

**2023 East Zone Invitational B
Exeter, NH**



**Phillips Exeter Academy Facility Usage
Saturday, March 18th - Sunday, March 19th**

Address:

20 Main St.
Exeter, NH 03833

GPS Address:

Chadwick Lane,
Exeter, NH

Parking:

Park in designated parking lots P-1, P-2, P-5, P-6 and/or Thompson Fieldhouse parking garage only. See map for parking lot locations below.

Pool Specs:

Length: 25 yards

Width: 8 Lanes

Depth: 12 ft to 7 ft

Distance of water from deck level: 1 ft +

Two one-meter diving boards at deep end

Type of Pool; Entry: Deep end, spectator seating in bleachers (seating for 850)

Walk-ons/Deckwork:

No running or cartwheels are allowed at the facility. Walk-on will be from the sound system side of the pool, not the bleacher side.

Pool Rules for Nekton Pool:

- No food on the pool deck.
- No glass on the pool deck or in the locker rooms.
- Trash must be disposed of properly following practices and/or meets.
- No running on deck.
- Everyone must enter the pool feet first and forward.
- Swimmers should shower before entering the pool.
- The lifeguard is the sole authority of the pool and responsible for keeping swimmers safe. If the lifeguard determines that an activity is a risk or is unsafe, swimmers must comply. Failure to comply may result in the removal from PEA grounds.

Spectator Area:

Seating located in bleachers. Spectators/parents are not allowed on the pool deck at any time.

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Athlete Area:

Athletes may store their swim bags, team coolers and other personal items in The Thompson Gym or locker rooms (please look for signage – teams will be assigned specific areas). Coolers are allowed on-site; items can be left Saturday night as the space will be locked.

Locker Rooms:

The Girl's and Boy's Locker Rooms are available for teams. There is a separate women's and men's locker room for adults. There is a dry bathroom for coaches and officials located in the pool office.

Gel Station:

The Gel Station is located in The Girl's Locker Room. Athletes MAY NOT de-knox in the locker rooms. Please pick up all bobby pins from your area before leaving. No deknocking in the facility - \$100 fine.

Concessions:

Full concessions and merchandise will be offered throughout the meet.

Coaches and Officials:

Coaches and officials will be provided with meals, snacks and beverages. Hospitality will be located in the pool office for snacks and beverages; a separate room upstairs will be designated for meals from the concession stands between sessions.

Merchandise:

Synchro items will be offered throughout the competition.

Kim Miller Raffle:

Proceeds help fund the Kim Miller Artistic Swimming Scholarship for East Zone swimmers. Two raffles will be organized, one per day, one raffle will be done during age group awards and the other raffle during intermediate awards.

Kim Miller was an athlete on the Hamden Heronettes Synchronized Swim Team from 1994-2005. She was a dedicated teammate and role model. In 2001, after returning from U.S. Opens in Hawaii, Kim was diagnosed with a rare form of bone cancer. She underwent chemotherapy and surgery to replace part of her femur with a titanium rod. Kim continued swimming and competed in the 2002 ESynchro Age Group Championships in Federal Way, Washington only 6 months after her surgery. She went on to swim on the collegiate level at Millersville College in Pennsylvania. In the midst of her freshman year, the cancer returned. In May of 2005, at the age of 19, Kim lost her long battle with bone cancer.

The Kim Miller Synchronized Swimming Scholarship was established by Teena Griggs and Krista Karwosky (Bessinger) to ensure that the memory of an incredible athlete and teammate be remembered and at the same time help support the continuing career of a synchronized swimmer in the East Zone on the collegiate level.

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Figures:

The figure draw will be done electronically Wednesday at 8am. Please use this link to check which groups are drawn.

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=ag12
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Coach Card Review:

Routines that require a quick review by the Difficulty Controllers or Synchronization Panel will be done following that routine. Routines that require a longer, more extensive review will take place at the end of the event. This is to prevent long wait time for the remaining routines.

Please be prepared for delays in the schedule as we all adjust to running meets under the new World Aquatics rules.

Basemark and Zero notifications - After the final reviews of each event are complete, the coach cards that have been assessed for any deduction will be posted on deck (exact location disclosed at the first coaches meeting). Based on the current World Aquatics rules, a request to review form must be filled out and turned into scoring within 30 minutes of the cards being posted.

Scores will not be read after any routines. We will be surprised at the awards!

Awards:

Medals will be given for places 1-3, Ribbons 4-12 in each event. The Age Group awards presentation will be held on Saturday in the gymnasium after the completion of 12&Under Age Group Combo. The Intermediate awards presentation will be held on Sunday on the pool deck after the completion of the Intermediate trio competition.

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Map for Parking Lot Locations

