

2010 East Zone Junior Championship
FEBRUARY 12-14, 2010

Form B	Entry Fee Summary
Form C	Host Fee summary
Form D	Housing and transportation
Form E	Officials Availability form

ENTRY DEADLINE: January 29, 2010
Use postal form #3817 to verify mailing

Note: If a qualifying competition is held after the entry deadline, please send provisional entries by the entry deadline. Note “Provisional” on Form A. Do NOT send fees for provisional entries. Confirmation of qualification is due by phone or email within 24 hours of the end of the qualifying competition. Confirmation and Fees must be mailed within 72 hours of the end of the qualifying competition.

Mail all fees, Entry Forms A-E, proof of USSS Registration, and scores to Meet Manager:
Leah Lojo – see address above

Email entry Form A, proof of USSS Registration and proof of scores to both Head Scorers:

Mike Caramico
michael.caramico@nasdaqomx.com
2 Balfour Lane
Scotch Plains, NJ 07076
908-322-2515

Peter McGeoch
pete@sculpins.org
166 E. Schaghticoke Rd.
Schaghticoke, NY 12154
518-339-9795

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

OFFICIALS: Please Return forms D& E by entry deadline

CLUB BANNERS: Please bring banners to pool deck.

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

FIGURES: Junior Group 3

313	Kip, Split, Closing 180°	2.5
112f	Ibis, Continuous Spin (720°)	2.8
307	Flying Fish	3.0
115c	Catalina, Twirl	2.8

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AWARDS: Medals 1st – 3rd, Ribbons 4th – 8th

ALL STAR TEAM SELECTION:

The top eight athletes from the East Zone Junior Championships figure results, who are age 13-15 in the current competitive year, **including Split Test Bonus**, shall comprise the East Zone 13-15 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.

HOST HOTELS:

Crowne Plaza
36 Valley Road
Clark, NJ 07066
732-574-0100
Group name: Aqua Ducks
Block ID # 882004
Reserve by January 12, 2010
\$113/night plus tax
- 40 Rooms w/2 dbl beds
\$103/night plus tax
- 10 Rooms w/King bed
Rates incl. 2 cont breakfasts/room
Addl. breakfasts avail @ \$7/person (+tax)
(arrange at check-in only)
3.7 miles from Y
(*Note rate stated in pre-meet was incorrect
It did not include the breakfast)

Homewood Suites by Hilton Cranford
2 Jackson Drive
Cranford, NJ 07016
908-709-1980
For this discount mention: Westfield Y
Aquaducks Synchronized Swim Meet
Reserve by January 10, 2010
\$104/night plus tax
- 15 Rooms 1 BR Suite sleeps 4
\$179/night plus tax
- 10 Rooms 2 BR Suite sleeps 6

4.7 miles from Y

COMPETITIVE POOL DESCRIPTION:

Length: 25 yards Width: 36 feet
Depth: 13 feet @ deepest to 3.5 feet @ shallowest
Distance of water from deck level: 12 inches
Type of Pool; Standard 6 lane, deep-shallow
Entry: Deep end, permanent starting blocks, spectator seating in balcony on left

VENUE RULES:

No knocking in locker room, a gelling room is available
No towels or shoes are allowed to be left on deck or in the hall
Bags need to be kept in the gym
Follow included Y entrance & parking rules (ticketing will apply)

Entrance and Exit to the pool deck for Swimmers must be adhered to as follows:

- At all times exit the pool deck through the locker room
- For routines enter the pool deck through the hall way entrance

SOUND SYSTEM AVAILABLE: Lubell Sound System w/CD player

FOOD CONCESSION: A Team Concession stand will be available during meet hours.

OFFICIALS & COACHES HOSPITALITY: Food provided for Officials & Coaches

AIRPORT CLOSEST TO COMPETITION: Newark Liberty International Airport

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PARKING AND ENTRANCE FOR THE Y:

All athletes, coaches and spectators must enter the “Y” at the Ferris Place entrance. Ferris Place is a one way street from Prospect St. to Clark St.

Parking is limited at the “Y”. Please follow all town parking regulations. Do not use the “Y” members parking lot on Clark Street. Cars parked too close to the street corners or in the Clark St parking lot **will be ticketed**. The following lots are available:

- Lot 1: Lord & Taylor Parking Lot. Located at the corner of Ferris Place and Clark Street. There are two entrances to this parking lot. 1 is from North Ave the other is off of Ferris Place. Off of Ferris Place the entrance is the second parking lot on your left. This lot is directly across from the Y entrance on Ferris Place.
- Lot 2: Public Parking Lot. Located on Prospect Street ~ .1 miles on your right coming from East Broad St. (before the corner of Prospect and Ferris). This is a Pay Station (metered) lot. Check signs for times and fees. Parking is free on Sundays. This lot is 1 block walking distance from the Y entrance on Ferris Place.
- Additional parking is also permitted on sections of Clark Street and surrounding Y streets. Some for a 2-hour limited time period (check signs).

DIRECTIONS TO THE POOL: These directions take you to the Ferris Place Parking Lot. Look for “Synchro Meet” signs by the entrance to this parking lot.

From Cranford Homewood Suites:

From the Homewood Suites in Cranford:

Head north on Jackson Drive toward Commerce Drive. Take the 1st right onto Commerce Drive. Turn right at Raritan Road then turn right at Centennial Ave. Go 1.4 miles and turn left onto North Avenue. Continue on North Avenue through the towns of Cranford and Garwood into Westfield approximately 2.5 miles. Once you pass the Train Station and Fire House on your left in Westfield you have 2 Options:

1. Turn Right onto Prospect Street. Make your 2nd left (.1 mile) onto Ferris Place. The Westfield Area Y is the red brick building at the end of Ferris Place on your right. Parking Lot is on the left.
2. Go 1 block past Prospect Street to traffic light. Go through traffic light and make 1st right into Parking Lot.

From Crowne Plaza or Garden State Parkway Exit 135 North or South:

From Crowne Plaza: Turn right out of hotel lot toward Central Ave. Turn right onto Central Ave. Follow directions from Central Ave

From GSP traveling North:

GSP North to exit 135: at 2nd light turn left onto Central Ave (stay in right lane). Follow directions from Central Ave

From GSP traveling South exit 135:

GSP South to exit 135. Bear right onto Central Ave. Follow directions from Central Ave

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From Central Ave: Shop Rite will be on your right and Target on your left. Take Central Ave for 2.8 miles into Westfield. Turn left onto North Avenue and go approximately .1 mile. Once you pass the Train Station and Fire House on your left in Westfield you have 2 Options:

1. Turn Right onto Prospect Street. Make your 2nd left (.1 mile) onto Ferris Place. The Westfield Area Y is the red brick building at the end of Ferris Place on your right. Parking Lot is on the left.
2. Go 1 block past Prospect Street to traffic light. Go through traffic light and make 1st right into Parking Lot.

From Route 22 East/West:

From Route 22 West: Take the second exit for Westfield (exit to your left). Take this jughandle onto Route 22 East.

From Route 22 East: Exit right at the sign for Westfield (Mountain Ave.) (Bliwise Liquor Store on right.) Continue on Mountain Ave., into the center of Westfield. At the end is Broad Street (large White Church on left, Rialto Theater in front of you). Turn right onto E Broad St.

From East Broad Street: once you pass the Rialto Theatre on your left you have 2 Options:

1. Take the 2nd right onto Prospect Street (Bovella's Bakery is on your right). Turn left onto Ferris Place. The Westfield Area Y is the red brick building at the end of Ferris Place on your right. The Parking Lot is on the left.
2. Take the 3rd right onto North Ave. Make the 1st right into the Parking Lot.

From Route 78:

Take RT 78 to Exit 41 Scotch Plains. Follow signs for Scotch Plains. Go through 1 light and at 2nd light turn right. Go into right lane on overpass and turn right at the end of the overpass. Get in left lane and at light turn left onto Mountain Ave. Go .8 miles to Henry St. Turn right and follow to end. Turn left onto Westfield Ave. Go 1 mile and turn right onto Clark Street. Go .8 miles and the Y will be on your left.

For Parking and Y entrance you will need to continue on Clark Street to the end and make a left onto North Ave. Make your first left into the parking Lot.

DIRECTIONS TO THE HOTELS:

Crowne Plaza

From the south: Garden St Pkwy North to exit 135, stay straight to the traffic light and make a right. At your second exit make a right. The hotel is on the left.

From the north: Garden St Pkwy to exit 135, go straight to the second traffic light and make a left. Go through the next light and take the second exit to the right. The hotel will be on the left (Valley Road).

Homewood Suites

From the north: Take Garden State Parkway South to Exit 136, bear right and go 500 ft, make a U-turn. At second light turn left onto Raritan Rd, proceed 300 feet and make a left onto Coleman Avenue to the back lot of hotel.

From the south: Take Garden State Parkway North to Exit 136, bear right at light onto Centennial Avenue and get into left hand lane. At next light, make left onto Raritan Road. Proceed 300 feet and make a left onto Coleman Avenue to the back lot of hotel.

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TENTATIVE SCHEDULE
SUBJECT TO CHANGE BASED ON FINAL MEET ENTRIES

Friday		
Doors Open		4:30 PM
Pool Opens	5:00 PM	5:00 PM
Solo Prelim Warm Up	5:10 PM	5:20 PM
Solo Prelim Event	5:20 PM	6:40 PM
Duet Prelim Warm Up (1 st 1/2)	6:40 PM	6:50 PM
Duet Prelim Event 1 st 1/2	6:50 PM	7:40 PM
Duet Prelim Warm Up (2 nd 1/2)	7:40 PM	7:50 PM
Duet Prelim Event 2 nd 1/2	7:50 PM	8:40 PM
Trio Prelim Warm Up (1 st 1/2)	8:40 PM	8:50 PM
Trio Prelim Event 1 st 1/2	8:50 PM	9:35 PM
Trio Prelim Warm Up (2 nd 1/2)	9:35 PM	9:45 PM
Trio Prelim Event 2 nd 1/2	9:45 PM	10:30 PM

Saturday		
Doors Open		7:00 AM
Lap Swim (open)	7:00 AM	7:15 AM
Solo Semifinal Warm Up (1st 1/2)	7:15 AM	7:25 AM
Solo Semifinal Event 1st 1/2	7:25 AM	8:10 AM
Solo Semifinal Warm Up (2nd 1/2)	8:10 AM	8:20 AM
Solo Semifinal Event 2nd 1/2	8:20 AM	9:10 AM
Trio Semifinal Warm Up (1st 1/2)	9:10 AM	9:25 AM
Trio Semifinal Event 1st 1/2	9:25 AM	10:25 AM
Trio Semifinal Warm Up (2nd 1/2)	10:25 AM	10:40 AM
Trio Semifinal Event 2nd 1/2	10:40 AM	11:35 AM
Lunch Break	11:35 AM	12:05 PM
Team Semifinal Warm Up (Top 1st 1/2)	12:05 PM	12:25 PM
Team Semifinal Warm Up (Bottom 1st 1/2)	12:25 PM	12:45 PM
Team Semifinal Event 1st 1/2	12:45 PM	1:45 PM
Team Semifinal Warm Up (Top 2nd 1/2)	1:45 PM	2:05 PM
Team Semifinal Warm Up (Bottom 2nd 1/2)	2:05 PM	2:25 PM
Team Semifinal Event 2nd 1/2	2:25 PM	3:25 PM
Afternoon Break	3:25 PM	3:35 PM
Duet Semifinal Warm Up (1st 1/2)	3:35 PM	3:50 PM
Duet Semifinal Event 1st 1/2	3:50 PM	4:50 PM
Duet Semifinal Warm Up (2nd 1/2)	4:50 PM	5:05 PM
Duet Semifinal Event 2nd 1/2	5:05 PM	6:00 PM

*** In recent years we have not needed to have Solo Preliminary Routines. 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 4:30 pm Friday and the pool will not be open before 5:00 pm.

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Sunday		
Doors Open		7:00 AM
Lap Swim (1/2 team)	7:15 AM	7:20 AM
Figure Warm up	7:20 AM	7:40 AM
Lap Swim (1/2 team)	7:40 AM	7:45 AM
Figure Warm up	7:45 AM	8:05 AM
Figure and Split Testing Event	8:15 AM	10:15 AM
Break	10:15 AM	10:45 AM
Team Spacing (pre1 - #3)	10:45 AM	11:00 AM
Team Spacing (#4- #8)	11:00 AM	11:15 AM
Trio, Duet, Solo Warm-up (20 min ea)	11:15 AM	12:15 PM
Public Draw	12:15 PM	12:30 PM
Trio Final Event	12:30 PM	1:10 PM
Duet Final Event	1:10 PM	1:50 PM
Solo Final Event	1:50 PM	2:25 PM
Team Final Event	2:25 PM	3:15 PM
Awards	3:30 PM	3:45 PM