25 PM	12 & Under, Youth and 16 & Over Age Group awards presentation