



# ***2015 East Zone Junior and Senior Championships***

March 13-15, 2015 New Canaan CT



<b>SPONSORED BY</b>	New Canaan YMCA Aquinas	
<b>SANCTIONED BY</b>	United States Synchronized Swimming	
<b>RULES TO GOVERN:</b>	United States Synchronized Swimming 2015 Official Rules East Zone Synchronized Swimming Handbook	
<b>MEET MANAGERS:</b>	Krista Bessinger <a href="mailto:kbessinger@newcanaanymca.org">kbessinger@newcanaanymca.org</a> (203)807-3313	Petra Cacic <a href="mailto:pcacic@newcanaanymca.org">pcacic@newcanaanymca.org</a> (203)966-4528 564 South Avenue New Canaan CT, 6540
<b>FACILITY:</b>	<b>New Canaan YMCA</b> 564 South Avenue, New Canaan CT, 06840	
<b>POOL SPECS</b>	Length: 75' Width: 6 lanes Depth: 11' to 4' Distance of water from deck level: 12" Type of Pool Entry: diving well end, spectator seating in balcony on right diving toward shallow end.	
<b>SOUND SYSTEM</b>	Bose above water and Lubbell underwater speaker	
<b>PARKING</b>	No parking at the YMCA. Parking will be at the New Canaan High school and there will be a complimentary shuttle. Shuttle times will be posted and emailed prior to the start of the meet. You will be able to drop off swimmers at the front of the YMCA.	
<b>TEAM BANNERS</b>	Please hand in at check in.	
<b>SPECTATOR AREA</b>	Seating in the mezzanine of the Valles pool. Spectators are not allowed on deck at any time.	
<b>ATHLETE AREA</b>	Teams will have reserved space in the gym for team coolers, storage of all athlete bags and land drilling. Gel Station will be also be available in the gym. All teams please use the boys' locker room.	
<b>AIRPORTS</b>	John F Kennedy (JFK) 48mi 1.5hr*, LaGuardia (LGA) 41mi 1hr*, White Plains (HPN) 17mi 30min*. *All times are without the addition of Friday rush hour traffic (add at least 1 hour if you are arriving between 4 and 7pm).	



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## **HOST HOTELS**

### **Hilton Garden Inn**

560 Main Avenue  
Norwalk, CT 06851  
(203) 523-4000  
Block: East Zone Synchro  
\$99+tax/double

### **Double Tree**

789 Connecticut Ave  
Norwalk, CT 06854  
Reservations: (800) 492-7148  
Block: East Zone Championships  
Single/\$94.00, Double/\$99.00  
Triple/\$99.00, Quad/\$104.00

## **QUALIFICATIONS**

### **JUNIOR ZONE**

1. Must be a registered USSS athlete.
2. Open to athletes between the ages of 15-18 with the following scores:  
Solo- 61.00  
Duet\*- 60.00  
Team\*\*- Open  
Combo\*\*\*\*- Open

### **SENIOR ZONE**

1. Must be a registered USSS athlete.
2. Open to athletes 15 years old and older with the following scores:  
Solo\*\*\*- 61.00  
Duet\*\*\*- 60.00  
Team\*\*\*- Open  
Combo\*\*\*\*- Open

Qualifying scores may be earned at a Junior or Senior Association meet or Regional, Zone or National Championship. Scores earned are valid for the next 2 competitive years.

\*For the 2015 competitive season only, a junior duet may include a 13 or 14 year old swimmer as long as the other competitor is 16 - 18 years of age. That duet swims as honorary and can advance to finals, but cannot place in finals.

\*\*Junior Team may include 13, 14 or 19 year old swimmers as long as 50% of swimmers are 15 – 18. If less than 50%, the team swims as honorary and can advance to finals, but cannot place in finals.

\*\*\*Senior swimmers must enter Tech Routine in each event they compete except Combo.

\*\*\*\* There shall be a Free Combination event at the Senior and Junior East Zone Championships conducted as a 100% routine event. Competitors from the Senior and Junior East Zone Championships may be combined for this event. Competitors who are 13 and 14 years of age may participate in the Free Combination event at the Senior and Junior East Zone Championships. The Free Combination event is a Final event only.

## **EVENTS**

Junior: Solo, Duet, Team, Figures

Senior: Tech Solo, Tech Duet, Tech Team, Free Solo, Free Duet, Free Team

Junior/Senior Combination Event



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## FIGURES

Junior Compulsory Figures are listed below. Remaining figures will be announced 18-72 hours prior to the competition.

308 Barracuda, Airborne Split 2.8

355g Porpoise, Twist Spin 2.6

## AWARDS

Medals will be given for places 1-3, Ribbons 4-12 in each event

## ENTRY FORMS

Form A Club entry. Please, fill out one separate Form A for each Championship.

Form B/C Entry Fee Summary

Form D Housing and Transportation

Form E Officials Availability

Form F Graduating Seniors

## ENTRY FEES

Entry Fee: \$ 10 per person per event

Sponsor Fee: \$ 15 per person

## E-MAIL ALL ENTRY FORMS TO

Krista Bessinger [kbessinger@newcanaanymca.org](mailto:kbessinger@newcanaanymca.org)

## E-MAIL ENTRY FORM A TO

Pete McGeoch [petemcgeoch@gmail.com](mailto:petemcgeoch@gmail.com)

## E-MAIL ENTRY FORM E TO

Kim Kohut [h2ophilia@hotmail.com](mailto:h2ophilia@hotmail.com)

## MAIL ENTRY FEE CHECKS TO

Krista Bessinger  
New Canaan YMCA  
564 South Avenue, New Canaan CT, 06840

## ENTRY DEADLINE

**February 28<sup>th</sup>, 2015**

Verified e-mail entries will be accepted

*(Please ask for read receipt)*

*Checks should be mailed by the entry deadline*

***No entries shall be accepted after the entry deadline***

Dear Coaches, EZ Jr/Sr Championship and the Invitationals are back to back weekends this year. Please, send in your entries as soon as possible before the entry deadline, so that scoring personnel can do setup and get meet summaries back out to everyone before you arrive at the meets.

## OFFICIALS

Officials should wear white tops with black bottoms. Hospitality for Officials and Judges in designated area.

**GRADUATING SENIORS** Please provide a listing of all graduating seniors and the college they will be attending on the attached form.



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**PROGRAM** Will be available for purchase at the meet. Anyone who wishes to have a photo in the program needs to send a JPEG file to [leilawetmore@leilawetmore.com](mailto:leilawetmore@leilawetmore.com). Deadline is March 1, 2015.

**CONCESSIONS** A variety of food will be available for purchase throughout the meet. Merchandise will also be available.

## **KIM MILLER SCHOLARSHIP RAFFLE AND FUNDRAISER**

Please participate or donate online.

**DIGITAL MUSIC** Email digital music to Krista Bessinger by **February 28, 2015**  
[kbessinger@newcanaanyymca.org](mailto:kbessinger@newcanaanyymca.org)

## **DIGITAL MUSIC SUBMISSION GUIDELINES**

1. Digital music files (ACC, MP3) are to be submitted for routines for this competition.
2. Files received before the deadline will be transferred from emails to a computer, and then imported to iTunes or a compatible program and each file tested to ensure it plays. You will not be contacted if your music is submitted on time and if the music is correct. You will only be contacted if your music is missing or will not play.
3. Playlists will be created for each separate routine competition to be played through the sound system.
4. We recommend submitting 160 Kbit/s AAC or higher quality audio for best sound results. 128 Kbit/s MP3s are NOT recommended, if sending MP3 files, please ensure they are at least 192 Kbit/sec.
5. A minimum one second leader (silence) before the music starts added to all files is recommended.
6. Contact Krista if you have any questions.
7. A CD player will be provided as back up for play through the sound system.
8. Use the following naming conventions (see bolded below) when saving files. Routines names should be "space" separated.

### **Duet OSU Smith**

Duet = Routine event

OSU = Club Abbreviation/ Three Letter Code \*\*

Smith = Last name of the first alphabetical member of the routine

**\*\* email** Jennifer Hawkins - [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org)  
if you do not know your code



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**Optional-** If you know how to modify the Artist/Album/Track Title tags of your files, please use the following conventions.

Artist = "Name of the meet"

Album = "Routine Event" (Solo, Duet, etc.)

Album Artist = "Three Letter Code \*\* "

Title = "Last name of the first alphabetical member of the routine"

**\*\* email** Jennifer Hawkins - [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org)

if you do not know your code

## **TENTATIVE SCHEDULE**

Based on meet entries, the Meet Host, in consultation with the Tech and Scoring Chair, may adjust the schedule, including changing the day of scheduled events. We will adjust the schedule as soon as we get the entries counted and will notify you.

**Friday, March 13<sup>th</sup>:** Doors open at 3pm. Senior Tech Solo, Junior Free Solo, Senior Tech Duet, Junior Free Duet

**Saturday March 14<sup>th</sup>:** Doors open at 7am Senior Free Solo, Senior Free Duet, Junior Figures, Junior Free Team, Zone Awards, East Zone Meeting at the Host Hotel at 7:30pm

**Sunday, March 15<sup>th</sup>:** Doors open 7am. Finals, Awards, Team Trophy