



# 2024 East Zone Youth, Jr, Sr Final Meet Announcement

## March 1-3, 2024

<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 2024 Official Rules Current East Zone Synchro Handbook	
<b>MEET MANAGERS</b>	Adrian Lanning <a href="mailto:newcanaanaquianas@gmail.com">newcanaanaquianas@gmail.com</a>	Jen Muzyk <a href="mailto:jmuzyk@newcanaanymca.org">jmuzyk@newcanaanymca.org</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 this [form](#) to complete your meet entry by **Friday, February 16, 2024** Share form via Google Drive with:  
Adrian Lanning, meet manager - [newcanaanaquianas@gmail.com](mailto:newcanaanaquianas@gmail.com)  
Gil Sharon, scoring chair - [gil@sharonim.com](mailto:gil@sharonim.com)  
Eugena Gillan, officials chair - [eugenia.gillan@gmail.com](mailto:eugenia.gillan@gmail.com)  
Anna Montgomery, vp awards - [eastzonevpawards@gmail.com](mailto:eastzonevpawards@gmail.com)  
Krista Karwosky, tech chair - [kkarwasky@gmail.com](mailto:kkarwasky@gmail.com)  
Kayla Parvana, education chair - [kayla.parvana@gmail.com](mailto:kayla.parvana@gmail.com)
- ENTRY FEE** 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 16, 2024**  
**Share form via Google Drive with:**  
Haresha Samaranayake, meet score person - [newcanaanaquianas@gmail.com](mailto:newcanaanaquianas@gmail.com)  
Gil Sharon, scoring chair - [gil@sharonim.com](mailto:gil@sharonim.com)
- DIGITAL MUSIC** Send to Alex Poteet [newcanaanaquianas@gmail.com](mailto:newcanaanaquianas@gmail.com) by **Friday, February 16, 2024**.

#### 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

- JUDGES** \*Each club/team/unaffiliated athlete entered in the meet must provide at least one Zone level or higher judge for every 10 athletes entered in competition, (1-10:1 judge, 11-20:2 judges, 21-30:3 judges) that **will be available to judge/officiate during 80% of the events at the meet.**  
\*Practice Judging will be accepted as available to judge while completing Zone rating for a 2 year period.  
\*Level 2 Certified Technical controllers (difficulty and synchronization, certification will be available from the USAS this season) will be counted in the above ration, assuming they are available to officiate during 80% of the events at the meet.  
\*If the club/team/unaffiliated athlete cannot provide a judge(s) a fee of \$20.00 per athlete registered will be assessed with a maximum of \$250.00 for the meet. Fee will be applied for judges not provided for every 10 athletes, i.e. if one judge supplied and 12 athletes registered, the fee would be \$40.00. Fee is due with meet entry and payable to East Zone in a separate check. Practice judging will be accepted as available to judge while completing the Zone rating, for a 2 year period, must be submitted with meet entry.

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

**RESULTS/AWARDS** \* 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.

Medals will be given for places 1-3, ribbons for places 4-12.

**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 16, 2024.**

[2024 - note to EZ Kim Miller Award.doc - Google Docs](#)

[Kim Miller Scholarship 2024](#)

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

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

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

[East Zone Graduating Senior submission form](#)

[East Zone Scholar Athlete form](#)

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

Friday		
start time	end time	event
2pm		doors open
215pm	245pm	COACHES AND OFFICIALS MEETINGS
230pm	245pm	jr tech solo, sr tech solo and youth solo lap swim
245pm	3pm	jr and sr tech solo warmup
3pm	4pm	jr and sr tech solo competition (12,3)
4pm	415pm	youth solo warmup
415pm	515pm	youth solo competition (12)
515pm	530pm	jr tech duet and sr tech duet lap swim
530pm	545pm	jr tech duet and sr tech duet warmup
545pm	645pm	jr tech duet and sr tech duet competition (9,3)
645pm	7pm	dtc/stc q&a
Saturday		
730am		doors open
745am	815am	OFFICIALS MEETING
8am	820am	youth figure lap swim
820am	840am	1/2 of team figure warmup
840am	9am	1/2 of team figure warmup
9am	1045am	youth figure competition (87)
1045am	11am	jr free solo and sr free solo lap swim
11am	1115am	jr free solo and sr free solo warmup
1115am-	1245pm	jr free solo and sr free solo competition (14, 8)
1245pm	1pm	youth duet lap swim
1pm	115pm	youth duet warmup
115pm	245pm	youth duet competition (16)
245pm	3pm	jr free duet and sr free duet lap swim
3pm	315pm	jr free duet and sr free duet warmup
315pm	445pm	jr free duet and sr free duet competition (15, 3)
445pm	5pm	combo lap swim
5pm	520pm	combo warmup
520pm	6pm	combo competition (4)
6pm	620pm	acro lap swim
620pm	640pm	acro warmup
640pm	715pm	acro competition (4)
730pm	930pm	ZONE MEETINGS



Sunday		
730am		doors open
745am	815am	OFFICIALS MEETING
8am	820am	jr tech team and sr tech team lap swim
820am	840am	jr tech team 1-7 warmup
840am	9am	jr tech team 8-10 and sr tech team warmup
9am	11am	jr tech team and sr tech team competition (10, 4)
11am	1115am	youth team lap swim
1115am	1135am	youth team 1-5 warmup
1135am	1155am	youth team 6-10 warmup
12pm	1pm	youth team competition (10)
1pm	115pm	jr free team and sr free team lap swim
115pm	135pm	jr free team 1-7 warmup
135pm	155pm	jr free team 8-10 and sr free team 1-3 warmup
2pm	330pm	jr free team and sr free team competition (10, 3)
330pm	350pm	dtc/stc q&a
4pm	445pm	East Zone Awards and Competition Awards