



# 2023 East Zone Youth, Jr, Sr Final Meet Announcement

## *March 3-5, 2023*

<b>SPONSORED BY</b>	New Canaan YMCA Aquianas	
<b>SANCTIONED BY</b>	United States Artistic Swimming	
<b>RULES TO GOVERN</b>	United States Artistic Swimming 2023 Official Rules Current East Zone Synchro Handbook	
<b>MEET MANAGERS</b>	Adrian Lanning <a href="mailto:newcanaanaquianas@gmail.com">newcanaanaquianas@gmail.com</a>	Mei Li <a href="mailto:newcanaanaquianas@gmail.com">newcanaanaquianas@gmail.com</a>
<b>FACILITY</b>	New Canaan YMCA 564 South Ave New Canaan, CT 06840	
<b>PARKING</b>	Friday – employee lot located on the right side of the facility Saturday and Sunday – drop-off in front, then park next door at: Saxe Middle School 468 South Ave New Canaan, CT 06840	
<b>POOL</b>	Competition Pool	6 lanes, 25yds 13ft deep end, 9ft mid-way, 4.7ft shallow end pool on right side for entry
	Warmup Pool	laps only 15yds 4.3ft
<b>SPECTATOR AREA</b>	Observation deck with bleachers	
<b>ATHLETE AREAS</b>	Assigned tables in gym. <b>No bags in locker rooms or on deck.</b> Locker rooms for changing and bathrooms assigned at meet.	
<b>CONCESSIONS</b>	Food available for purchase in the 1 <sup>st</sup> floor café. Coach/Official hospitality off pool deck.	
<b>GEL STATION</b>	Tarped area located by warmup pool. <b>Please keep gelling to this area only.</b>	
<b>EVENTS</b>	<u>Youth</u> - Figures, Free Combination, Team, Duet, Mixed Duet, Solo, Male Solo <u>Junior</u> – Free Team, Tech Team, Free Duet, Tech Duet, Free Mixed Duet, Tech Mixed Duet, Free Solo, Tech Solo, Free Male Solo, Tech Male Solo <u>Senior</u> - Free Team, Tech Team, Free Duet, Tech Duet, Free Mixed Duet, Tech Mixed Duet, Free Solo, Tech Solo, Free Male Solo, Tech Male Solo <u>Junior/Senior Combined</u> – Free Combination OR Acrobatic (same swimmers from a team cannot enter both)	
<b>FIGURES</b>	Figures as per USAAS Rules Drawn figures will be announced 18-72 hours prior to the competition	



**ELIGIBILITY** Youth Age Group, Jr Age Group and Sr Age Group registered with USA AS and clubs in the East Zone

**MEET ENTRY** Please use the attached form to complete your meet entry by **Friday, February 17, 2023**  
**Share form via Google Drive with:**

[newcanaanaquianas@gmail.com](mailto:newcanaanaquianas@gmail.com)  
[kkarwasky@gmail.com](mailto:kkarwasky@gmail.com)  
[gil@sharonim.com](mailto:gil@sharonim.com)  
[eugenia.gillan@gmail.com](mailto:eugenia.gillan@gmail.com)  
[eastzonevpawards@gmail.com](mailto:eastzonevpawards@gmail.com)

**ENTRY FEES** Entry fee: \$12/person/event  
Sponsor fee: \$15/person  
Mail checks made out to "NCA" to:  
Tom Huang  
104 Heritage Hill Rd.  
Unit C  
New Canaan, CT 06840

**COACH CARDS** Label the same as music (see below) and turn in by **Friday, February 17, 2023**  
**Share form via Google Drive with:**

[newcanaanaquianas@gmail.com](mailto:newcanaanaquianas@gmail.com)  
[kkarwasky@gmail.com](mailto:kkarwasky@gmail.com)  
[gil@sharonim.com](mailto:gil@sharonim.com)

**DIGITAL MUSIC** Send to Alex Poteet [newcanaanaquianas@gmail.com](mailto:newcanaanaquianas@gmail.com) by **Friday, February 17<sup>th</sup>**.

#### **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 strongly 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

**VOLUNTEERS** We will be looking for panel writers and callers for the figure event Saturday morning. Please send a note with your entry if you have any parents who are available to help.



**RESULTS/AWARDS** Important notes heading into our first zone championship 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 is swam. 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.

Medals will be given for places 1-3, ribbons for places 4-12. Youth awards will say "13- 15."

**KIM MILLER SCHOLARSHIP** 50/50 raffle tickets will be sold. Winner announced at Sunday awards.

**EAST ZONE AWARDS** Send the below forms to [eastzonevpawards@gmail.com](mailto:eastzonevpawards@gmail.com) by **Sunday, February 12, 2023.**  
[2023 - note to EZ Kim Miller Award.doc - Google Docs](#)

[Kim Miller Scholarship 2023 - East Zone Synchro](#)

[East Zone Coach of the Year Award nomination form](#)

[East Zone Contributor of the Year Award nomination form](#)

[East Zone Graduating Senior submission form](#)



**PRE-MEET SURVEY SCHEDULE** (solo and duet warmup and competition times include male & mixed entries)

**Friday, March 3, 2023**

10:00 AM	-	10:30 AM	Doors Open and Registration
10:30 AM	-	11:00 AM	Judges and Coaches Meeting
11:00 AM	-	11:30 AM	Lap Swim
11:30 AM	-	11:45 AM	Youth Solo warm up
11:45 AM	-	12:50 PM	Youth Solo competition (16)
12:50 PM	-	1:05 PM	Junior and Senior Tech Solo warm up
1:05 PM	-	2:00 PM	Junior and Senior Tech Solo competition
2:00 PM	-	2:15 PM	Youth Duet warm up - first half (routines #1-11)
2:15 PM	-	2:30 PM	Youth Duet warm up - second half (routines #12-22)
2:30 PM	-	4:10 PM	Youth Duet competition (22)
4:10 PM	-	4:25 PM	Junior and Senior Tech Duet warm up
4:25 PM	-	5:15 PM	Junior and Senior Tech Duet competition (11)

**Saturday, March 4, 2023**

8:00 AM	-	8:30 AM	Doors Open and Registration
8:30 AM	-	8:50 AM	Lap Swim
8:50 AM	-	9:10 AM	Youth Figure warm up - first half
9:10 AM	-	9:30 AM	Youth Figure warm up - second half
9:30 AM	-	10:30 AM	Youth Figure competition (75)
10:30 AM	-	10:45 AM	Lap Swim
10:45 AM	-	11:00 AM	Junior and Senior Tech Team warm up - first half (routines #1-3)
11:00 AM	-	11:15 AM	Junior and Senior Tech Team warm up - second half (routines #4-6)
11:15 AM	-	11:50 AM	Junior and Senior Tech Team competition (6)
11:50 AM	-	12:20 PM	Lunch Break
12:20 PM	-	12:35 PM	Lap Swim
12:35 PM	-	12:50 PM	Youth Team warm up - first half (routines #1-4)
12:50 PM	-	1:05 PM	Youth Team warm up - second half (routines #5-9)
1:05 PM	-	1:55 PM	Youth Team competition (9)
1:55 PM	-	2:10 PM	Junior and Senior Free Solo warm up
2:10 PM	-	3:50 PM	Junior and Senior Free Solo competition (23)
3:50 PM	-	4:05 PM	Junior and Senior Free Duet warm up - first half (routines #1-9)
4:05 PM	-	4:20 PM	Junior and Senior Free Duet warm up - second half (routines #10-19)
4:20 PM	-	5:55 PM	Junior and Senior Free Duet competition (19)
5:55 PM	-	7:25 PM	EAST ZONE MEETINGS



**Sunday, March 5, 2023**

8:00 AM	-	8:30 AM	Doors Open and Registration
8:30 AM	-	8:50 AM	Lap Swim
8:50 AM	-	9:10 AM	Junior and Senior Free Team warm up - first half (routines #1-3)
9:10 AM	-	9:30 AM	Junior and Senior Free Team warm up - second half (routines #4--7)
9:30 AM	-	10:15 AM	Junior and Senior Free Team competition (7)
10:15 AM	-	10:30 AM	Lap Swim
10:30 AM	-	10:50 AM	Youth Combo warm up
10:50 AM	-	11:10 AM	Junior/Senior Combo warm up
11:10 AM	-	11:45 AM	Youth and Junior/Senior Combo competition (2, 3)
11:45 AM	-	12:05 PM	Junior/Senior Acro warm up
12:05 PM	-	12:30 PM	Junior/Senior Acro competition (3)
1:00 PM	-	2:00 PM	Awards Presentation

