



**2013 East Zone Intermediate and 12&Under Age Group Championship and
13&Over Age Group Routine Only Open
JUNE 7-9, 2013
Andover, MA**

**MEET
MANAGERS**

Svetlana Malinovskaya
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Andover MA 01810
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Wendy Zimmerman
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North Andover MA 01845
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VENUE

Greater Lawrence Technical School
57 River Road
Andover, MA 01810

SANCTIONED BY United States Synchronized Swimming

RULES TO GOVERN United States Synchronized Swimming 2013 Official Rules
Current East Zone Synchronized Swimming Handbook

ELIGIBILITY All athletes must be registered USSS Regular Athletes for 2013

QUALIFICATION FOR ENTRY

i. Intermediate, 10 & under, 11-12 Age Group

1. Swimmers that 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 an intermediate or 12/U age group 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.
4. An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
5. No duplicate events. Example: An athlete can enter 11-12 Team Age Group and 11-12 Intermediate Solo. She cannot enter 11-12 Team age group and 11-12 Intermediate Team.

ii. 13/OAG (13-15, 16-17, and 18-19AG all together)

1. All routines that did not place 1-3 at their association meet or did not place 1-3 at their regional meet in the current year.

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EVENTS: **FIGURES:** Intermediate & 10&U, 11-12 AG figures
13&Over AG swimmers will not be competing in figures.

Intermediate & 12&U Age Groups

101	Ballet Leg, Single	1.6
360	Walkover, Front	2.1
344	Neptunus	1.8
301	Barracuda	2.0

ROUTINES: Solo, Duet, Trio, Team:

Intermediate (10&Under, 11/12, 13&Over) Free Routines
w/Technical Elements

Age Group (10&Under) Free Routines w/Technical Elements

Age Group (11-12, 13&Over) Free Routines

POOL SPECS

Length: 25 Yards
Width: 6 Lanes
Depth: 11 to 4ft
Distance of water from deck level: 12 inches
Entry: deep end, 1 dive board and non-removable start blocks on
deck. Spectator seating on the right

SOUND SYSTEM: CD player Lubell Underwater Speaker

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

**ATHLETES, OFFICIALS & COACHES ONLY ALLOWED ON
DECK**

GEL IN DESIGNATED AREA ONLY

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



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LOCKER ROOMS: Are for changing and showering only. We have a very small locker rooms. 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: Will be available throughout the meet

CLOTHING CONCESSION: Will be available throughout the meet

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

PROGRAM: Available for purchase at Concessions

CLUB BANNERS: Hand in banners at registration

PARADE OF ALL ATHLETES WILL BE BEFORE EACH SET OF AWARDS. WARM UPS PLEASE.

Kim Miller Scholarship Raffle: Please, participate in Kim Miller Scholarship raffle. 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.



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HOST HOTELS

Holiday Inn Tewksbury (5 miles from pool)

Four Highwood Drive
Tewksbury, MA 01876
Telephone: (978) 640-9000
\$94/night + tax
Room rate includes full breakfast
buffet for up to two people in the room.
Group Name: East Zone Synchro
Reserve by 5/08/13

Marriott Springhill Suites (1.4 miles from pool)

550 Minuteman Rd
Andover, MA 01810
978-688-8200
Double/Doubles with pullout sofa bed (limited availability)
Rooms include microwave and mini fridge
\$114/per night rate includes full breakfast
Ask for East Zone Synchronized Swimming Championships rate
Reserve by 5/20/13

Courtyard Marriott (.3 miles from pool)

10 Campanelli Drive
Andover, MA 01810
978-794-0700
Rooms Available: Queen/Queen with coffee maker and mini fridge
\$119 per night rate includes full breakfast
Ask for East Zone Synchronized Swimming Championships rate
Reserve by 5/20/13

AIRPORT

**Boston Logan International Airport (BOS)
Manchester-Boston Regional Airport (MHT)**

GROUND

All major rental car companies available.

PARKING

Parking is available in the front, sides and in back of the School on Saturday and Sunday. Due to High School graduation there will be NO PARKING ON FRIDAY in the back and sides of the school.
Limited parking in the front of the school on Friday afternoon.
Please, carpool as much as possible on Friday.



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

Friday, June 7: Solo & Duet Competition for Intermediates and 10&U Age Group

Doors Open/Registration begins at 3:45pm
Coaches & Officials Meeting on deck at 4:00pm

Intermediate & 10&Under AG Solos (20 from pre-meet)

4:15 - 4:25pm	Lap Swim
4:25 - 4:45am	Solo Warm Up
4:50 - 6:00pm	Solo Competition

Intermediate & 10&Under AG Duets (23 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 8: Trio & Team Competition for Intermediates and 10&U Age Group
Figure competition for Intermediates, 10&U AG and 11/12 AG
Solo Competition for 11/12 Age Group and 13/15 Age Group

Doors Open/Registration begins at 7:30am
Coaches & Officials Meeting on deck at 7:50am

Intermediate & 10&Under AG Trios (23 from pre-meet)

8:05 - 8:15am	Lap Swim
8:15 - 8:35am	Trio Warm Up (½ & ½) 10 min. ea
8:40 - 9:45am	Trio Competition

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

9:45 – 9:55am	Lap Swim first flight (approx 115 athletes per flight)
9:55 - 10:15am	Figure Warm Up
10:25 - 12:10am	Figure Competition



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

12:10 - 12:20pm	Lap Swim second flight (approx 115 athletes per flight)
12:20 - 12:40pm	Figure Warm Up
12:50 - 2:35pm	Figure Competition

Intermediate & 10&Under AG Team (22 from pre-meet)

2:45 - 2:55pm	Lap Swim
2:55 - 3:10pm	Team Warm Up (1/4) 15 min- 5, 5, 5
3:10 - 3:25pm	Team Warm Up (1/4) 15 min- 5, 5, 5
3:25 - 3:40pm	Team Warm Up (1/4) 15 min-5, 5, 5
3:40 - 3:55pm	Team Warm Up (1/4) 15 min-5, 5, 5
4:00 - 5:30 pm	Team Competition

**Intermediate & 10&Under Age Group awards (when locker
rooms are clean)**

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

6:30 - 6:40pm	Lap Swim
6:40 - 7:00pm	Solo Warm Up
7:05 - 8:10pm	Solo Competition

Sunday June 9:

Duet, Trio and Team Competition for 11/12 and 13&Over Age Group

Doors open at 8:00am

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

8:20 - 8:30am	Lap Swim
8:30 - 8:50am	Trio Warm Up (½ & ½)
8:55 - 10:00am	Trio Competition

11/12 & 13&Over Age Group Duets (22 from pre-meet)

10:00 - 10:10am	Lap Swim
10:10 - 10:30am	Duet Warm Up (½ & ½)
10:35 - 11:45am	Duet Competition



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11/12 & 13&Over Age Group Teams (14 from pre-meet)

11:50 - 12:00pm	Lap Swim – 11/12 & 13-15 Teams
12:05 - 12:20pm	Team Spacing 1-5 15 min. 5,5,5
12:20 - 12:35pm	Team Spacing 6- 11 15 min. 5,5,5
12:35 - 12:50pm	Team Spacing 12- 14 15 min. 5,5,5
1:00 - 2:00 pm	Team Competition

**11/12 & 13&Over Age Group Awards – 11/12 All Star Team
Named (when locker rooms are clean)**

**Meet Name: 2013 East Zone Intermediate and 12/U Age Group
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3-Letter Club Code _____ Zone: N S E W Region: A B C D

Meet Location: Andover, MA

Team Contact(s)	Coach	Phone Days ()	Evenings ()	Email
	Name	Phone Days ()	Evenings ()	Email

The athlete(s) listed above are currently registered with USSSI and are correctly entered for this meet. Coach's Signature:

Date _____

For questions or concerns, contact your Zone scoring chairperson or the National Scoring Chairperson

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FORM B: ENTRY and FORM C: SPONSOR FEE SUMMARY

Club _____ Club Code _____

Person completing form: _____

Phone: _____ Email: _____

Please double click on the chart below. It will open excel. Please enter your numbers into the yellow boxes. Save and close Excel. Word file will update. Does all math!

Event Fees

# solos	0	\$10	\$0
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# duets	0	\$20	\$0
---------	---	------	-----

# trios	0	\$30	\$0
---------	---	------	-----

# teams	0		
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Total number of swimmers swimming team event	0	\$10	\$0
--	---	------	-----

Total Event Fees:

\$0

Sponsor Fees

# swimmers	0	\$15	\$0
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# alternates not swimming in an event	0	\$15	\$0
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Total Sponsor Fee:

\$0

Total Amount:

\$0

Payable to ANA Synchro: _____

RETURN this form to Wendy Zimmerman zim7@hotmail.com,
with payment to ANA Synchro by **May 24th, 2013**.

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FORM D: HOUSING/ TRANSPORTATION

Club _____ Club Code _____

Person completing form: _____

Phone: _____ Email: _____

Arriving: Air Auto Other

Date _____ Time _____

Flight _____ Airline _____

Departure Date _____ Time _____

Please patronize the host hotels to help us secure rooms for our scorers and unaffiliated judges.

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. _____ phone: _____

2. _____ phone: _____

3. _____ phone: _____

RETURN this form to Wendy Zimmerman zim7@hotmail.com

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FORM E: OFFICIALS AVAILABILITY

Club Name/Affiliation: _____

Association: _____

NAME/RATING	CCP Level & Certs current?	CCP Level	Friday	Saturday	Sunday

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

Please indicate Practice Judges (P) and Orals (O) as needed

Registered Coaching Certifications will be verified..

RETURN this form to Education Chair Sheila Wright, wrightsync@aol.com
and Officials Chair Kim Kohut, h2ophilia@hotmail.com