2012 EAST ZONE AGE GROUP, INTERMEDIATE CHAMPIONSHIP AND 13 AND OVER OPENS
JUNE 1-3, 2012
CHEEKTOWAGA, NEW YORK

MEET MANAGER(S): Mary Ellen Wiegand & Laura Eherenreich
21 Forest Lake Dr. ,N. Tonawanda New York 14120
716 695 6394 maryewiegand@verizon.net Laura 716 445 1767

VENUE: Cheektowaga High School
3600 Union Road, Cheektowaga 14225
ME's Cell 716 440 8816, Bob's Cell 716 400 7287 Laura's Cell

SANCTIONED BY: United States Synchronized Swimming

RULES TO GOVERN: United States Synchronized Swimming 2012 Official Rules
Current East Zone Synchronized Swimming Handbook

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

ENTRY FORMS: ***Please include membership summary from www.usasynchro.org***
Please see attached.

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 Open 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 20, 2011 • Use postal form # 3817 to verify mailing**
No entries will be accepted after this date.

Intermediate and 12/Under Age Group Eligibility

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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13/15 AG Open Eligibility

OVER QUALIFICATION : Open to any 13/15 AG routine that DOES NOT meet any of the over qualifications listed below.

1. 13/15 Age Group: Athletes who participate in the East Zone Junior Championships and/or the East Zone Championships in solo, duet, or trio shall be ineligible for the Zone Invitational Meet in that event in the current year.
2. 13/15 Age Group: Athletes who place in the top 10 teams at the East Zone Junior Championships shall be ineligible for the Zone Invitational Meet in the team event in the current year.
3. 13/15 Age Group: All team semi-finalist swimmers from East Zone Championships are ineligible for the Zone Invitational Meet in the team event in the current year.

Mail Entry Forms A-E, all fees, and Proof of USSS Registration to Meet Manager:
Mary Ellen Wiegand,
21 Forest Lake Drive, N. Tonawanda NY 14120

Region A, B C and D meet hosts, please email meet results to Meet Manager:
Mary Ellen Wiegand 716 695 6394 Laura Ehrenreich 716 445 1767
maryewiegand@verizon.net

E-mail Form A to Scorer:
Robert Wiegand bobwiegs@yahoo.com
716 695 6394

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

REGISTRATION: 4:00 – 8pm, Friday, June 1 & 8:00am – 5pm, Saturday, June 2
COACHES MEETING: Meet on the pool deck - 4:00 Friday, Saturday, 8:00 am Sunday if needed

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

FEE INFORMATION: Entry Fee: $ 7 per person per event
Sponsor fee: $15 per person

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EVENTS: FIGURES: Intermediate & 10&U, 11-12 AG figures are on Saturday, 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
101R/ L	Ballet Leg, Single Right or Left	1.6
355	Porpoise	1.9
401	Swordfish	2.0

13/15 Age Group Figures

420	Walkover, Back	2.0
355e	Porpoise Spinning 360	2.1
240	Albatross	2.2
345	Reverse Catalina	2.1

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 Depth: 11 feet w/gradual slope shallow to 4 feet Entry: Deep end looking toward shallow end, spectator seating in balcony on right
SOUND SYSTEM:	CD player Ocean Ears DRS8 or Liberty/Anchor, Lubell Underwater Speaker

VENUE RULES: **NO FOOD ALLOWED ON DECK, WATER ONLY**

ATHLETES, OFFICIALS, & COACHES ONLY ALLOWED ON DECK

GEL IN DESIGNATED AREA ONLY – The Gel station is out side the girls locker room. Hot water is provided.

NO DE-GELLING ALLOWED – $100. 00 Fine for De- gelling as in USSS National Meet Guidelines. Awards will take place after the locker room is cleaned. Coaches Please help us.

LOCKER ROOMS: Are for changing and showering only. We have a very small locker room. Swimmers must keep bags in the gym. Teams will have 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 Swimkin Boosters Parents Association – available throughout the meet

CLOTHING CONCESSION: Various clothing, bathing suits and synchro items available throughout meet
Also the silver nose clip charm

OFFICIALS & COACHES HOSPITALITY: Designated area will be set aside for coaches and officials
Food will be provided by Swimkins

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

FLOWERS: Will be for sale at the pool. A pre order form will be sent out later.

PICTURES: Pictures by Migz will be taken during the competition. See information sheet.

PROGRAM BOOK: Please see information sheet.

PARADE OF ALL ATHLETES WILL BE BEFORE EACH SET OF AWARDS. WARM UPS PLEASE.
PLEASE PARTICIPATE IN THE RAFFLE FOR THE KIM MILLER SCHOLARSHIP . "THE ALL AMERICAN GIRL"

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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.

RESERVED UNDER EAST ZONE SYNCHRONIZED SWIMMING

HOST HOTELS:

Millennium Hotel
2040 Walden Ave.
Cheektowaga NY 14225
800 323 3331 or 716 681 2400
$99/night + tax
3 minutes formCheedtowaga Central at Galleria Mall
Reserve by 5/18/12

Red Roof Inn
146 Maple Drive (by airport)
Bowmansville NY 14026 716 633 1100
Reserve by 5/14/12

Sleep Inn
100 Holtz Drive
Cheektowaga NY 14225 716 262 4000
$74.99/night + tax includes 10 minute drive at airport
Reserve by 5/18/12

Holiday Inn Express & Suites at airport
131 Buell Ave.
Cheektowaga NY 14225
Teams call Drew @ 716 829 1415
Others(parents) 716 631 8966
$99.00 plus tax Free Breakfast 10 min drive
Reserve by 5/18/12

Best Western
4630 Genessee Street
Cheektowaga NY 14225 716 631 8966
$95.00 plus tax. Free cont. breakfast
Reserve by 5/18/12 at airport 10 min. drive

Hampton Inn
1745 Walden Ave.
Cheektowaga NY 716 894 8000
$124.00 plus tax Free full Breakfast
Reserve bv 5/18/12 3 minute drive

Directions to Airport Hotels from Thruway 90 East or West
Exit 51 RT 33 East to airport take Genessee street Exit Hotels there

Directions to Walden Ave from Thruway 90 East - Exit 52
For Millennium Hotel go East and turn left
For Hampton Inn go West and turn left

Directions from Airport Hotels- Go toward Buffalo on Genessee Street .
Turn left on Union Road - the school is about a mile down on the right
Go to the left parking lot at the left side of the High School- door to pool will be there and marked

Directions from Walden Avenue Hotels- go east (away from Buffalo) one block
Turn left on Union Road – the school is about a mile down on the Left
Go to the left parking lot at the left side of the High School- door to pool will be there and marked

AIRPORT CLOSEST TO COMPETITION: Buffalo Niagara International Airport (15 min. to Pool)

***** TENTATIVE MEET SCHEDULE *****
BASED ON PRE-MEET ENTRIES RECEIVED – PENDING RECEIPT OF MEET ENTRIES

Friday, June 1st **Solo and Trio** competition for All Intermediate & 10&U AG
Doors Open/Registration begins at 4:00pm (we encourage you to register on Friday night)
Coaches & Officials Meeting, on deck, at 4:15pm

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Intermediate & 10&U AG Solos (31 from pre-meet)

4:15 - 4:25pm	Lap Swim
4:25 - 4:45am	Solo Warm Up (½ & ½) 10 min. ea.
4:50 - 6:00pm	Solo Competition

Intermediate & 10&U AG Duets (36 from pre-meet)

6:00 - 6:10pm	Lap Swim
6:10 - 6:30pm	Duet Warm Up (½ & ½) 10min. ea
6:35 - 8:30pm	Duet Competition

Saturday, June 2nd Routine & Figure competition for All Intermediate & 10&U AG

Doors Open/Registration begins at 8:00am (we encourage you to register on Friday night)

Intermediate & 10&U AG Trios (30 from pre-meet)

8:05 - 8:15am	Lap Swim
8:15 - 8:35am	Trio Warm Up (½ & ½) 10 min. ea
8:35 - 10:00am	Trio Competition

Intermediate & 10&U AG Team (24 from pre-meet)

10:30 - 10:40am	Lap Swim
10:40 - 10:55am	Team Warm Up (1-8) 15 min- 5, 5, 5
10:55 - 11:10am	Team Warm Up (9-16) 15 min- 5, 5, 5
11:10 - 11:25am	Team Warm Up (17-24) 15 min-5, 5, 5
11: 35 - 1:15 pm	Team Competition

Intermediate & 10&U & 11-12 AG Figures – Flight 1 11- 12 Split Testing

1:15 - 1:25	Lap Swim first flight (approx 115 athletes per flight)
1:25 - 1:45pm	Figure Warm Up
1:45 - 3:00pm	Figure Competition

Intermediate & 10&U & 11-12 AG Figures – Flight 2 11- 12 Split Testing

3:00 - 3:10pm	Lap Swim (approx. 115 athletes per flight)
3:10 - 3:30	Figure Warm Up
3:30 - 5:00pm	Figure Competition

13-15 Age Group Figures (40 from pre-meet) ** we are doing figure because we have to wait 1 hour before scoring is done and awards can start

5:00 - 5:10pm	Lap Swim
5:10 - 5:30pm	Figure Warm Up
5:30 - 6:30	Figure Competition

Immediately after figures the Intermediate &10&U Age Group Awards

Sunday June 3rd Routine Competition for 11/12 & 13/15 AG

Doors open at 8:00am. Coaches & Officials meeting, on deck, at 8 am if needed

11/12 & 13/15 Age Group Solos (22 from pre-meet)

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8:05 - 8:15am	Lap Swim
8:15 - 8:35am	Solo Warm Up (½ & ½) 10 min. ea
8:35 - 9:45am	Solo Competition

11/12 & 13/15 Age Group Trios (22 from pre-meet)

9:45 - 9:55am	Lap Swim
9:55 - 10:15am	Trio Warm Up (½ & ½)
10:15 - 11:35am	Trio Competition

11/12 & 13/15 Age Group Duets (24 from pre-meet)

11:35 - 11:45am	Lap Swim
11:45 - 12:05am	Duet Warm Up (½ & ½)
12:05 - 1:30am	Duet Competition

11/12 & 13/15 Age Group Teams (16 from pre-meet)

1:30 - 1:45pm	Lap Swim – 11/12 & 13-15 Teams
1:45 - 2:00pm	Team Spacing 1-8 15 min. 5,5,5
2:15 - 2:30pm	Team Spacing 9-16 15 min. 5,5,5
2:30 - 3:45pm	Team Competition

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

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PROGRAM INFORMATION:

Team Rosters: If you would like your team roster in the program – and also available on venue shirts – please e-mail your team roster no later than May 23rd to: Shannon Kinnan at Shannon.kinnan@ingrammicro.com.

Team Photos: Participating clubs may send photos for the official program. Price is $15 per photo if submitted by May 15, and $22 by May 23. Send payment with registration. Follow instructions listed below:

Photos sent by mail: Send color photos protected with cardboard. Type or print caption and tape to the back of each photo. Include complete name of club, description of photo (i.e.11-12 trio) and the swimmer name(s). Include an e-mail address contact for questions. Do not send money with photos but pay with registration form. Photos will not be returned.

Photos sent by e-mail: Photo must be scanned to create an image approximately 10" x 15" (1080 x 720 pixels) on the computer screen. Save digital file as a JPEG (.jpg). Set JPEG compression for high quality. Photo will be printed in program approximately 3.5" x 2.75" (ONLY JPEG files will be accepted.)

Send photo as an attachment to an e-mail. In the body of the e-mail include the caption with complete name of club, description of photo (i.e. 11/12 team), and names of swimmers. (DO NOT send a word text document.) Name your attached photo file a name that describes your team photo, i.e. Hamden Heronettes 11/12 trio, digital file could be named HH11-12trio.jpg. Send one photo and caption per e-mail (e.g 4 photos = 4 e-mails)

Send photos to:
Shannon Kinnan
490 Taunton Place
Buffalo, NY 14216
Shannon.kinnan@ingrammicro.com

If you have questions, email or call Shannon at 716-536-2509

If you would like to purchase ad space in our program, please contact Shannon Kinnan for more detailed information on rates/ad sizes available.

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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 **Registration 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 <u>each athlete swimming the</u> <u>same team having the same number</u> 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:

ID #	11-12 AG
1	

   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 <u>each page</u> 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

Questions Contact Bob Wiegand 716 695 6394

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Form A CLUB ENTRY FORM

3-Letter Club Code _____ **Region A B C D**

Circle Division 10 & U Int. 11-12 Int. 13-O Int. 10-U AG 11-12 AG 13-15 AG

Club _____ ***Meet Name*** ***2012 E ZONE Age Group/ intermediateChamp 13-15 Open***

Athlete Name	Registration Number	Birt Year	Figure Group	Solo		Duet		Trio		Team		
				ID #	Group Name	ID #	Group Name	ID #	Group Name	ID #	Group Name	
Totals												

Team_____

Team contact(s)_____ _____ Phone Days (____)_____

Evenings (____) _____ Email _____

Send to Bob Wiegand 21 Forest Lake Drive N. Tonawanda NY 14120 or
Email bobwiegs@yahoo.com Mail by May 20, 2012

Form B Entry Fee Summary

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Club Name _____Letter Code _____

Coach _____Email _____

Age Group Intermediate and 13-15 Open

Solo

Age Group	Intermediate		Total#		
____	_____	# of 10 & U	_____	X $ 7.00	$_____
____	_____	# of 11-12	_____	X $ 7.00	$_____
____	_____	# of 13-15	_____	X $ 7.00	$_____
	(13-O Int.)				

Duets

Age Group	Intermediate		Total #		
____	_____	# of 10 & U	_____	X $ 14.00	$_____
____	_____	# of 11-12	_____	X $ 14.00	$_____
____	_____	# of 13-15	_____	X $ 14.00	$_____
	(13-O Int.)				

Trios

Age Group	Intermediate		Total #		
____	_____	# of 10 & U	_____	X $ 21.00	$_____
____	_____	# of 11-12	_____	X $ 21.00	$_____
____	_____	# of 13-15	_____	X $ 21.00	$_____
	(13-O Int.)				

Teams

Age Group	Intermediate		Age # Swimmers	Int.		
____	_____	# of 10 & U	_____	____	X $ 7.00	$_____
____	_____	# of 11-12	_____	____	X $ 7.00	$_____
____	_____	# of 13-15	_____	____	X $ 7.00	$_____
	(13-O Int.)					

Alternates

# of Competitors entered as Alternate only _____ X $ 7.00 $_____

make checks payable to Swimkins Total Entry Fee = $ _____

Mail by: May 20, 2012

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FORM C: HOST FEE SUMMARY

Club/Official Name _____ **Club Code** _____

Coach Name _____

Phone _____ **E-mail** _____

SPONSOR FEE

# of Competitors entered (including alternates)

_____ **(number) x $15**

TOTAL SPONSOR FEE = $ _____

SUMMARY

SPONSOR FEE	**$**	_____
ENTRY FEE	**$**	_____
TOTAL	**$**	_____

Make check payable to: Swimkins

Mail by: May 20, 2012

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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 by May 20, 2012

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FORM E: OFFICIALS AVAILABILITY

Club Name: _____ Club Code _____

Association: _____ Region: _____

NAME	Rating	Friday	Saturday	Sunday	Comments:

Please note specifically any events you <u>will not</u> be available for.

Email or mail to **Joanne Wright** 484 Glenalby Rd., Tonawanda NY 14150 or email emailjow@yahoo.com

Mail with entry to **Mary Ellen Wiegand** 21 Forest Lake Dr. N. Tonawanda NY 14120

ENTRY DEADLINE: May 20, 2012