



2025 East Zone Combined Youth & Jr./Sr. Age Group Championships

March 7th-9th, 2025

Tonawanda, NY

HOST

Town of Tonawanda Aquettes Artistic Swimming Team

FACILITY

Town of Tonawanda Aquatic & Fitness Center

1 Pool Plaza Buffalo, NY 14223

POOL SPECS

Competition Pool: 8 Lanes All Deep No Deck Obstruction No Diving Blocks Walkout from the Middle	Warm Up Pool: Laps Only 4-8 Lanes Mostly Shallow Will Have Lane Lines
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MEET MANAGERS

Alexis Sandekian - alexisrsandekian@gmail.com

Mindy Takacs - mindytakacs@gmail.com

Kahle Bostaph - ttabostaph@gmail.com

SCORING

Megan Ross - aquettesscoring@gmail.com

SANCTIONED BY

United States Artistic Swimming

RULES TO GOVERN

USA Artistic Swimming 2025 Official Rules & East Zone Handbook

HOST HOTELS: Artistic Swimmers East Zone Championships - Group Rates until February 6th

[Residence Inn Buffalo Downtown](#)

620 Delaware Ave, Buffalo NY 14202
Complimentary onsite parking, wifi and hot breakfast
\$139 group rate plus tax

[Sleep Inn Amherst](#)

75 Inn Keepers Lane, Amherst NY 14228
Complimentary onsite parking, wifi and hot breakfast
\$99 group rate plus tax

[Homewood Suites Buffalo Airport](#)

760 Dick Road, Cheektowaga NY 14225
Complimentary onsite parking, wifi and hot breakfast
\$139 group rate plus tax

[Hilton Garden Inn Buffalo Airport](#)

4201 Genesee St, Cheektowaga NY 14225
Complimentary onsite parking and wifi
Onsite restaurant open for breakfast (Hotel is offering \$10 per coupon/per person for breakfast)
\$119 group rate plus tax

Please use the links to get the group rates

EVENTS

All Solo events include Girl/Woman, Boy/Man and Gender Inclusive Solos.
All Duet events include Girls/Women, Boys/Men, Gender Inclusive and Mixed Duets.

Youth - Figures, Free Combination, Team, Duet, Solo

Junior - Free Team, Tech Team, Free Duet, Tech Duet, Free Solo, Tech Solo

Senior - Free Team, Tech Team, Free Duet, Tech Duet, Free Solo, Tech Solo

Junior/Senior Combined - Free Combination OR Acrobatic (*same swimmers from a team cannot enter both*)

FIGURES

Figure competitions as per USAAS Rules

There will be a \$20 entry fee for spectators for the figure event (*this does not include coaches*).

All proceeds go to the Kim Miller Scholarship fund.

Random Draw: Tuesday March 4th at 1pm

https://figure-draw.web.app/draw_figure_group.html?dt=2025-03-04T18:00:00Z&fd=youth

ELIGIBILITY

Youth Age Group, Jr Age Group and Sr Age Group registered with USAAS and clubs in the East Zone. Any athletes who are not members of the East Zone and wish to compete may enter at the discretion of the East Zone Board and the meet host organization. Competitors who are not members of the East Zone may only receive honorary placements.

TEAM BANNERS:

We are not hanging banners for this meet.

ATHLETE AREA:

Both Male and Female locker rooms. No bags or items should be left in the locker rooms. Swim bags must be kept in the designated pool area and placed around the warm up pool in your team area. No bags in the spectator stands. Teams may use the outside patio for land drilling and eating weather depending.

***Only coaches, officials, chaperones, volunteers and lifeguards are allowed into the athlete area - NO PARENTS**

GEL:

There will be a Knox/gel area located by the Kiddie pool, **keep gelling to this area only**. No de-gelling! A \$100 fine per athlete will be charged to the team.

CONCESSIONS:

A variety of food will be available for purchase at the Aquatic Center. There will be space in the lobby to eat.

MERCHANDISE:

There will be a meet shirt through pre order (with custom add ons) and limited quantities at the meet. More information to be sent out soon.

PROGRAM:

We are doing a meet program. Teams and family members will be able to purchase ads for a Good Luck shout out. More information to be sent out soon.

AWARDS:

Medals will be given for places 1-3, ribbons 4-12 in each event

- *Checklist for Officials, Coaches, and Chaperones (each must be current/not expired by first day of meet)
- *Officials should wear white tops with black bottoms

OFFICIALS:	COACHES:	CHAPERONES:
<ul style="list-style-type: none"> ● USAAS membership (professional or life) ● Safesport ● Background Check 	<ul style="list-style-type: none"> ● USAAS membership (professional or life) ● Safesport ● Background Check ● CCP 2 (or higher) ● First Aid/CPR ● *NEW DEI Training ● *NEW Connections Based Coaching 	<ul style="list-style-type: none"> ● USAAS membership (athlete safety membership) ● Safesport ● Background check If a chaperone had a background screen in 2024 they are not required to register for one again in 2025.

ENTRIES:

[Entry Form](#)

Entries must be shared by **Friday, Feb 7th at 11:59pm**

Coach Cards & Music must be shared by **Friday, February 21st 11:59pm**

[MAAPP Guidelines](#)

[Participant Checklist](#)

*** New to the Zone** - Please send out to all team members and their family to fill out before the competition

Adult Participant Survey - <https://forms.gle/1yCDUWWZ9u1SHRd28>

Swimmer Participant Survey - <https://forms.gle/ysLdsQPsxUBr76yB8>

Please SHARE Registration Form via Google Drive with:

Meet Manager - Alexis Sandekian - alexisrsandekian@gmail.com

Scoring Manager - Megan Ross - aquettesscoring@gmail.com

Officials chair - Eugenia Gillan - eastzoneofficials@gmail.com

VP Awards - Michal Fandel - eastzonevpawards@gmail.com

Tech chair - Krista Karwosky - Kristakarwosky@gmail.com

Education chair - Kayla Parvana - eastzoneeducation@gmail.com

Registration Form and instructions:

[Synchro_meet_entry_form](#) - Google Sheets

Note: Please make a copy of this form, then add your team information

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

East Zone Award Nominations

Due Saturday, February 15th	Due Friday, February 21st
<ul style="list-style-type: none"> ○ Athlete of the Year - Nominate ○ Coach of the Year - Nominate ○ Contributor of the Year - Nominate ○ Kim Miller Scholarship - 2024 Kim Miller Scholarship 	<ul style="list-style-type: none"> ○ Scholar Athletes from the Combined Championships - Form ○ Graduation Seniors from the Combined Championships - Form

Please note:

- Please send all nomination to eastzonevpawards@gmail.com
- People should save a copy to do their submissions
- We will have scholar athletes and Graduating Seniors at the June Championships for athletes that meet the criteria and did not compete in the Combined Championships.

COACH CARDS

Please SHARE CC via Google Drive with:

Meet Manager - Alexis Sandekian - alexisrsandekian@gmail.com

Scoring Manager - Megan Ross - aquettesscoring@gmail.com

Label the same as the music entries (*see below*)

Deadline: **Friday, February 21st 11:59pm**

A change of the Coach Card will be accepted with a fee of \$25 for each Coach Card after the deadline for a week. **No changes** will be accepted after February 28th 11:59pm.

ENTRY FEES

Entry Fee: \$ 12 per person per event including alternates

Sponsor Fee: \$ 15 per person

Mail checks made out to "TTA" to:

Alexis Sandekian
166 Mayfield Ave
Tonawanda, NY 14150

****Please mail Entry Fees to Meet Manager at above address by Friday, March 1st, 2025 ****

DIGITAL MUSIC:

Email or share via Google Drive by **Friday, February 21st 11:59pm**

Send to Lizzie Sirgey - TTAsynchro@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. Routine names should be "space" separated.

Divisions and Category OPTIONS: **YOUTH, JR FREE/TECH, SR FREE/TECH**

<p>YOUTH AG Duet TTA Smith YOUTH = Division AG or INT – Category (Age Group or Intermediate) Duet = Routine event TTA = Club Abbreviation/ Three Letter Code ** Smith = Last name of the first alphabetical member of the routine</p>

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) who 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. Availability must be sent with your meet entry.

- Level 2 Certified Technical controllers (difficulty and synchronization) 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 per team for the meet. Fees 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.

- The East Zone Officials Chair (Eugenia Gillan) will calculate what each team owes and will email the total due. Please do not send payment until you receive confirmation of your total from her. **This fee is separate from entry fees** and should be sent to the East Zone Treasurer.

Check made payable to: East Zone Synchro

Mail to:

East Zone

c/o Katie Rice

30 Saxon Road

Worcester, MA 01602

*Katie will not be at the meet, so please mail your check. **Don't bring your check to the meet.**

Important notes:

* 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 score processing.

*Technical controllers and judges will hold a post event competition meeting for review of potential deductions flagged by the Technical Controllers.

* When possible, events will move up if the competition is running early

*Parking is only allowed in the facility lot. No parking in the Aldi's lot.

Tentative Schedule:

Friday March 7th	Time
Lap Swim	1:00pm - 1:15pm
Warm Up Tech SOLOS	1:15pm - 1:30pm
JR Tech Solos - 17 SR Tech Solos - 4	1:30pm - 3:00pm
Warm Up Youth SOLOS	3:00pm - 3:15pm
Youth Solos - 14	3:15 - 4:30 pm
Warm Up Free DUETS	4:30pm - 4:45pm
JR Free Duets - 11 SR Free Duets - 4	4:45pm - 6:15pm
Warm Up Youth DUETS	6:15pm - 6:30pm
Youth Duets - 12	6:30pm - 7:30pm
DTC Review: - Classroom -Tech Solos, Youth Solos, Free Duets, Youth Duet	

Saturday March 8th	Time
Lap Swim	8:00am - 8:15am
Warm Up	8:15 am - 9:00 am
Figures (77)	9:00am - 11:00am
Warm Up Tech DUETS	11:00am - 11:15am
Jr Tech Duets - 15 Sr Tech Duets - 4	11:15am - 12:45pm
Warm Up Youth TEAM	12:45 pm - 1:05pm
Youth Team - 8	1:05 pm - 2:00 pm
DTC Review / Break - Pool Room -Tech Duets	2:00 pm - 2:15pm
Warm Up Free Team	2:15pm - 2:35 pm
JR Free Team - 9 SR Free Team - 3	2:40 pm - 3:50 pm

DTC Review / Break - Classroom - Youth Team, Free Team	3:50 pm - 4:00 pm
Event Awards and Zone Awards	4:00 pm - 6:00 pm
Zone Meeting at the Pool <ul style="list-style-type: none"> • Athletes: Pool Deck • Coaches: Aerobics Room 	6:00 pm - 8:00 pm

Sunday March 9th	Time
Lap Swim	8:00am - 8:15am
Warm Up Free SOLOS	8:15 am - 8:30 am
JR Free Solos - 13 SR Free Solos - 4	8:30 am - 10:00 am
Warm Up Combos & Acro	10:00 am - 10:20 am
Youth & 16/19 Combos - 5 Acros - 3	10:20 - 11:00 am
DTC Review / Break - Pool Room - Free Solos, Combos / Acros	11:00 am - 11:30 am
Warm Up Tech Team	11:30 am - 11:50 am
JR Tech Team - 7 SR Tech Team - 4	11:50 am - 1:00 pm
DTC Review / Break - Tech Teams - Pool Room	1:00 pm - 1:30 pm
Event Awards	1:30 pm - 2:30 pm