



## 2010 EAST ZONE CHAMPIONSHIP

March 5 - 7 Albany, NY



**MEET MANAGER:**

**Betsy McGeoch**

166 East Schaghticoke Road

Schaghticoke, NY 12154

(518) 753-4565 or Cell (518) 339-9093

[betsy@sculpins.org](mailto:betsy@sculpins.org) or [pete@sculpins.org](mailto:pete@sculpins.org)

**FACILITY:**

**SUNY Albany – Physical Education Building (B-104)**

1400 Washington Avenue

Albany, NY 12222

(518) 442-3067

**SPONSORED BY:**

**CDYMCA Sculpins**

**SANCTIONED BY:**

United States Synchronized Swimming, Adirondack Association

**RULES TO GOVERN:**

United States Synchronized Swimming 2010 Official Rules

Current East Zone Synchronized Swimming Handbook

- Please see weather policy in East Zone Handbook in case of inclement weather.

**ELIGIBILITY:**

All athletes must be registered USSS Regular Athletes for 2010.

Age\*: 13 & over by birth year (athlete's birth year 1997 or before)

	Event Qualifying Score Preliminary Minimum	Seed Score Semi-Final
SOLO	73.00	78.00
DUET	72.00	77.00
TRIO	70.00	76.00
TEAM	OPEN	

Preliminary scores may be earned at a Senior Association meet or Regional, Zone or National Championship. Semi-final seed scores must be earned at Regional, Zone or National Championships. Scores from Association Championships may not be used for seeding. Scores earned are valid for the next 2 competitive years. (Ex. 2009 scores can be used at 2010 and 2011 competitions)

**NOTE: #1 Below has been voted, by the East Zone Board, to be in effect for this year's championship ONLY.**

1. Solo, Duet and Trio FINALISTS (1<sup>st</sup> – 8<sup>th</sup> place) from the 2010 East Zone Junior Championship shall be qualified.
2. Solo, Duet and Trio WINNERS (1<sup>st</sup> place) from the 2009 and 2010 East Zone Junior Championship shall be seeded.
3. The finalists from the 2009 East Zone Championship shall be seeded.

**\*IMPORTANT** - Please note that **ANY** routine that has 13 and/or 14-year-old members will **NOT** be eligible to qualify for U.S. Nationals. List these swimmers with 13-14 as the figure group. All age 15 and over swimmers can be listed as SR for the figure group.

**ENTRY FORMS:**

**Please see attached.**

Form A

Club Entry Form – indicate P for Prelim, S for Seeded

Form B

Entry Fee Summary

Form C

Host Fee summary

Form D

Housing and Transportation

Form E

Officials Availability Form



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March 5 - 7 Albany, NY



**ENTRY DEADLINE:** FEBRUARY 19, 2010  
Use postal form # 3817 to verify mailing  
No entries will be accepted after this date.

Mail all fees, Entry Forms A-E, to Meet Manager: Betsy McGeoch – address on page one  
Email or mail proof of USSS Registration and qualifying scores to Meet Manager

Mail one copy of Entry Form A to Scoring Chair: **Robert Wiegand**  
21 Forest Lake Dr.  
Wheatfield, NY 14120

Mail one copy of entry Form E to Officials Chair: Joanne Wright  
emailjow@yahoo.com 484 Glenalby Road  
(716) 835-1874 Tonawanda, NY 14150

**OFFICIALS:** Please Return forms D and E by entry deadline

**CLUB BANNERS:** Hung by Meet Host, Please provide at time of registration.

**FEE INFORMATION:** Entry Fee: \$ 7 per person per event  
Sponsor fee: \$ 10 per person

**EVENTS:** Prelim, Semi-Final and Final Events in Solo, Duet  
and Trio. Semi-Finals and Finals in Team.

**FIGURES:** Junior Compulsory and Selection Group 2

313	Kip, Split, Closing 180	2.5
112f	Ibis, Continuous Spin (720)	2.8
355b	Porpoise, Full Twist	2.5
150	Knight	3.1

Athletes who place 21<sup>st</sup> in solo, 16<sup>th</sup> duet and 11<sup>th</sup> in trio/team will be invited to be pre-swimmers for the figure competition if they are not otherwise qualified for figures.

**AWARDS:** Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup>

### ALL STAR TEAM SELECTION:

The top sixteen athletes from the East Zone Championships figure results, including split test bonus, shall comprise the East Zone Senior All Star Team.

Athletes will participate in a right land split test, and a passing score will give the athlete a .25 point bonus added to her figure score.



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### HOST HOTEL INFORMATION:

#### Holiday Inn Express

1442 Western Ave.  
Albany, NY 12203  
(518)438-0001  
East Zone Synchro  
\$109 includes breakfast buffet

#### Comfort Inn and Suites

99 Miller Rd.  
Castleton, NY 12033  
(518)694-5561  
East Zone Sr. Zones  
\$99 includes breakfast buffet

### COMPETITIVE POOL DESCRIPTION:

Length: 25 Yards  
Width: 6 Lanes  
Depth: 12 ft. Deep end, 4 ft. Shallow end, long deep end  
Distance of water from deck level: 12 inches  
Type of Pool: Entry: Deep end, spectator seating in balcony surrounding

**VENUE RULES:**                    **NO FOOD ON DECK. NO DE-GELLING AT POOL.  
PLEASE DE-GEL AT HOTEL.**

**SWIM BAGS:**                    **LOCKER ROOM**

**LAND DRILLING:** Racquetball Court – see facility map

**PARKING:** Use Lot P, adjacent to SEFCU Arena. On Saturday, 3/6, there is a women's lacrosse game and tennis match both beginning at 1pm. The SEFCU parking lot will fill up. Additional parking options, if SEFCU fills, includes parking at Dutch Quad. Please see enclosed map for details (Dutch quad is indicated as "D") or online at <http://www.albany.edu/maps/uptownmap.html>

On Sunday, 3/7, there is an all-day NCA cheer event in the SEFCU (building across the way from the PE building) Parking in the SEFCU lot will be limited.

**SOUND SYSTEM AVAILABLE:** LUBELL COLLEGIATE SOUND SYSTEM with variable speed cassette and variable speed and variable pitch CD/ CD-RW player.

**FOOD CONCESSION:** on Balcony Level

**OFFICIALS & COACHES HOSPITALITY:** In Hall on Balcony Level

**AIRPORT CLOSEST TO COMPETITION:** Albany International Airport



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March 5 - 7 Albany, NY



### DIRECTIONS

#### To The Pool:

**From the South:** Take I-87 (the Thruway) to Exit 24. It's the second Albany exit. Follow signs to US 20 (Western Ave.). take Left on Western. Go approx.  $\frac{3}{4}$  mile to light, take left at SUNY entrance. Turn left on University Drive. SEFCU parking lot is first lot on right, Athletic Complex is behind parking lot.

**From the North:** Take I-87 (the Northway) Western Ave. follow above.

**From the East:** Take I-90 West to Western Ave. exit (Crossgates Mall), which puts you on I87 to Western Ave. follow above.

**From the West:** Take the Thruway east to Exit 24. Follow above.

#### To Hotels:

**To Holiday Inn Express:** I87, Exit 24 to US 20 (Western Ave.), Left on Western, 1/2 mile on right. I90 West to US20 (Western Ave.), Left on Western.

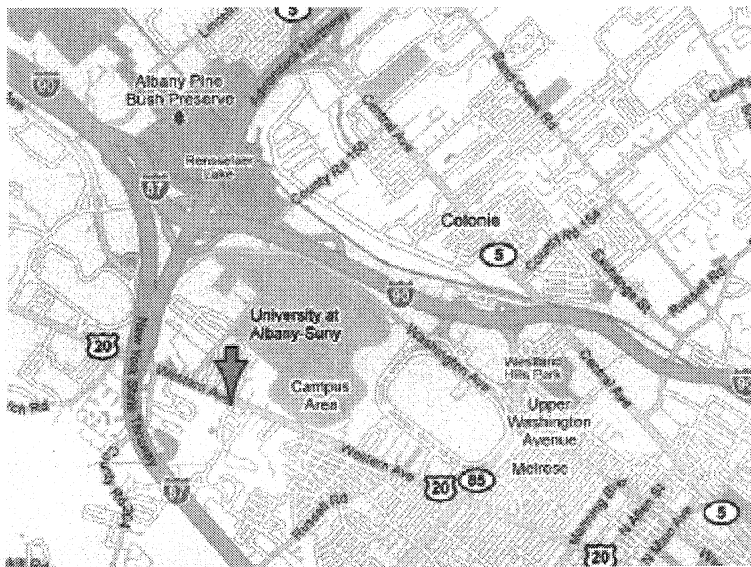
#### **To Comfort Inn East Greenbush:**

From the West, South: Interstate 90 East, Exit 10 (Miller Road). Turn right off exit, take first right.

From the East: Interstate 90 West, Exit 10 (Miller Road). Turn left at exit, go under underpass, take first right.

**From Comfort Inn to Pool:** *Depart* Miller Rd. and travel **0.2m**. *Take* ramp left ↰ and follow signs for I-90 West to Exit 2. Follow directions "to the Pool from the East".

**From Pool to Comfort Inn:** *Turn* right ↱, onto University Drive West and then *turn* left to meet Washington Ave. Turn left onto Washington Ave and travel **0.6m** *Take* ramp right ↱ for I-90 East. Follow above.





## 2010 EAST ZONE CHAMPIONSHIP

March 5 - 7 Albany, NY



### \*\*\* TENTATIVE MEET SCHEDULE \*\*\*1

#### Friday, March 5

3:00 pm	Registration at pool - Main lobby
3:30	Coaches & Officials Meeting – on Deck
3:30	Lap Swimming
3:45-4:00	Warm-up <b>Semi-final Solos</b>
4:00-5:45	<b>SOLO SEMI-FINAL COMPETITION</b>
5:45-6:00	Warm-up <b>Prelim Duets</b>
6:00-8:00	<b>DUET PRELIMINARY COMPETITION</b>

#### Saturday, March 6

8:00 am	Lap Swimming
8:15-8:30	Warm up <b>Trio Semi Final Event</b>
8:30-10:00	<b>TRIO SEMI FINAL COMPETITION</b>
10:00-10:15	Warm up <b>Duet Semi final Event</b>
10:15-11:45	<b>DUET SEMI FINAL COMPETITION</b>
11:45-12:30	Warm up <b>Team Semi Final Event</b>
12:30-1:00	<b>Parade of athletes and Zone awards</b>
1:00-3:00	<b>TEAM SEMI FINAL COMPETITION</b>
3:00-4:00	Figure Warm up
4:00-6:00	<b>Figure Competition and Split test</b>
7:30	<b>Zone meetings at Holiday Inn Express</b>

#### Sunday, March 7

8:00 am	Lap Swimming
8:00- 9:00	Team Spacing
9:00-11:00	Trio, Duet, Solo Warm-up
11:00-1:30	<b>FINAL EVENTS: TRIO, DUET, SOLO, TEAM</b>
2:00	<b>AWARDS and ANNOUNCEMENT OF EZ ALL-STARS</b>

\*\*\* In recent years we have not needed to have some Preliminary Events. Based on meet entries, the Meet Host, in consultation with the Tech 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.

The registration will not start before 3:00 pm Friday and the pool will not be open before 3:30 pm.

\*\*\* **Schedule subject to change based on final meet entries.**



# 2010 EAST ZONE CHAMPIONSHIP

## March 5 - 7 Albany, NY



### \*\*\* TENTATIVE MEET SCHEDULE \*\*\*2

#### Friday, March 5

3:00 pm	Registration at pool - Main lobby
3:30	Coaches & Officials Meeting – on Deck
3:30	Lap Swimming
3:30-3:45	Warm-up Prelim Solos
3:45-5:45	<b>SOLO PRELIMINARY COMPETITION</b>
5:45-6:00	Warm-up Prelim Duets
6:00-8:00	<b>DUET PRELIMINARY COMPETITION</b>

#### Saturday, March 6

8:00 am	Lap Swimming
8:15-8:30	Warm up Prelim Trios
8:30-9:45	<b>TRIO PRELIMINARY COMPETITION</b>
9:45-10:00	Warm-up Semi-final Solos
10:00-11:30	<b>SOLO SEMI-FINAL COMPETITION</b>
11:30-11:45	Warm up Duet Semi final Event
11:45-1:15	<b>DUET SEMI FINAL COMPETITION</b>
1:15-2:15	Parade of athletes and Zone awards
2:15-3:00	Warm up Team Semi Final Event
3:00-4:45	<b>TEAM SEMI FINAL COMPETITION</b>
4:45-5:00	Warm up Trio Semi Final Event
5:00-7:00	<b>TRIO SEMI FINAL COMPETITION</b>
7:30	<b>Zone meetings at Holiday Inn Express</b>

#### Sunday, March 7

8:00 am	Lap Swimming
8:00- 9:00	Figure Warm up
9:00-11:00	<b>Figure Competition and Split test</b>
11:00-12:00	Team Spacing
12:15-1:00	Trio, Duet, Solo Warm-up
1:00-3:30	<b>FINAL EVENTS: TRIO, DUET, SOLO, TEAM</b>
3:45	<b>AWARDS and ANNOUNCEMENT OF EZ ALL-STARS</b>

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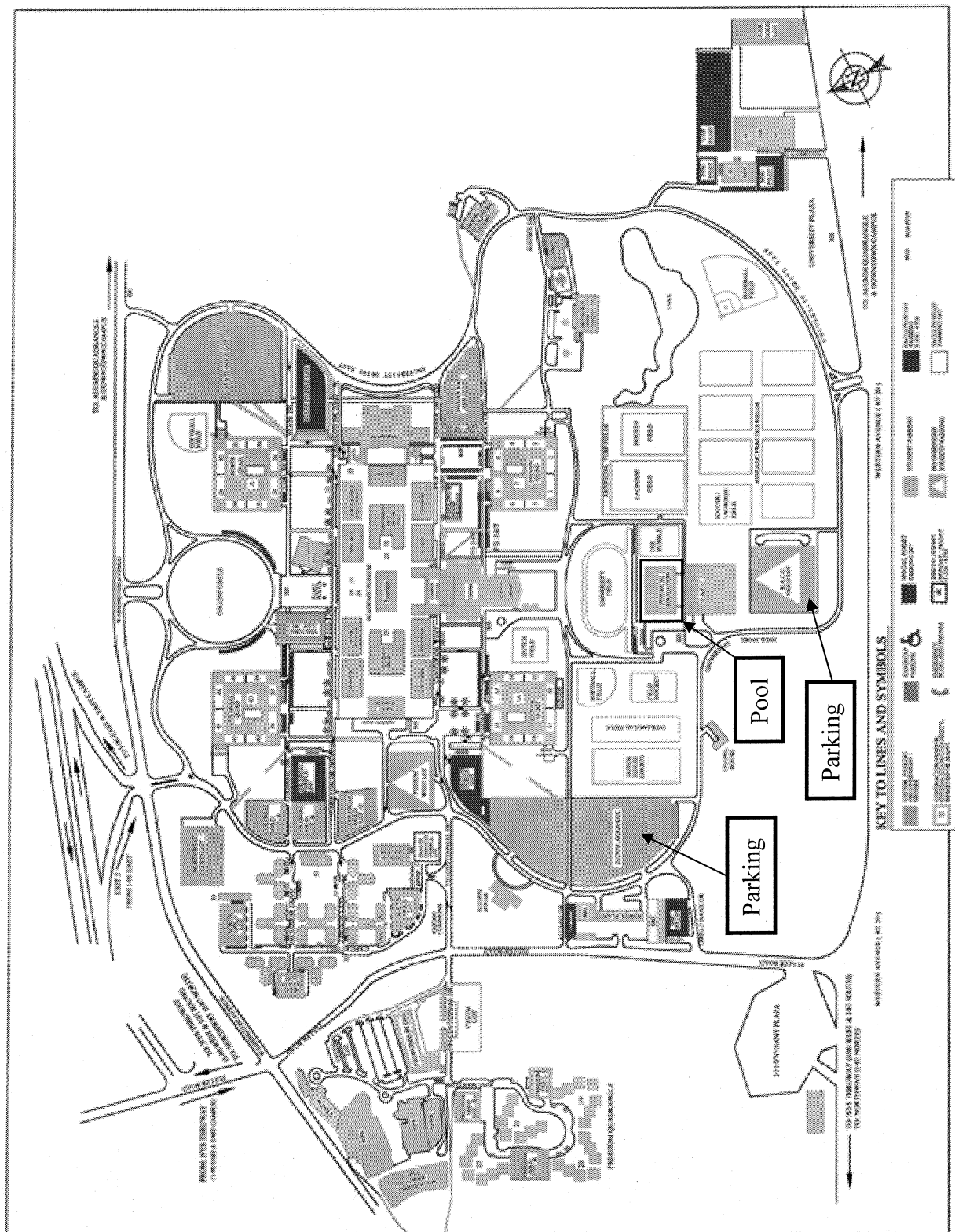
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## March 5 - 7 Albany, NY

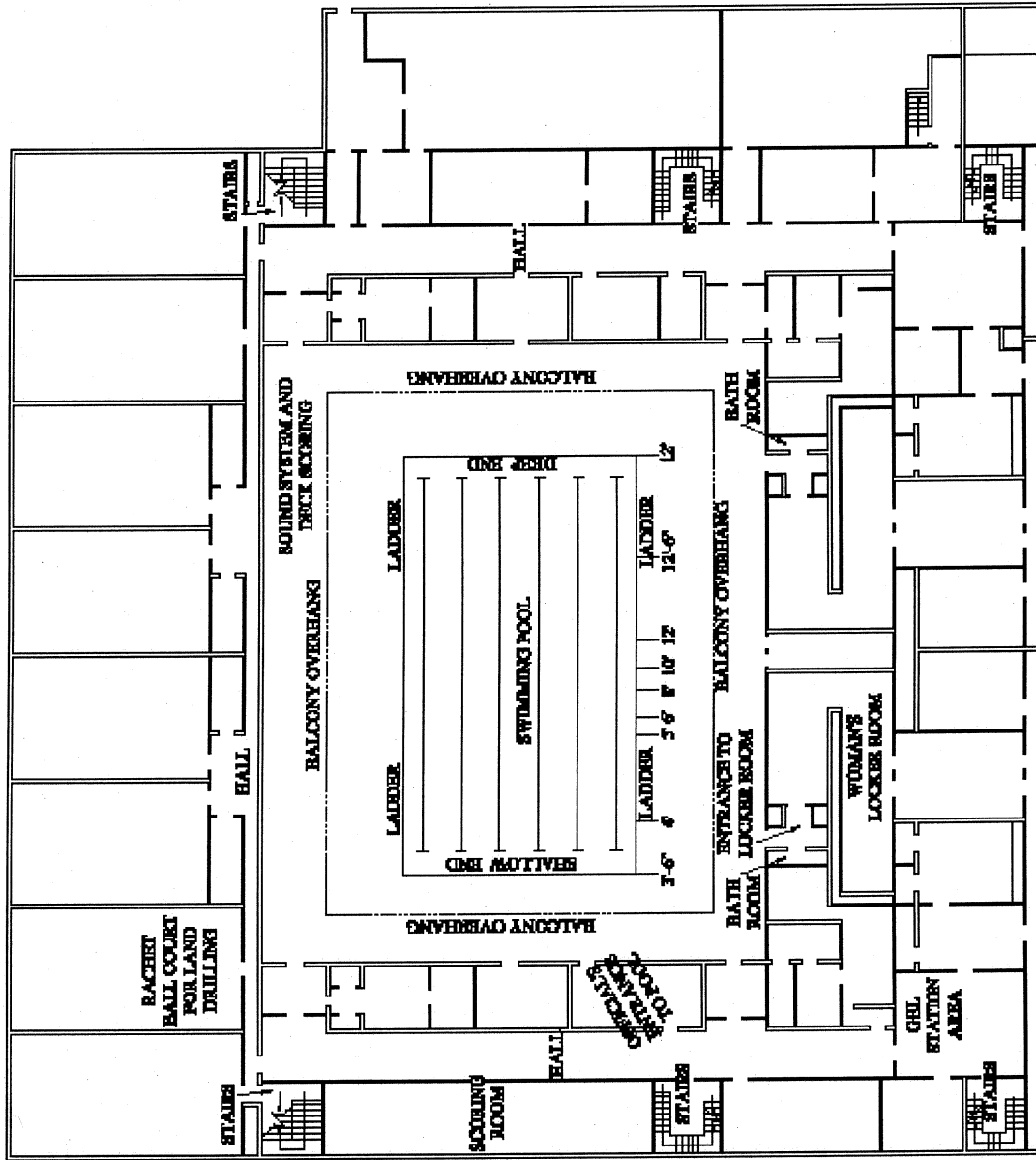
### CAMPUS MAP





2010 EAST ZONE CHAMPIONSHIP  
March 5 - 7 Albany, NY

FACILITY LAYOUT - POOL LEVEL

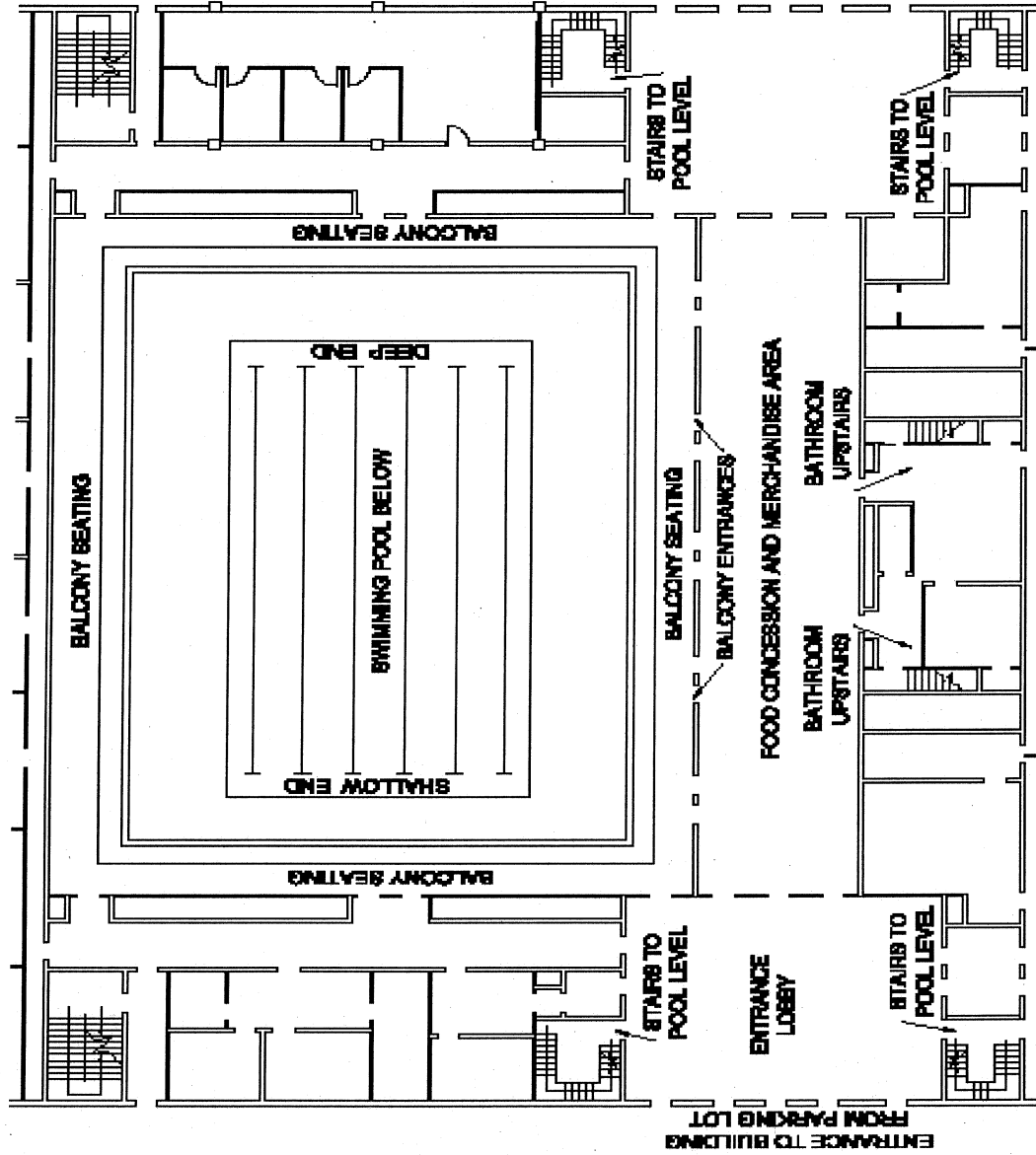






**2010 EAST ZONE CHAMPIONSHIP**  
**March 5 - 7 Albany, NY**

**FACILITY LAYOUT - BALCONY LEVEL**





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March 5 - 7 Albany, NY



## CLUB ENTRY FORM – DIRECTIONS FOR USE

1. Use the **Club Entry Form** for Solo, Duet, Trio or Team Events. There is a separate form for entries into Free Combination Routines.
2. On the top of the Club Entry Form, on ALL Club Entry Form pages sent:
  - a. Fill in the **Meet Name, Club Name, 3 LETTER (no numbers!) Club Code** and **Meet Location**.
  - b. Circle Zone (N, S, E, or W) and Region (A, B, C, or D).
3. **In the body, table, of the Club Entry Form:**
  - a. The **Athlete Name (First name, Last name)** **MUST** be legible, preferably typed or computer printed. This is how the athletes will be entered into the computer system for the meet.
  - b. The **Athlete Membership Number** and **Birth Year** are self-explanatory.
  - c. If the meet contains different **Figure Groups**, enter the figure group for each athlete.
  - d. The **Routine** columns (Solo, Duet, Trio and Team) are divided into **ID Number (ID #)** and **Age Division (Age Div.)**.
    - i. In the **Solo** column, the first item is the **ID #** and indicates entry in that set of Solo Routines ("1", "2", "3", etc.). This equals, at the bottom of the table, the **TOTAL** number of solos entered in the meet. Enter the appropriate age division in the **Age Div.** column.
    - ii. The **Duet, Trio** and **Team** columns are slightly different. The **ID #** column is for the Routine # entered by the Club. The same number **MUST** be entered for athletes swimming the same routine (i.e., Susie, Sally are swimming a **Duet** with Sam as the alternate – each would have the same number in this column – "1", "1", and "alt 1" in the **ID #** column for Duet). If they are swimming a **Trio**, they will have "1", "1", "1" in this **ID #** column for Trio. The same holds true for **Team**, with each athlete swimming the same team having the same number in the **ID #** column for Team. Enter the appropriate age division in the **Age Div.** column.
    - iii. For Free Combination Routines, follow the instructions for the Team above.
    - iv. The columns for Solo would look like this:

1	SR or 13-14
---	-------------
  - e. In the **Comments** area, enter where/when qualified and qualifying score, if applicable for the meet.
  - f. At the bottom of the table, enter the **TOTAL** number of:
    - i. Figure competitors in the **Registration Number** column, and
    - ii. Routines under each event (**Solo, Duet, Trio** and **Team**) column so the Scoring Chair entering your Club into the meet will have a quick double-check that all swimmers have been entered.
4. At the bottom of the Club Entry Form:
  - a. Complete the **Team contact** on the first page only.
  - b. The name of the **Coach, and his/her signature, MUST** be on each page of the Club Entry Form. If the Coach is not available, they will need to sign the Club Entry Form at registration at the meet.

**BE SURE TO SEND VERIFICATION FOR EACH ROUTINE ENTRY WITH THE CLUB ENTRY FORM IF APPLICABLE FOR THE MEET ENTERED. IF NO VERIFICATION IS RECEIVED THE ATHLETE/ROUTINE WILL NOT BE ENTERED.**

For questions or concerns, contact your Zone Scoring Chairperson or the National Scoring Chairperson Sue Johnson at (310) 376-7315 [suealbjo1@verizon.net](mailto:suealbjo1@verizon.net)



**March 5 - 7 Albany, NY**

# FORM A: CLUB ENTRY FORM

**3-Letter Club Code** \_\_\_\_\_

Region A B C D

**Club** \_\_\_\_\_

**Meet Name** **EAST ZONE CHAMPIONSHIP**

[illegible]

Name \_\_\_\_\_ Phone Days (\_\_\_\_) \_\_\_\_\_ Evenings (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Team Coach: \_\_\_\_\_

Name \_\_\_\_\_ Phone Days (\_\_\_\_) \_\_\_\_\_ Evenings (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Team Contact: \_\_\_\_\_

*If a routine is seeded to Semifinals, indicate with an S. (e.g. "2S alt" for the second entry, seeded to Semifinals, as an alternate.) Briefly summarize in the Comment column Proof of Qualification. Attach complete Proof of Qualification. For questions or concerns, contact your zone scoring chairperson or Sue Johnson, National Scoring Chairperson, at (310) 376-7315 [suealbjo1@verizon.net](mailto:suealbjo1@verizon.net)*



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**March 5 - 7 Albany, NY**



**FORM B: ENTRY FEE SUMMARY**

Club/Official Name \_\_\_\_\_

Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**SOLOS**

# of solos \_\_\_\_\_

x \$ 7 = \$ \_\_\_\_\_

**DUETS**

# of duets \_\_\_\_\_

x 2 = \_\_\_\_\_

x \$ 7 = \$ \_\_\_\_\_

**TRIOS**

# of trios \_\_\_\_\_

x 3 = \_\_\_\_\_

x \$ 7 = \$ \_\_\_\_\_

**TEAMS**

(# of teams \_\_\_\_\_) # of team swimmers \_\_\_\_\_

x \$ 7 = \$ \_\_\_\_\_

**ALTERNATES**

Any swimmer who is listed as an alternate for a routine and who  
Is not swimming any other routine event shall pay the entry fee.

# of alternates only \_\_\_\_\_

x \$ 7 = \$ \_\_\_\_\_

**TOTAL ENTRY FEE = \$ \_\_\_\_\_**



## 2010 EAST ZONE CHAMPIONSHIP

March 5 - 7 Albany, NY



### FORM C: HOST FEE SUMMARY

Club/Official Name \_\_\_\_\_

Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

#### SPONSOR FEE

# of Competitors entered (including alternates)

\_\_\_\_\_ (number) x \$10

TOTAL SPONSOR FEE = \$ \_\_\_\_\_

#### SUMMARY

SPONSOR FEE \$ \_\_\_\_\_

ENTRY FEE \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**Make check payable to: *Sculpins***



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**March 5 - 7 Albany, NY**



**FORM D: HOUSING/ TRANSPORTATION**

Club/Official Name \_\_\_\_\_

Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Arriving:            Air            Auto            Other

Date \_\_\_\_\_ Time \_\_\_\_\_

Flight \_\_\_\_\_ Airline \_\_\_\_\_

Departure Date \_\_\_\_\_ Time \_\_\_\_\_

Hotel/Lodging \_\_\_\_\_ Phone \_\_\_\_\_

No. of Athletes \_\_\_\_\_

No. of Coaches/Officials \_\_\_\_\_

Please list three on-site emergency contacts for your club (they may be coaches, officials or parents).

1. \_\_\_\_\_ cell # while at meet: \_\_\_\_\_

2. \_\_\_\_\_ cell # while at meet: \_\_\_\_\_

3. \_\_\_\_\_ cell # while at meet: \_\_\_\_\_

[illegible]