

2011 East Zone Age Group & Intermediate Championships

June 3, 4 & 5, 2011 • Phoenixville, PA



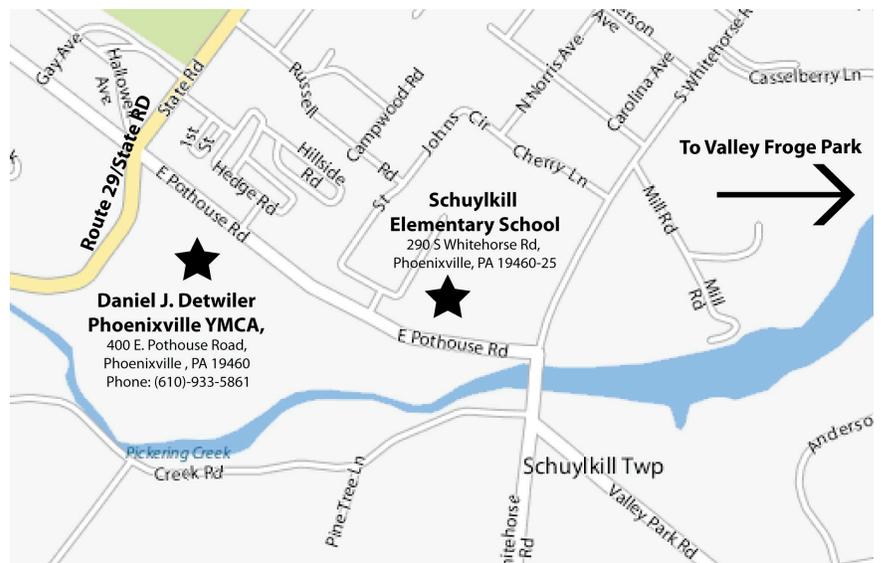
WELCOME EAST ZONE SYNCHRO!

Freedom Valley is very excited to be hosting this year's East Zone Age Group and Intermediate Championship. Please take a few minutes to review our venue rules and map to get familiar with our Y's layout.

Daniel J. Detwiler Phoenixville YMCA, 400 E. Pothouse Road, Phoenixville, PA 19460
Phone: (610)-933-5861

SATURDAY SHUTTLE - morning parking will be tight at the Y. Please drop off swimmers and bags and park at Schuylkill Elementary School, 290 S Whitehorse Rd, Phoenixville, PA 19460-2599. A shuttle will be running shuttle continuous loop from 6:30am-11am, every half hour from 11-2:30pm, continuous loop from 2:30-5pm. After the figure break we will ask everyone to move their cars back from the lot.

Please note there is no parking in the upper lot closest to the building. There will be FVS Booster members and signs directing traffic



DIRECTIONS - Please note there may be a slight detour if you are coming from the North and East of us, getting off at the PA turnpike Valley Forge Exit. They are doing construction at North Gulf Rd exit. It may be closed.

From the toll booth - Take exit **328A** for **US-202 S/US-422 W/Swedesford Rd** toward **W Chester/Pottstown**. Keep right at the fork to continue toward **US-422 W**. Keep left at the fork, follow signs for **US-422 W/Pottstown** and merge onto **US-422 W**. Take the **Pennsylvania 23 W** exit toward **Valley Forge**. Turn left onto **PA-23 W/W Valley Forge Rd**. Take the 1st right onto **PA-23 W/Valley Forge Rd**. Turn left onto **S Whitehorse Rd**. Turn right onto **E Pothouse Rd**. Destination will be on the left

TEAM PHOTOS - Personalized Product Plus will be doing posed photography in the gym throughout the weekend. They are offering one posed shot per team for team's publicity and bulletin boards! Please stop by and get you team photo.

POOL ENTRY - All swimmers are asked to enter and exit the pool through the shallow end doors. This is our "wet" hallway. The deep end doors of the pool are for spectators and meet personnel only. This corridor is used by Y members as well and must stay dry as a safety precaution.

All Final Meet information is available on-line at <http://www.heronettes.com/eastZone/eastZone.shtml> - click on Meet Information

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VENUE RULES: NO FOOD ALLOWED ON DECK, WATER ONLY

ATHLETES, OFFICIALS, & COACHES ONLY ALLOWED ON DECK

GEL IN DESIGNATED AREA ONLY – in the gym

DE-GELLING IS ALLOWED – please have a parent monitor the de-gelling, if any issues arise we will stop de-gelling. Awards will take place when locker rooms are CLEAN

LOCKER ROOMS: Are for changing and showering only. We have a very small locker room
Swimmers must keep bags in the gym at assigned tables

SPECTATOR VIEWING AREA: Keep coolers and swim bags out of spectator viewing area. Coolers may be stored at your team table in the gym. Swim bags should be stored in the gym.

FOOD CONCESSION: Provided by the Freedom Valley Synchro Boosters Parents Association – available throughout the meet

CLOTHING CONCESSION: Various clothing, bathing suits and synchro items available throughout meet

OFFICIALS & COACHES HOSPITALITY: Designated conference room to share with scoring
Stickers in registration packet for food & drinks
(please refill water bottles from water cooler behind conf room)

PROGRAM: Available for purchase at Concessions

PHOTOGRAPHY: Posed photos will be available for purchase throughout the meet in the gym
Personalized Products will be doing posed photography. They are offering a free posed picture per team .

CLUB BANNERS: Hand in banners at registration

PLEASE PARTICIPATE IN THE RAFFLE FOR THE KIM MILLER SCHOLARSHIP

We have great items for raffle to benefit the Kim Miller Scholarship. Kim Miller was a dedicated synchronized swimmer and role model. In 2001, 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 Age Group Nationals, only 6 months after her surgery. She went on to swim on the collegiate level at Millersville University in Pennsylvania. In the midst of her freshman year, the cancer returned. At the age of 19, Kim lost her long battle with bone cancer.

The Kim Miller Synchronized Swimming Scholarship fund was established by Krista Bessinger and Teena Marie Griggs to keep Kim's memory alive and, at the same time, help support the continuing career of a synchronized swimmer in the East Zone on a collegiate level.

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FINAL MEET SCHEDULE

Friday, June 3rd Solo competition for All Intermediate & 10&U AG

Doors Open/Registration begins at 5:00pm (we encourage you to register on Friday night)
Coaches & Officials Meeting, on deck, at 6pm

<u>Intermediate & 10&U AG Solos</u>	(33 solos)
6:00 - 6:10pm	Lap Swim
6:10 - 6:30am	Solo Warm Up (½ 17 & ½ 16)
6:30 - 8:00pm	Solo Competition

Saturday, June 4th Routine & Figure competition for All Intermediate & 10&U AG
Doors Open/Registration begins at 6:30am (we encourage you to register on Friday night)
Coaches & Officials Meeting, on deck, at 6:50am

<u>Intermediate & 10&U AG Trios</u>	(29 trios)
7:00 - 7:10am	Lap Swim
7:10 - 7:30am	Trio Warm Up (½ 13 & ½ 17)
7:30 - 8:55am	Trio Competition

<u>Intermediate & 10&U AG Duets</u>	(35 duets)
8:55 - 9:00am	Lap Swim
9:00 - 9:10am	Duet Warm Up (1 st ½ - 15)
9:10 - 9:55am	Duets Competition
9:55 - 10:05am	Duet Warm Up (2 nd ½ 20)
10:05 - 11:00am	Duets Competition

<u>Intermediate & 10&U AG Figures – Flight 1</u>	(188 total for figures)
11:00 - 11:05pm	Lap Swim (94 swimmers)
11:05 - 11:30pm	Figure Warm Up
11:30 - 1:00pm	Figure Competition

<u>Intermediate & 10&U AG Figures – Flight 2</u>	
1:00 - 1:05pm	Lap Swim (94 swimmers)
1:05 - 1:30pm	Figure Warm Up
1:30 - 3:00pm	Figure Competition

<u>Intermediate & 10&U Age Group Teams</u>	(26 teams)
3:00 - 4:20pm	Lap Swim & Team Spacing
4:20 - 6:10pm	Team Competition

Intermediate & 10&U Age Group Awards - Awards immediately
6:15 - 7:15pm following Team Competition

Immediately following team competition, awards will be held in the gym

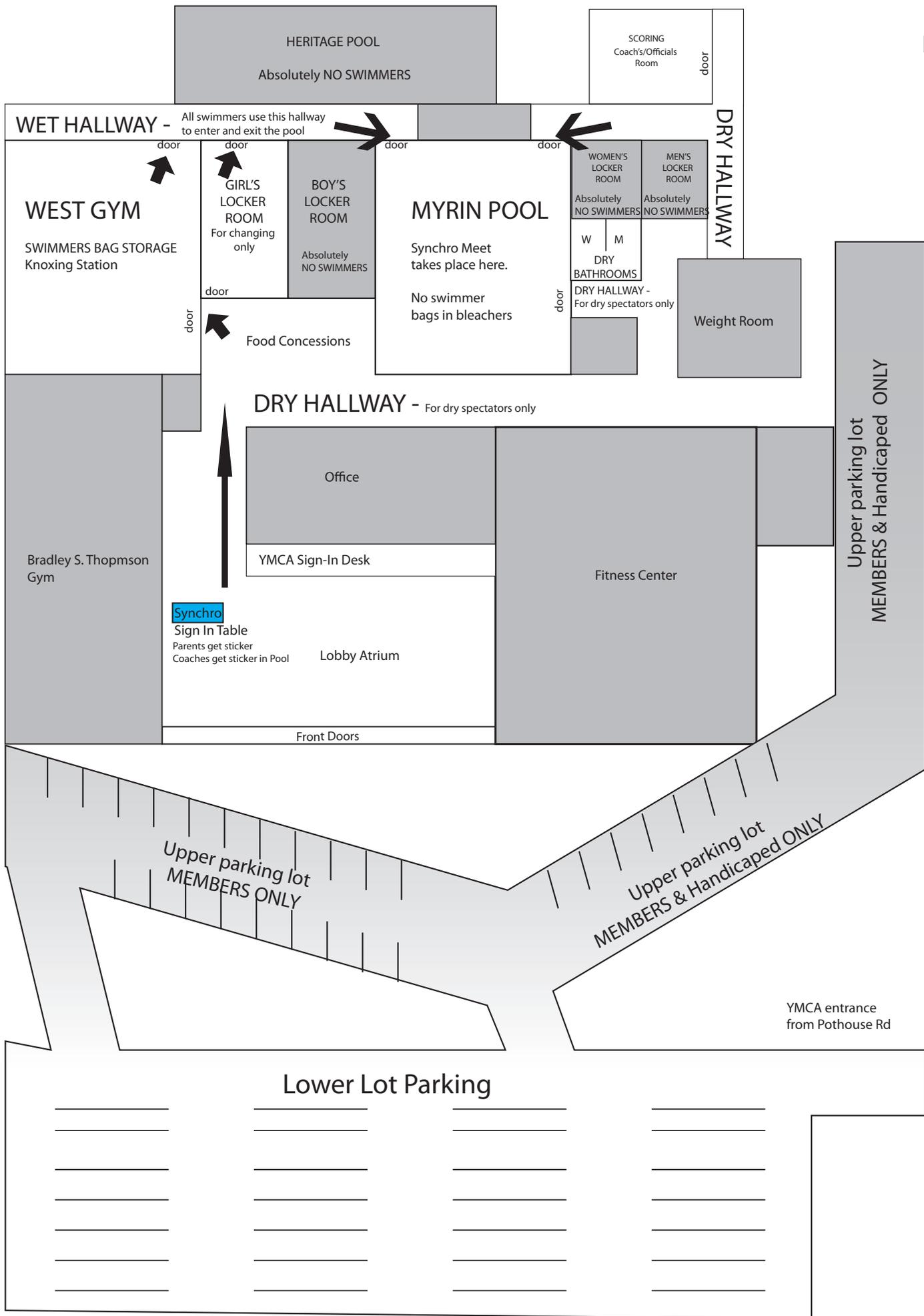
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Sunday June 5th Routine & Figure Competition for 11/12 & 13/15 AG
Doors open at 6:30am. Coaches & Officials meeting, on deck, at 6:50am

<u>11/12 & 13/15 Age Group Solos</u>	(15 solos)
7:00 - 7:10am	Lap Swim
7:10 - 7:20am	Solo Warm Up(all solos)
7:20 - 7:55am	Solo Competition
<u>11/12 & 13/15 Age Group Trios</u>	(16 trios)
7:55 - 8:00am	Lap Swim
8:00 - 8:20am	Trio Warm Up (½ & ½)
8:20 - 9:20am	Trio Competition
<u>11/12 & 13/15 Age Group Duets</u>	(18 duets)
9:20 - 9:25am	Lap Swim
9:25 - 9:45am	Duet Warm Up (½ & ½)
9:45 - 10:45am	Duet Competition
<u>11/12 Figures</u>	(86 swimmers)
11:00 - 11:10am	Lap Swim
11:10 - 11:40pm	Figure Warm Up (½ & ½)
11:40 - 1:00pm	Figure Competition w/split test
<u>13/15 Figures</u>	(39 swimmers)
1:00 - 1:05pm	Lap Swim
1:05 - 1:35pm	Figure Warm Up
1:35 - 2:45pm	Figure Competition
<u>11/12 & 13/15 Age Group Teams</u>	(16 teams)
2:45 - 2:50pm	Lap Swim – 11/12 Teams (11)
2:50 - 3:20pm	Team Spacing
3:20 - 3:25pm	Lap Swim – 13/15 Teams (5)
3:25 - 3:45pm	Team Spacing
3:45 - 4:45pm	Team Competition

Immediately following team competition, awards will be held in the gym
11/12 & 13/15 Age Group Awards – 11/12 All Star Team Named



↑ TO ROUTE 29

POTHOUSE RD.

TO Schuylkill Elementary School, 290 S Whitehorse Rd

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