

2011 East Zone Age Group & Intermediate Championships

June 3, 4 & 5, 2011
Phoenixville, PA

MEET MANAGER(S): Jennifer Hatt, 1043 Stuart Dr., Pottstown, PA 19464
610-718-9884 • JenMacHatt@verizon.net

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



SANCTIONED BY: United States Synchronized Swimming

RULES TO GOVERN: United States Synchronized Swimming 2011 Official Rules
Current East Zone Synchronized Swimming Handbook

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

ENTRY FORMS:
Please see attached.

Please include membership summary from www.usasynchro.org

- Form A Club Entry Form (separate entry by figure group)
- 1) Intermediate: 10&U, 11/12, 13&O and Age Group: 10&Under and 11/12
 - 2) Age Group: 13/15
- Form B Entry Fee Summary
Form C Host Fee summary
Form D Housing and Transportation
Form E Officials Availability Form

ENTRY DEADLINE: **May 23, 2011 • Use postal form # 3817 to verify mailing**
No entries will be accepted after this date.

**QUALIFICATION
FOR ENTRY:**

- 1) Swimmers who have placed 1-3 in Solo, Duet, and Trio (in the above listed levels) in each Region Championship
- 2) The Team event is open for all levels
- 3) If a qualified swimmer cannot attend this Championship, the next place winner may move up and enter the event. Written notice must be given to the ~~runner up~~ routine before the entry deadline for the Championship. If the ~~routine~~ cannot go, after the entry deadline, then a rep for the club must call. If the club fails to notify the runner up, it will be charged \$100/routine to be paid to the zone.

ELIGIBILITY:

- 1) An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
- 2) No duplicate events. Example: An athlete can enter 11/12 Age Group Team and 11/12 Intermediate Solo. She cannot enter 11/12 Age Group Team and 11/12 Intermediate Team.



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**Mail Entry Forms A-E, all fees, and
Proof of USSS Registration to Meet Manager:**

Jennifer Hatt,
1043 Stuart Dr., Pottstown, PA 19464
610-718-9884

**Region A, B C and D meet hosts, please
email meet results to Meet Manager:**

Jennifer Hatt
JenMacHatt@verizon.net

E-mail Form A to Scorer:

Peter McGeoch, pete@sculpins.org

**Mail one copy of Form E
to Officials Chair:**

Joanne Wright
484 Glenalby Rd., Tonawanda, NY 14150
emailjow@yahoo.com • 716-835-1874

REGISTRATION: 5:00 – 8pm, Friday, June 3rd & 7:30am, Saturday, June 4th
COACHES MEETING: Meet on the pool deck - 6pm Friday, 6:45am Saturday, 6:45am Sunday

OFFICIALS: Navy blue bottom w/white top for all events - No jeans or team logos, please

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

EVENTS: FIGURES: Intermediate & 10&U AG figures are on Saturday,
11/12 and 13-15 AG figures are on Sunday.
If a swimmer is entered for events on both days, they will swim figures 2 times.

All Intermediate, 10&U Age Group, - Group 1
and 11/12 Age Group Figures

360	Walkover Front	2.1
321	Somersub	2.0
315	Kipnus	1.6
101R/L	Ballet Leg, Single, Right or Left	1.6

13/15 Age Group Figures

420	Walkover, Back	2.0
342	Heron	2.1
355e	Porpoise Spinning 360	2.1
311a	Kip, Half Twist	2.2

ROUTINES: Solo, Duet, Trio, Team:
Intermediate (10&Under, 11/12, 13&Over)
Age Group (10&Under, 11/12, 13/15)

11/12 AGE GROUP ALL STAR TEAM:

The top eight athletes from the 11/12 Age Group figure results, **including Split Test Bonus**, shall comprise the East Zone 11/12 Age Group 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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COMPETITIVE POOL DESCRIPTION: Length: 25 meters, Width: 6 lanes
SOUND SYSTEM: Depth: 11 feet w/gradual slope shallow to 4 feet
Entry: Deep end, spectator seating in balcony on left
iLive CD player
Ocean Ears DRS8 Underwater Speaker

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 conference room)

PROGRAM: Available for purchase at Concessions

PHOTOGRAPHY: Posed photos will be available for purchase throughout the meet in the gym

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.

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



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HOST HOTELS:

Closest hotel:

Hampton Inn and Suites - Oakes

100 Cresson Boulevard
Phoenixville, PA 19460
610-676-0900
\$99/night + tax
complimentary hot & cold breakfast
Group Name: FVS Synchro/East Champs
Doubles 80790721
King Suites 86564225
Reserve by 5/13/11

Courtyard by Marriott Philadelphia Great Valley/Malvern, PA

280 Old Morehall Road Malvern PA 19355
US Phone: 1-610-993-2600
\$109/night + tax
complimentary hot & cold breakfast
Group Name: East Zone Synchro
Reserve by 5/13/11

Homewood Suites Valley Forge

681 Shannondell Blvd. • Audubon, Pennsylvania 19403
Phone: (610) 539-7300
\$99/night + tax includes complimentary hot & cold breakfast
Group Name: East Zone Synchro
Reserve by 5/13/11

Mostly full - Courtyard by Marriott Collegeville, PA

600 Campus Drive • Collegeville, Pennsylvania 19426 USA
\$109/night + tax includes complimentary hot & cold breakfast
contact Group Sales: Jennifer Hynes, Direct: (484) 974-2606
jennifer.hynes@marriott.com
Reserve by 5/13/11

AIRPORT CLOSEST TO COMPETITION:

Philadelphia International Airport (PHL)
8000 Essington Avenue, Philadelphia, PA 19153



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

From the Northeast:

I-95 S/US-1 South. Continue onto New Jersey Turnpike Extension. Continue onto I-276 W PA Turnpike. Take exit 326 to merge onto I-76 E toward Valley Forge/US-202/I-476/Philadelphia. Take exit 327 to merge onto N Gulph Rd toward Valley Forge. Continue 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

From the Northwest:

Take I-90 East to 81 South. Take exit 194 for I-476 S/Pennsylvania Turnpike. Take exit 31 for PA-63 toward Lansdale. Turn left onto Sumneytown Pike. Take the 2nd right onto Bustard Rd. Turn right to stay on Bustard Rd. Turn left onto PA-73 E/W Skippack Pike. Turn right onto PA-363 S/S Valley Forge Rd. Continue onto S Park Ave. Continue onto Pawlings Rd. Turn right onto PA-23 W/Valley Forge Rd. Turn left onto S Whitehorse Rd. Turn right onto E Pothouse Rd. YMCA is on the left

From the West:

Take PA Turnpike East to exit 312 Route 100 South Downingtown. Turn left onto PA-113 N/E Uwchlan Ave. Turn right onto Pothouse Rd. Destination will be on the right

Parking is available along the back side of the YMCA. Saturday will be packed with swimming lessons and soccer. Additional parking will be available at Schuylkill Elementary School, 290 S Whitehorse Rd, Phoenixville, PA 19460-2599. 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 from the Pool to the Hotels:

To the Hampton Inn: (12 minutes)

Make a left out of the YMCA parking lot. Take the 1st right onto PA-29 N/State Rd. Turn left onto Starr St. Turn right onto PA-29 N/Bridge St. Turn right onto Egypt Rd. Turn right onto Cresson Blvd. Hotel will be on the left.

To the Courtyard Philadelphia Great Valley/Malvern: (11 minutes)

Make a left out of the YMCA parking lot. Turn left onto PA-29 S/W Chester State Rd. Continue to follow PA-29 S. Turn left onto PA-29 S/Charlestown Rd. Turn right onto Old Morehall Rd. Hotel will be on the left

To the Homewood Suites Philadelphia Valley Forge: (15 minutes)

Make a right out of the YMCA parking lot. Turn left onto S Whitehorse Rd. Turn right onto PA-23 E/Valley Forge Rd. Turn left onto Pawlings Rd. Slight right onto Egypt Rd. Turn right onto Shannondell Dr. Turn Right. Hotel will be on the left.

To the Courtyard Philadelphia Valley Forge/Collegeville: (12 minutes)

Make a left out of the YMCA parking lot. Take the 1st right onto PA-29 N/State Rd. Turn left onto Starr St. Turn right onto PA-29 N/Bridge St. Turn right onto Arcola Rd. Turn right onto Campus Dr.



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*** TENTATIVE MEET SCHEDULE ***

BASED ON PRE-MEET ENTRIES RECEIVED – PENDING RECEIPT OF MEET ENTRIES

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>	(24 from premeet)
6:00 - 6:15pm	Lap Swim
6:15 - 6:25am	Solo Warm Up (½ & ½)
6:25 - 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 6:45am

<u>Intermediate & 10&U AG Trios</u>	(32 from pre-meet)
7:00 - 7:10am	Lap Swim
7:10 - 7:30am	Trio Warm Up (½ & ½)
7:30 - 8:55am	Trio Competition

<u>Intermediate & 10&U AG Duets</u>	(24 from pre-meet)
8:55 - 9:00am	Lap Swim
9:00 - 9:10am	Duet Warm Up (1 st ½)
9:10 - 9:55am	Duets Competition
9:55 - 10:05am	Duet Warm Up (2 nd ½)
10:05 - 10:50am	Duets Competition

<u>Intermediate & 10&U AG Figures – Flight 1</u>	(approx. 200 total from pre-meet)
11:00 - 11:30pm	Figure Warm Up
11:30 - 1:00pm	Figure Competition

<u>Intermediate & 10&U AG Figures – Flight 2</u>	
1:00 - 1:30pm	Figure Warm Up
1:30 - 3:00pm	Figure Competition

<u>Intermediate & 10&U Age Group Teams</u>	(10 from pre-meet)
3:00 - 3:30pm	Lap Swim & Team Spacing
3:30 - 4:15pm	Team Competition

<u>Intermediate & 10&U Age Group Awards - Awards</u>	
4:15 - 5:30pm	immediately following Team Competition



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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 6:45am

<u>11/12 & 13/15 Age Group Solos</u>	(20 from pre-meet)
6:45 - 6:50am	Lap Swim
6:50 - 7:10am	Solo Warm Up (½ & ½)
7:10 - 8:20am	Solo Competition
<u>11/12 & 13/15 Age Group Trios</u>	(14 from pre-meet)
8:20 - 8:25am	Lap Swim
8:25 - 8:45am	Trio Warm Up (½ & ½)
8:45 - 10:05am	Trio Competition
<u>11/12 & 13/15 Age Group Duets</u>	(20 from pre-meet)
10:05 - 10:10am	Lap Swim
10:10 - 10:30am	Duet Warm Up (½ & ½)
10:30 - 11:50am	Duet Competition
<u>11/12 Figures</u>	(approx. 60 from pre-meet)
11:50 - 11:55am	Lap Swim
11:55 - 12:10pm	Figure Warm Up
12:10 - 1:25pm	Figure Competition w/split test
<u>13/15 Figures</u>	(approx. 48 from pre-meet)
1:25 - 1:30pm	Lap Swim
1:30 - 2:00pm	Figure Warm Up (½ & ½)
2:00 - 3:05pm	Figure Competition
<u>11/12 & 13/15 Age Group Teams</u>	(14 from pre-meet)
3:05 - 3:10pm	Lap Swim – 11/12 Teams
3:10 - 3:30pm	Team Spacing
3:30 - 3:35pm	Lap Swim – 13/15 Teams
3:35 - 3:55pm	Team Spacing
3:55 - 5:10pm	Team Competition

11/12 & 13/15 Age Group Awards – 11/12 All Star Team Named

2011 EAST ZONE AGE GROUP & INTERMEDIATE CHAMPIONSHIP

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DIRECTIONS FOR USE

Fill in the **Club Name**, **Code** and **Meet Name** on ALL Club Entry Forms sent. At the bottom of the form, the Team Contact(s) only need to be filled in on the first of the Club Entry Forms.

The **Athlete Name** (first, then last) MUST be legible (this is how the swimmers will be entered into the computer/meet). The **Registration Number** and **Birth Year** are unchanged (self-explanatory).

The Figure Group means the age of the youngest routine the swimmer is competing in. Example:

a) If swimmer is 11 years old but swims in a 12-13 Team ONLY, the swimmer should do 12-13 Figures for any award placement. The swimmer will not place in the 11 and Under Figure results. Therefore, "12-13" is the age placed in the **Figure Group** column.

b) If a swimmer swims a 12-13 Routine and a 14-15 Routine, with DIFFERENT Figures, the swimmer MUST do Figures in 12-13 and also 14-15. The swimmer will be eligible for an award in 12-13 Figures and place as an Honorary in the 14-15 Figure results. Therefore, the swimmer would have "12-13" in the **Figure Group** column and *also* "14-15H". (You may also just place a "12" or "14H" in the column if not enough room.)

The **Routine** columns (Solo, Duet, Trio and Team) are divided into Number (#) and **Group Name**.

The **Solo** column **Number** (#) indicates entry in that set of routines ("1", "2", "3", etc.). This equals, at the bottom, the total number of Solos entered in that meet. The **Group Name** indicates the age of that Routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Duet**, **Trio** and **Team** columns, the **Number** (#) indicates entry in that set of Routines. However, it differs from the Solos in that the swimmers, swimming with each other, MUST have corresponding numbers (including any alternate). If Susie Q is swimming with Emma Lou, and Gertrude is the alternate, then all 3 swimmers MUST have the same number, with Gertrude having alternate ("Alt.") indicated in the column by their names as well as the number ("1", "1", "1 Alt."). Again, the **Group Name**, or age group in this example, is the age of the oldest swimmer swimming the routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Comments** section, enter any necessary information, such as where/when qualified & score (if not on pre-qualified list), swimmer ONLY entering for Trials (Figures only), etc. If using this form where seeding of swimmers is involved, simply place an "S" in the Number (#) column after the number and also make a comment in the Comments section. At the bottom of the page, please write in the **Total** number of Routines/Figure competitors so the person entering your club into the meet will have a quick double-check that all swimmers have been entered. At Registration for the meet, you will need to check the Club Summary Form immediately for any discrepancies, so changes may be made BEFORE the meet begins. Samples of the Club Entry Form have been forwarded to all clubs with the 2000 Pre-Meet information. This form and instructions are also available on-line in MS Word '97 PC format at www.usasynchro.org, click on "Synchro Resources", then "Forms". (Feel free to type onto the form, but please do not alter the layout of the form.)

Please look over this form and familiarize yourself with it. We hope that by eliminating Figure & Routine sheets, plus the previous Forms A & B from the Final Meet Announcement, that we will streamline the entry process and save a few trees along the way.

Any questions? Call your zone scoring chairperson or National Scoring Chairperson Sue Johnson at (310) 376-7315 suealbjo1@verizon.net

*****PLEASE READ*****

Please separate the swimmers by the figure group they swim.

ONE form for all Intermediates, 10UN Age Group, 11-12 Age Group • ONE form for the 13-15.

For larger clubs they may need to use two pages for the Intermediate/ AG part.

Thanks

2011 EAST ZONE AGE GROUP & INTERMEDIATE CHAMPIONSHIP

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FORM A: CLUB ENTRY FORM

[\(EMAIL TO peter McGeoch, pete@sculpins.org\)](mailto:pete@sculpins.org)

3-Letter Club Code _____					Zone	N	S	E	W					Region	A	B	C	D
Club _____																		
				Solo		Duet		Trio		Team								
Athlete Name	Registration Number	Birth Year	Figure Group	ID #	Age Div.	U.S. Citizen?	Comments											

Totals

Team Coach: Name _____ Phone Days (____) _____ Evenings (____) _____ E-mail _____

For questions or concerns, contact your zone scoring chairperson or Sue Johnson, National Scoring Chairperson, at (310) 376-7315 suealbjol@verizon.net

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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 = \$ _____

Mail to: Jennifer Hatt
1043 Stuart Dr., Pottstown, PA 19464

ENTRY DEADLINE: May 23, 2011

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FORM C: HOST FEE SUMMARY

Club/Official Name _____ Club Code _____

CoachName _____

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:
*Freedom Valley Synchro Boosters***

Mail to: Jennifer Hatt
1043 Stuart Dr., Pottstown, PA 19464

ENTRY DEADLINE: May 23, 2011

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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: _____

Mail to: Jennifer Hatt
1043 Stuart Dr., Pottstown, PA 19464
JenMacHatt@verizon.net

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FORM E: OFFICIALS AVAILABILITY

Club Name: _____

Association: _____ Region: _____

NAME	Rating	Friday	Saturday	Sunday	Comments:

Please note specifically any events you will not be available for.

Mail to Joanne Wright and Jennifer Hatt

ENTRY DEADLINE: May 23, 2011