**Sponsored by:** The Town of Tonawanda Synchronized Swimming Team The Town of Tonawanda Youth, Parks and Rec. Dept.

**SANCTIONED BY**: United States Synchronized Swimming

**RULES TO GOVERN** United States Synchronized Swimming 2018 Official Rules

East Zone Synchronized Swimming Handbook

**Meet Manager**: Patti Melber

[Melbers@aol.com](mailto:Melbers@aol.com)

91 Ashford Avenue

Tonawanda, NY 14150

716-316-5745 (cell)

**Facility:** Tonawanda Aquatic & Fitness Center

1 Pool Plaza

Kenmore, NY 14223

**TEAM BANNERS**: Hang at your own discretion

**SPECTATORS:** No food on Pool Deck. Limited space for coolers, please use in lobby but

store in vehicles, please.

**LOCKER ROOMS:** Assigned by Team – look for signs

Please use locker rooms for changing & showering only

Keep swim bags on deck by warm up pool.

**Pool Specs:** ALL Deep 8 line competition area

Practice pool on other side of bulkhead (4ft-12ft)

Spectator seating on right

Free Parking

**ELIGIBILITY** 1. Must be a registered USSS athlete.

2. Junior Zone Championship shall be open to all registered competitors 15 to 18 years of age based on the year of birth without regards to qualification.\*

3. Senior Zone Championship shall be open to all registered competitors 15 years of age or older based on the year of birth without regards to qualification.

\*Junior Team may include 13, 14 or 19 year old swimmers as long as 50% of swimmers are 15 – 18. If less than 50%, the team swims as honorary and can advance to finals, but cannot place in finals

**FREE COMBINATION**

1.Free Combination event will be held in combined Junior/Senior division.

2. Competitors who are 13 and 14 years of age may participate in the Senior/Junior Free Combination event.

3. Competitors from the Senior and Junior Zone Championships may be combined for the Junior/ Senior Free Combination event.

4. Free Combination routines may enter without regard to qualifications.

5. A Free Combination may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.

6. Preliminary event maybe waived at the discretion of the Zone tech Chair or appointed representative and/or meet manager.

**Preliminary Events:**

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

**Senior** - Tech Solo, Tech Duet, Tech Team, Free Solo, Free Duet and Free Team.

If less than 12 Senior routines are entered in any category Senior Preliminary competition in that category will be eliminated.

**Senior/Junior** - Free Combination Event

All Junior swimmers must enter Tech Routine in each event they compete except Combo. Senior swimmers may enter just Tech or just Free Routine or both.

**FINAL EVENTS Junior** - Solo, Duet and Team: 12 highest scoring entries (combined tech and Preliminary free routine scores) shall qualify for the Final routine competition #13 is pre-swimmer

**Senior** - Free Solo, Tech Solo, Free Duet, Tech Duet Free Team and Tech Team: 12 highest scoring entries (Preliminary routine scores) shall qualify for the Final routine competition #13 is pre-swimmer

**Senior/Junior** - Free Combination Event: 12 highest scoring entries (Preliminary routine scores) shall qualify for the Final routine competition #13 is pre-swimmer

**AWARDS** Medals will be given for places 1-3, Ribbons 4-12 in each event. Senior routines will receive separate awards in Free and Tech categories.

**Airport: Buffalo/Niagara International Airport (20 min)**

**Host Hotels: Comfort Inn University Wyndham Garden-Williamsville**

1 Flint Road 5195 Main Street

Amherst, NY 14226 Williamsville, NY 14221

716-688-0811 716-276-9600

$109.00/night + tax $149/night + tax

Includes free hot breakfast Restaurant on Site

East Zone Synchro East Zone Syncrho

**Staybridge Suites-Amherst Days Hotel Buffalo Airport**

1290 Sweet Home Road 4345 Genesee Street

Amherst, NY 14228 Buffalo, NY 14225

716-276-8750 716-631-0800

$149/night + tax $125/night+ tax

Includes Free Hot breakfast, Full Kitchen Free Hot Breakfast

East Zone Synchro East Zone Synchro

[Synchro Swimming Tonawanda Aquatic Ctr](https://www.staybridge.com/redirect?path=hd&brandCode=SB&localeCode=en&regionCode=1&hotelCode=BUFRR&_PMID=99801505&GPC=TAC&viewfullsite=true)

**ENTRY FORMS:** Form A- Club entry, EXCEL Format Only!!! Please indicate in Note Section Scholar Athlete Awards.

\*\*GPA Requirement change: 3.7 or 92.5% or higher to qualify\*\*

Form B/C- Entry Fee Summary

Form D - Housing and Transportation

Form E - Officials Availability and Coaches Attending

Form F - Graduating Seniors

\*\*Please encourage Sr’s to apply for Kim Miller Scholarship:

Link to form: <https://www.eastzonesynchro.com/kim-miller-scholarship.html>

**ENTRY FEES:** Entry Fee: $ 12 per person per event

Sponsor Fee: $ 15 per person

**Make Checks Payable to TTA**

**E-MAIL ALL ENTRY FORMS TO:** Patti Melber: [Melbers@aol.com](mailto:Melbers@aol.com)

**E-MAIL ENTRY FORM A TO:** Stephanie Kuebler: [skolterjahn@gmail.com](mailto:skolterjahn@gmail.com);

AND Tami Raby: [Tamara.Raby@aecom.com](mailto:Tamara.Raby@aecom.com)

**E-MAIL ENTRY FORM E TO:** Patty Flanagan [pflanagan@ywcacentralmass.org](mailto:pflanagan@ywcacentralmass.org)

AND Katie Rice [rice.katherine.l@gmail.com](mailto:rice.katherine.l@gmail.com)

**MAIL ENTRY FEE CHECKS TO:** Patti Melber, 91 Ashford Avenue, Tonawanda, NY 14150

**ENTRY DEADLINE: February 23rd 2018 by 11:59 pm**

Verified e-mail entries will be accepted

(Please ask for read receipt)

Checks should be mailed by the entry deadline

**No entries shall be accepted after the entry deadline**

**OFFICIALS:** Officials should wear white tops with black bottoms. Hospitality for Officials and Judges in upstairs classroom.

**CONCESSIONS:** A variety of food will be available for purchase throughout the meet.

Merchandise will also be available.

**Bathing Suit CONCESSION:**

**[Jolyn ](https://jolynclothing.com/)**

**KIM MILLER SCHOLARSHIP RAFFLE:**

Basket Raffle to benefit the Kim Miller Scholarship.

**DIGITAL MUSIC:** Email digital music to Kahlie/Lauren: TTASynchro@gmail.com

**by February 23rd, 2018**

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 is correct.  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 of 1-3 second leader (silence) before the music starts added to all files is recommended.

6. Contact Kahlie if you have any questions.

7. A CD player will be provided as back up for play through the sound system.

8. Use the following naming conventions (see bolded below) when saving files. Routines names should be “space” separated.

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| --- |
| **Duet OSU Smith**  Duet = Routine event  OSU = Club Abbreviation/ Three Letter Code \*\*  Smith = Last name of the first alphabetical member of the routine  **\*\* email** Jennifer Hawkins - [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org) if you do not know your code |
| **Optional-** If you know how to modify the Artist/Album/Track Title tags of your files, please use the following conventions.  Artist = “Name of the meet”  Album = “Routine Event” (Solo, Duet, etc.)  Album Artist = “Three Letter Code \*\* ”  Title = “Last name of the first alphabetical member of the routine” |

**TENTATIVE SCHEDULE**

Based on meet entries, the Meet Host, in consultation with the Tech and Scoring Chair, may adjust the schedule, including changing the day of scheduled events. We will adjust the schedule as soon as we get the entries counted and will notify you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Start | End |  |  |  |
|  |  |  |  |  |
| Friday | March 9 | 2018 |  |  |
|  |  |  |  |  |
| 3:00 |  | Doors Open |  |  |
| 3:30 |  | Coaches Meeting on Pool Deck |  |  |
| 3:30 | 3:40 | Group 1 Lap Swim for Junior Prelim Solos | |  |
| 3:40 | 3:55 | Group 1 Warm up for Prelim Junior Solo | |  |
| 4:00 | 4:45 | ½ Junior Prelim Solo Competition | |  |
| 4:45 | 5:00 | Group 2 Warm up for Prelim Junior Solo | |  |
| 5:05 | 5:50 | ½ Junior Prelim Solo Competition | |  |
| 5:50 | 6:05 | Group 1 Warm up for Prelim Junior Duets | |  |
| 6:10 | 7:05 | ½ Junior Prelim Duet competition | |  |
| 7:05 | 7:20 | Group 2 Warm up for Prelim Junior Duets | |  |
| 7:25 | 8:30 | ½ Junior Prelim Duet Competition | |  |
|  |  |  |  |  |
| Saturday | 10-Mar | 2018 |  |  |
|  |  |  |  |  |
| 7:30 |  | Doors Open |  |  |
| 7:45 | 7:55 | Group 1 Lap Swim for Tech Junior Solo | |  |
| 7:55 | 8:10 | Group 1 Warm up for Tech Junior Solo | |  |
| 8:15 | 8:55 | Group 1 Tech Junior Solo Competition | |  |
| 8:55 | 9:10 | Group 2 Warm up for Tech Junior Solo | |  |
| 9:15 | 9:55 | Group 2 Tech Junior Solo Competition | |  |
| 9:55 | 10:10 | Junior Tech Team Warm up 1 |  |  |
| 10:10 | 10:25 | Junior Tech Team Warm up 2 |  |  |
| 10:25 | 10:40 | Junior Tech Team Warm up 3 |  |  |
| 10:45 | 11:40 | Junior Tech Team Competition |  |  |
| 11:40 | 11:55 | Group 1 Warm up for Tech Junior Duets | |  |
| 12:00 | 12:55 | Group 1 Tech Junior Duets Competition | |  |
| 12:55 | 1:10 | Group 2 Warm up for Tech Junior Duets | |  |
| 1:15 | 2:10 | Group 2 Tech Junior Duets Competition | |  |
| 2:15 | 3:15 | Parade of Athletes and Zone Awards |  |  |
| 3:25 | 3:40 | Prelim Junior Free Team Warm up 1 | |  |
| 3:40 | 3:55 | Prelim Junior Free Team Warm up 2 |  |  |
| 3:55 | 4:10 | Prelim Junior Free Team Warm up 3 | |  |
| 4:15 | 5:30 | Prelim Junior Free Team Competition | |  |
| 5:30 | 5:45 | Senior Tech Solo Warm up |  |  |
| 5:50 | 6:05 | Senior Tech Solo Competition |  |  |
| 6:05 | 6:20 | Senior Tech Duet Warm up |  |  |
| 6:25 | 6:40 | Senior Tech Duet Competition |  |  |
| 6:30 |  | Draw For Finals on pool deck |  |  |
| 7:00 |  | Zone meetings Coaches, Judges & Athletes At the Pool | | |
|  |  |  |  |  |
| Sunday | 12-Mar | 2018 |  |  |
|  |  |  |  |  |
| 7:00 |  | Doors Open |  |  |
| 7:15 | 7:25 | Lap Swim for Junior and Senior Free Duet | |  |
| 7:25 | 7:40 | Junior/Senior Final Free Duet Warm up (Pre-12+ Sr) | | |
| 7:45 | 8:50 | Junior/Senior Final Free Duet Competition | |  |
| 8:50 | 9:05 | Junior/Senior Final Free Solo Warm up (Pre 1-12+ Sr) | | |
| 9:10 | 10:10 | Junior/Senior Final Free Solo Competition | |  |
| 10:10 | 10:25 | Final Junior Free Team Warm up 1- Pre-4 |  |  |
| 10:25 | 10:40 | Final Junior Free Team Warm up 2- 5-8 |  |  |
| 10:45 | 11:00 | Final Junior Free Team Warm up 3- 9-12 |  |  |
| 11:05 | 12:05 | Final Junior Free Team Competition |  |  |
| 12:05 | 12:20 | Final Junior Combo Warm Up 1 |  |  |
| 12:20 | 12:35 | Final Junior Combo Warm Up 2 |  |  |
| 12:40 | 1:30 | Final Junior Combo Competition |  |  |
| 2:00 |  | Awards |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |

\*\*Unless specified, lap swim will take place on shallow side of bulkhead.

Please no tapping, lifts, throws or loud splashes during competition !