



2013 East Zone Intermediate/Age Group Championships
March 15-17
Town of Tonawanda, NY

Final Meet Announcement

MEET MANAGER Patti Melber
Melbers@aol.com
91 Ashford Avenue
Tonawanda, NY 14150
716-838-2402 H 716-316-5745 C

FACILITY Town of Tonawanda Aquatic & Fitness Center
1 Pool Plaza
Kenmore, NY 14223

POOL SPECS Length: 25 Meters
Width: 8 lanes
Depth: All Deep
Distance of water from deck level: 5"
Entry: Clear, NO starting blocks or diving board.

SANCTIONED BY: United States Synchronized Swimming

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

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

EVENTS:

ROUTINES: Solo, Duet, Trio, Team

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

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

Age Group (11/12 & 13/15) Free Routines

FIGURES:

10 und int, 11-12 int, 13 over int,

10 und age, 11/12 age

101 Ballet leg, single 1.6

360 Front Walkover 2.1

315 Kipnus 1.6

321 Somersub 1.6

13/15 age group

420 Walkover, back 2.0

355e Porpoise Spinning 360 2.1

301d Barracuda Spining 180 2.1

140 Flamingo Bent Knee 2.4

ELIGIBILITY REQUIREMENTS:

1. All athletes must be registered USSS Regular Athletes for 2013.

2. Events for Age Group Level: 10 & Under, 11-12 and 13-15.

Intermediate Level: 10 & Under, 11-12 and 13 & over.

3. Entering Events

A) You may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.



2013 East Zone Intermediate/Age Group Championships March 15-17

Town of Tonawanda, NY

B) No duplicate events. Example: You can enter 11-12 Age Group Team and 11-12 Intermediate Solo. You cannot enter 11-12 Age Group Team and 11-12 Intermediate Team

OVERQUALIFICATIONS

- i. Intermediate: All athletes that participate in the East Zone Junior or Zone Championships.
- ii. Age Group: Athletes who participate in the East Zone Junior Championships and/or East Zone Championships in solo, duet or trio shall be ineligible for the zone invitational meet in that event in the current year.
- iii. 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.
- iv. Age Group: All team semifinalist swimmers from East Zone Championship are ineligible for the Zone Invitational in the team event in the current year.

ENTRY FORMS: *Please include verification of USSS registration for athletes, coaches, and judges*

Form A Official Entry Form – Four separate entry sheets as follows:
Intermediate; 10&U Age Group; 11/12 Age Group; 13/15 Age Group

Form B Entry Fee Summary

Form C Host Fee Summary

Form D Housing and transportation

Form E Officials Availability Form

*Please send copy of Form E to Kim Kohut (Officials chair): h2ophilia@hotmail.com

ENTRY DEADLINE: **March 1, 2013**

Use postal form # 3817 to verify mailing
No entries will be accepted after this date

MAIL OR EMAIL ALL FEES, ENTRY FORMS A-E, AND PROOF OF USSS REGISTRATION TO MEET MANAGER:

Patti Melber
91 Ashford Avenue
Tonawanda, NY 14150
Melbers@aol.com

EMAIL ONE COPY ENTRY FORM A TO:

Bob Weigand
bowiegs@yahoo.com
Please remember to include an accurate coach's email on first sheet.

OFFICIALS: Officials should wear white tops with black bottoms.
Hospitality for Officials and Judges in designated exercise room.

ENTRY FEES: Routines: \$7/person/event; Sponsor fee: \$15 per person



2013 East Zone Intermediate/Age Group Championships
March 15-17
Town of Tonawanda, NY

- AWARDS:** Medals 1st -3rd, ribbons 4th – 8th
- SOUND SYSTEM** Lubbel underwater
4 overhead speakers
- CLUB BANNERS:** Please hand in club banners when checking in. Only Lifeguards can hang up
And/or take down. Please let us know if you are leaving early.
- GEL STATION:** WILL BE SET UP IN SHALLOW END BY KIDDIE POOL. PLEASE DO
ALL GELLING THERE. YOU MAY DE-GEL IN LOCKER ROOM IF IT IS
KEPT CLEAN!!
- Concession Stand:** Will be available throughout the meet. An assortment of Breakfast, lunch and
Snack items will be for sale.
- Merchandise:** Will be for Sale throughout competition
- MIGZ Photography:** Will be taking both posed and action shots....pictures will be available
For purchase in lobby.
- LOCKER ROOM** Full use of Men's and Ladies Locker Rooms will be available. De-Gelling is allowed,
Must clean up all bobby pins, etc..
- AIRPORT** **Buffalo/Niagara International Airport (BUF) 15 minutes from Pool.**
- HOST HOTEL** Comfort Inn University
1 Flint Rd
Amherst, NY 14226
716-688-0811
\$89/night + tax. Includes full hot breakfast
Group Name: East Zone Synchronized Swimming



2013 East Zone Intermediate/Age Group Championships
March 15-17
Town of Tonawanda, NY

*****TENTATIVE SCHEDULE*****

Based on Pre-Meet Entries Received – Pending Receipt of Meet Entries

Friday, March 15: Doors open 4:00p.m:

All Intermediate & 10&U AG Solos
All Int. Duets, 10/U AG Duets

Saturday March 16: Doors open 8:45a.m:

All Intermediate & 10&U AG Trios
All Intermediate & 10/U AG Teams
Int and 12/U AG figures
Awards for All Int & 10/U AG
13/15 AG Figures

Sunday, March 17: Doors open 7:45a.m.

11/12 & 13/15 Age Solos
11/12 & 13/15 AG Trios
11/12 & 13/15 AG Duets
11/12 & 13/15 AG Teams
Awards for 11/12 & 13/15 AG