

2016 EAST ZONE INVITATIONAL

Norton, MA
March 18-20

FINAL MEET ANNOUNCEMENT

SPONSORED BY

Cambridge Synchro
Lyonfish Synchronettes
Wheaton College

SANCTIONED BY

United States Synchronized Swimming (USSS)

RULES TO GOVERN

USSS 2016 Official Rules
East Zone Synchronized Swimming Handbook

MEET MANAGERS

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

Sigrid Methot
Lyonfish 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

AIRPORTS

Logan International Airport (BOS), Boston, MA (40 miles)
T.F. Green Airport, Providence, R.I. (30 miles)

HOST HOTEL

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

ELIGIBILITY

1. Must be a registered USSS athlete.
2. Open to all Intermediates, 12&Under Age Group, 13-15 Age Group, 16 & Over Age Group with exceptions of over qualifications listed below.

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Over qualifications:

1. Intermediate: All athletes that participate in the East Zone 13-15 AG Championships and East Zone Junior/Senior Championships.
2. Age Group: Any swimmer that participated in the East Zone 13-15 AG Championships and/or the East Zone Junior/Senior Championships is overqualified for Invitational in that event in the current year.

COACHES ELIGIBILITY

Any person coaching on deck must hold (at least) a Level 2 CCP certification and current safety credentials.

OFFICIALS

Officials should wear white tops with black bottoms. Hospitality for judges will be provided.

EVENTS

Intermediate 10&U: Solo, Duet, Trio, Team, Figures
Intermediate 11-12: Solo, Duet, Trio, Team, Figures
Intermediate 13&O: Solo, Duet, Trio, Team, Figures
12&Under Age Group: Solo, Duet, Team, Figures
13-15 Age Group: Solo, Duet, Team, Figures
16&Over Age Group: Solo, Duet, Team

Entering Events:

- 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 may enter 12&Under Age Group Team and 11-12 Intermediate Solo. She may not enter 12&Under Age Group Team and 11-12 Intermediate Team

FIGURES

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

Intermediate/ 12& Under AG Figures

101	Ballet Leg, Single	DD 1.6
301	Barracuda	DD 2.0

13-15 AG Figures

423	Ariana	DD 2.2
301e	Barracuda, Spinning 360°	DD 2.2

AWARDS

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

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ENTRY FORMS

Form A is the Club entry form. Please, fill out one separate Form A for each of the 3 following categories:

1. All Intermediates and 12&U Age Group
2. 13-15 Age Group
3. 16&Over Age Group

Form B/C	Entry Fee Summary
Form D	Housing and Transportation Form
Form E	Officials Availability form

E-MAIL ALL ENTRY FORMS TO Katie Rice rice.katherine.l@gmail.com

E-MAIL ENTRY FORM A TO Gil Sharon gil@sharonim.com

E-MAIL ENTRY FORM B&C TO Ann Marie Leshkovich aleshkov@holycross.edu

E-MAIL ENTRY FORM E TO Kim Kohut h2ophilia@hotmail.com

ENTRY DEADLINE

Friday March 4th, 2016

No entries shall be accepted after the entry deadline.

ENTRY FEES

Entry Fee: \$ 10 per person per event

Sponsor Fee: \$ 15 per person

Checks should be made out to "Cambridge Synchro" and mailed by the entry deadline of Friday, March 4, 2016.

Mail Form B&C with entry fee checks to:

Ann Marie Leshkovich
400 Broadway, Cambridge, MA 02139

PROGRAM ADS

Will be available for purchase at the meet.

Clubs may submit ads, shout-outs and pictures for inclusion in the program.

Shout out (1 to 3 lines)	\$5	½ page ad	\$50
⅛ page (business card)	\$10	Full page ad	\$100
¼ page ad	\$20		

Email Tom McNeely at thmcneely@hotmail.com with the ad by March 4, 2016. Please make your check out to "Cambridge Synchro" (note on check that it is for the program Ad) and mail to Anne Marie Leshkovich with your entry fees.

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TEAM BANNERS

Please hand in at check in.

CONCESSIONS

Full concessions will be offered throughout the meet.

DIGITAL MUSIC SUBMISSION

Deadline: Friday, March 4, 2016

Submit to: Katie Rice rice.katherine.l@gmail.com (through www.wetransfer.com) Please, bring CDs as a backup.

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 works. 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 Katie if you have any questions.
7. A CD player will be provided as backup for play through the sound system.
8. Use the following naming conventions (see bolded below) when saving files. Routines names should be "space" separated.

Example: **12 & Under AG Duet OSU Smith**

Age Group: 12 & Under

Competitive Category: AG or INT = Category (Age Group or Intermediate)

Routine Event: Duet

OSU = Three Letter Club Code

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

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TENTATIVE SCHEDULE

Based on meet entries, the Meet Hosts, in consultation with the Tech and Scoring Chairs, may adjust the schedule, including changing the day of scheduled events. A final schedule will be produced based on entries received and emailed to clubs with registered athletes.

Friday, March 18th	4:30 pm	Doors Open, Registration
	4:45 pm	Coaches and Officials Meeting on deck
	5:00 pm	Intermediate Solos
Saturday, March 19th	7:00 am	Doors Open, Registration
	7:15 am	Coaches and Officials Meeting on deck
	7:30 am	Intermediate Trios
	9:00 am	Intermediate Duets
	12:15 pm	Intermediate Teams
	2:30 pm	Intermediate and 12&U AG Figures
	6:30 pm	Intermediate awards
Sunday, March 20th	8:00 am	Doors Open, Registration
	8:15 am	Coaches and Officials Meeting on deck
	8:30 am	13 – 15 AG Figures
	9:45 am	Age Group Duets
	11:30 am	Age Group Teams
	1:30 pm	Age Group Solos
	3:30 pm	Age Group Awards

DIRECTIONS AND PARKING

Haas Athletic Center Pool

Wheaton College, 26 East Main Street, Norton, MA 02766

Parking is limited to Lots 7 and 8. Please see below campus map with these spaces listed. Signs will be posted for the event to help with flow. PLEASE PARK ONLY IN DESIGNATED PARKING SPOTS. Any car not in an official parking spot will be towed.

From Boston and Northern New England: Take Interstate 95 south to Exit 6A onto Interstate 495 south. Follow 495 south 2.5 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.

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From Providence and Southern New England: Take Interstate 95 north. Once in Massachusetts, take Exit 6A onto Interstate 495 south. Follow 495 south 2.5 miles to Exit 11. Turn onto 140 south. Follow Route 140 south 2.8 miles. Turn left at the intersection of Routes 140 and 123. Proceed one-tenth of a mile east on Route 123 and take a right onto campus at Howard Street. Follow Howard Street to the stop sign and take a left. After two-tenths of a mile, Haas Athletic Center will be on the right. Parking can be found in lots 7 and 8.

