



2016 East Zone Intermediate/Age Group Invitational
March 18-20
Town of Tonawanda, NY



FINAL MEET ANNOUNCEMENT

- SPONSORED BY** Town of Tonawanda Aquettes, Synchronized Swimming Team & Town of Tonawanda Youth, Parks, and Recreation Department
- SANCTIONED BY** United States Synchronized Swimming, Niagara Association
- RULES TO GOVERN** USSS 2016 Official Rules
East Zone Synchronized Swimming Handbook
*Please see weather policy in East Zone Handbook in case of inclement weather
- MEET MANAGERS** Patti Melber,
91 Ashford Avenue, Tonawanda, NY 14150
H: 716-838-2402 C: 716-316-5745
Melbers@aol.com
- FACILITY** **Town of Tonawanda Aquatic & Fitness Center**
1 Pool Plaza
Kenmore, NY 14217
716-876-7424
- POOL SPECS** Length: 25 meters, 8 lanes
Depth: 12 ft. All Deep
Entry: No obstructions
- AIRPORT** Buffalo/Niagara International Airport (BUF) 15 minutes from Pool
- HOST HOTEL**
- | | |
|---|-----------------------------------|
| Staybridge Suites Buffalo/Amherst | Days Hotel Buffalo Airport |
| 1290 Sweet Home Road | 4345 Genesee St. |
| Amherst, NY 14228 | Buffalo, NY 14225 |
| 716-276-8750 | 716-631-0800 |
| Rate: \$159/night: Studio Suite | \$114/night |
| Includes Free Hot Breakfast/6 miles to pool | Includes continental breakfast |
- ELIGIBILITY**
1. Must be a registered USSS athlete.
 2. Open to all Novice, 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.

EVENTS

Novice: Solo, Duet, Trio, Team (Routine Only)

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 Open: Solo, Duet, Team (Routine Only)

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 2.1

13-15 AG Figures

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

AWARDS

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

ENTRY FORMS

Form A Club entry form (Please use attached, new 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



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Form E Officials Availability form



ENTRY FEES
Entry Fee: \$ 10 per person per event
Sponsor Fee: \$ 15 per person

MAIL OR E-MAIL ALL ENTRY FORMS, ENTRY FEES AND PROOF OF USSS MEMBERSHIP To:

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

E-MAIL ENTRY FORM A TO Nicole Woodford nlwoodford@aol.com

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

ENTRY DEADLINE **March 4th, 2016**
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

OFFICIALS Officials should wear white tops with black bottoms. Hospitality for Judges in upstairs classroom.

SOUND SYSTEM Lubell underwater speaker and Lubell sound system

CLUB BANNER Please bring your banner. Due to pool regulations, you may hang banner at own discretion in bleachers area.

GEL STATION Will be set up in the shallow end by the kiddie pool. Please do all gelling there. You may de-gel in the locker room as long as things are kept clean!

CONCESSION STAND Will be available throughout the meet. An assortment of breakfast, lunch and dinner items will be for sale.

MERCHANDISE Will be for sale throughout competition.

PHOTOGRAPHY NYGMS will be photographing this event. Our photographer will offer both still and action shots along with videos of each event.
Please contact: info@gmsonline.com for more information and prices.

LOCKER ROOMS Each team will be assigned a specific locker room. Please look for your teams name on the doors.



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DIGITAL MUSIC

Email digital music to Lauren Foster by **March 4th, 2016**

Lauren1229@hotmail.com

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 Lauren 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
if you do not know your code

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
if you do not know your code



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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.

Lap swim is open to all on other side of bulkhead during competition. Please no banging, throws, or lifts

Routine Order: Novice, Intermediate 10/U; Int 11/12, etc....Age Group 12/U; 13/15; 16/O

Friday, March 18th:

4:00 pm	Doors Open
4:15 pm	Coaches Meeting (on Deck)
4:30-4:45 pm	Lap Swim
4:45-5:00 pm	Solo Warm up (First Half)
5:00-5:15 pm	Solo Warm up (2 nd Half)
5:20-6:30 pm	SOLO COMPETITION
6:35-6:45 pm	Trio Warm up (First Half)
6:45-6:55 pm	Trio Warm up (2 nd half)
7:00-8:00 pm	TRIO COMPETITION

Saturday, March 19th:

8:00 am	Doors Open
8:15-8:25 am	Lap Swim All Intermediates and 12/U Age Group
8:25-8:40 am	Figure Warm Up All Intermediates and 12/U Age Group
8:45-10:30 am	Figure Competition All Intermediates and 12/U Age Group
10:35-10:45 am	Lap Swim All 13/15 Age Group
10:45-11:00 am	Figure Warm Up All 13/15 Age Group
11:05-12:00 am	Figure Competition 13/15 Age Group
12:00-12:30 pm	Lunch Break
12:30-12:45 pm	Lap Swim and Warm Up 1 st half of Duets
12:45-1:00 pm	Lap Swim and Warm Up 2 nd half of Duets
1:05-2:25 pm	DUET COMPETITION
2:30-3:15	Team Warm up
3:20-5:00 pm	Team Competition
Awards	