

2016 East Zone Invitational

Norton, MA
March 18-20, 2016

PRE-MEET ANNOUNCEMENT

SPONSORED BY Cambridge Synchro Synchronized Swim Team
Synchronettes Synchronized Swim Team
Wheaton College Synchronized Swim Team

MEET MANAGERS

Shaheen Lakhani
Cambridge Synchro
617-549-9632
shaheen.lakhani@gmail.com

Sigrid Methot
Synchronettes
617-217-1911
sigridwmethot@yahoo.com

FACILITY

Haas Athletic Center Pool
Wheaton College, 26 East Main Street, Norton, MA 02766

POOL SPECS

Length: 40 Meters with movable bulkhead
Width: 8 Lanes (20 yards)
Depth: Entry 13ft, Midpoint 9ft, End of competition area 8ft
Entry: Deep end, starting blocks and two diving boards.
Deck Space: Entry end 14' 8", Opp. End 4' Bulkhead, Side 1: 5' 2",
Side 2: 9' 9"
Spectator seating: Balcony area seating 350 people

ELIGIBILITY

Open to all Intermediates, 12&Under Age Group, 13-15 Age Group,
16&Over Age Group with exceptions of over qualifications listed below.

Over qualifications: Any swimmer who participated in the East Zone
13-15 AG Championships and/or the East Zone Junior/Senior
Championships is overqualified for Invitational in that event only.

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EVENTS

Intermediate: Solo, Duet, Trio, Team, Figures
12&Under Age Group: Solo, Duet, Team, Figures
13-15 Age Group: Solo, Duet, Team, Figures
16&Over Open: Solo, Duet, Team

Detailed schedule will be based on pre-meet numbers.

Friday, March 18: Maybe scheduled depending on the numbers. Would start at 4:30PM with small routines.

Saturday March 19: Doors open 7:00AM: Intermediate and 12 & Under AG Figures, Intermediate and 12 & Under AG Solos, Intermediate and 12 & Under AG Duets, Intermediate Trios, Intermediate and 12 & Under AG Teams, 13-15 AG Solos, Awards for Intermediate and 12 & Under AG.

Sunday March 20: Doors Open 7:00 AM: 13-15 AG Figures, 16 & Over AG Solos, 13-15 and 16 & Over AG Duets, 13-15 and 16 & Over AG Teams, 13-15 and 16 & Over AG Awards.

AIRPORTS

Logan International Airport (BOS), Boston, MA (40 miles)

T.F. Green Airport, Providence, R.I. (30 miles)

HOST HOTELS

Hampton Inn of Raynham

(15 miles from pool)

600 New State Hwy

Raynham, MA 02767

(508) 822-6222

Rate: \$119 per night + 11.7% tax

Free hot breakfast, Wi-Fi and parking included, indoor pool

All Clubs and officials interested in attending should complete the information requested and return the form no later than **January 15, 2016** so the appropriate plans can be made.

Please send completed Pre-Meet Entry Form to both:

Shaheen Lakhani
shaheen.lakhani@gmail.com

Svetlana Malinovskaya
optimasynchro@gmail.com

Note: In an effort to regulate meet size (not too big, not too small) PRE-MEET entries are required. Meet hosts in consultation with the Tech Chair, may close entries to one meet if a maximum meet size (approximately 180 total swimmers) is reached.

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PRE-MEET ENTRY FORM

NAME OF TEAM _____

NAME OF HEAD COACH/OFFICIAL _____

CONTACT PERSON _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE - HOME _____ WORK _____

FAX _____ EMAIL _____

Please indicate the number of routines you plan to bring in each category:

EVENT	Int. 10&U	Int. 11/12	Int. 13&O	AG 12&U	AG 13-15	AG 16&O
Figures						XXXXXX
SOLO						
DUET						
TRIO				XXXXXX	XXXXXX	XXXXXX
TEAM						

Please indicate the total number of individuals participating in the following areas:

1. Athletes attending _____
2. Coaches attending _____
3. Judges attending AND available _____
4. Chaperones attending _____

Please return completed form by January 15, 2016 to:

Shaheen Lakhani, shaheen.lakhani@gmail.com

AND

Svetlana Malinovskaya, optimasynchro@gmail.com

THIS FORM MUST BE RETURNED TO RECEIVE FINAL ENTRY MATERIALS