

EAST ZONE INVITATIONAL MEET
MARCH 20+21, 2010
Fairless Hills, PA

HOSTED BY: The Pennsbury Falconettes

Meet Manager: Betty Hess 215-547-7974 bettyhess@verizon.net
718 South Olds Boulevard
Fairless Hills, Pa 19030

VENUE: Pennsburg Health Complex
705 Hood Blvd
Fairless Hills, Pa 19030
215-949-6762

SANCTIONED BY: United States Synchronized Swimming

RULES TO GOVERN: United States Synchronized Swimming 2010 Official Rules
Current East Zone Synchronized Swimming Handbook

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

ENTRY FORMS: return all forms to Betty Hess

Form A	Club entry-one per age group or level
Form B	Entry Fee Summary
Form C	Host Fee summary
Form D	Housing and transportation
Form E	Officials Availability form
Membership list of athletes, coaches and judges	

ENTRY DEADLINE : **March 6, 2010** use postal form #3817 to verify mailing

FEE INFORMATION:

Entry Fee: \$7.00 per swimmer per event
Sponsor Fee; \$10.00 per swimmer
Parking: free and plenty
Orders of Draw will be available for \$1.00

NOTE: Please note that entries are limited to clubs that previously sent a Pre-Meet entry, specific to this meet.

MAIL ENTRIES FORMS A, B, C, D, E, PAYMENT AND REGISTRATION

VERIFICATION to: Meet manager Betty Hess at address above

OFFICIALS: Return forms E and others that apply.

Registration: 8:00AM Saturday + just prior to figures

Coaches and Officials meeting: 8:30AM Saturday

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ELIGIBILITY REQUIREMENTS:

1. All athletes must be registered USSS Regular Athletes for 2010.
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 Intermediate/Age Group competition.
 - B) No duplicate events. Example: you can enter 11-12 Team Age Group and 11-12 Intermediate Solo. You cannot enter 11-12 Team AG and 11-12 INT Team

INELIGIBILITY:

Over qualification:

1. Intermediate: all athletes that participate in the East Zone Jr or Sr. Championship
2. Age Group: athletes who place in the top 20 solos, 15 duets, 10 trios and top 10 teams at the East Zone Junior Championships shall be ineligible for the zone invitational meet in the current year.
3. Age group: All semi-finalist swimmers from East Zone Championship are ineligible for the Zone Invitational in that event in the current year.
4. An athlete may only enter 3 events (solo, duet, trio, and or team) for the combined Invitational meet.

EVENTS:

FIGURES:

12+ U Age Group + Intermediate

101 Ballet Leg single	1.6
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

13-15-Age Group

420 Walkover, Back	2.0
355f Porpoise spin 360°	2.1
342 Heron	2.1
311a Kip ½ Twist	2.2

ROUTINES: TRIO, DUET, SOLO, TEAM

11-12 and 13-15 Age Group Routines are Free Routines

10 & under Age Group Routines are Free Routines with Technical Elements

Intermediate Routines are Technical Routines

Please see USSS Rules Appendix L for descriptions of Technical Elements

Awards: Will follow each day's events.

Host Hotel Information: Ask for East Zone Synchro Swimming

Marriott Courtyard-Langhorne	Residence Inn	Holiday Inn Express
5 East Cabot Blvd	15 East Cabot Blvd	3101 West Cabot Blvd
Langhorne Pa, 19047	Langhorne Pa 19047	Langhorne, Pa 19047
215 945-7980	215-946-6500	215-757-4500

Competitive pool description: 6 lane pool 4'-11" deep Entry drop 20"
2 diving boards which will be raised and 6 starting blocks

Venue Rules: Gel room upstairs in shower room
Coolers may ONLY be in the shallow end balcony

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Food concession is upstairs-courtesy food by ticket only
On deck will be next routine and previous routine swum
Shallow deck room for "walk-thru for next routine"
Deep deck room for coaches only

Sound system available: Liberty Amplifier, Lubell under water speaker and Sony disk player

Food concession: Food will be on sale throughout the meet.

Officials and coaches hospitality: On deck-deep office space

Pool environment: Indoor pool-not too humid

Airport closest to competition: Philadelphia International

Directions:

From west: Pa Turnpike to exit #351-Central Philadelphia. North on Route #1 to Oxford Valley Exit. Turn right and hotels are within ½ mile.

From: North: NJ Turnpike to exit #7A : I-195 south look for signs to Trenton-Lambertville. follow Lambertville signs through the tunnel. Then follow signs to Market St. Go to 1st light, turn Right. Go to next light-turn right and go across Bridge. Travel through Morrisville to second light. Turn left onto Pennsylvania Ave and then right onto Route#1 South.Exit at SESAME Place exit. Turn left and hotels are within ½ mile.

HOTEL to POOL: Get on Oxford Valley Rd going west-go through 3 lights and turn left onto Levittown Parkway(no light-you have right of way). Go to 2nd light and turn left. Go to 3rd light(at PHS) turn left into school and go to end of lot and turn left. Park in any of those lots. (if you miss the left- at Parkway--go to the dead end and turn left. Go to 2nd light and turn right. Next light turn left and go to 3rd light as above.)

Club Banners: Give to registrar

Meet Photographer: Pictures will be taken as soon as routine has completed their swim. Picture buttons will then be on sale.

Video taping: You may video your team's routine only from the balcony

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TENTATIVE SCHEDULE

Based on pre-meet information. Subject to change, based on entries received.

Saturday, March 20:

8:30AM Pool Opens—coaches meeting Food room

ROUTINE COMPETITION: Intermediate followed by 10& Under Age Group

9:00AM—10:15AM Trio Lap Swim, Warm-up & COMPETITION

10:15AM—12:00PM Duet Lap swim, warm-up & COMPETITION

12:00PM—12:30PM Lunch Break

12:30PM—2:15PM Solo Lap Swim, warm-up & COMPETITION

2:15PM—2:25PM Team Lap Swim, warm-up & COMPETITION

FIGURE COMPETITION

4:30PM—6:00PM Figure Warm-up & COMPETITION

12+u Age Group and ALL Intermediates

6:00PM-7:30PM Figure Warm-up & COMPETITION

13-15 Age Group

7:30PM Awards for Saturday events

Sunday, March 21:

ROUTINE COMPETITION: 11-12 followed by 13-15 Age Group

8:00AM—10:20AM Trio Lap Swim, warm-up & COMPETITION

10:20AM—12:10PM Duet Lap swim, warm-up & COMPETITION

12:10PM—12:50PM Lunch Break

12:50PM—2:20PM Solo Lap Swim, warm-up & COMPETITION

2:20PM-3:50PM Team Lap Swim, warm-up & COMPETITION

4:00PM Awards

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Club Entry Form *Version 03a Instructions*

We no longer use Figure or Routine sheets at National meets. We will, instead, use the Club Entry Form as the meet entry.

DIRECTIONS FOR USE

Fill in the **Club Name**, **Code** and **Meet Name** on ALL Club Entry Forms sent. At the bottom of the form, the Team Contact(s) only need to be filled in on the first of the Club Entry Forms.

The **Athlete Name** (first, then last) **MUST** be legible (this is how the swimmers will be entered into the computer/meet). The **Registration Number** and **Birth Year** are unchanged (self-explanatory).

The Figure Group means the age of the youngest routine the swimmer is competing in. Example:

a) If swimmer is 11 years old but swims in a 12-13 Team **ONLY**, the swimmer should do 12-13 Figures for any award placement. The swimmer will not place in the 11 and Under Figure results. Therefore, "12-13" is the age placed in the **Figure Group** column.

b) If a swimmer swims a 12-13 Routine and a 14-15 Routine, with **DIFFERENT** Figures, the swimmer **MUST** do Figures in 12-13 and also 14-15. The swimmer will be eligible for an award in 12-13 Figures and place as an Honorary in the 14-15 Figure results. Therefore, the swimmer would have "12-13" in the **Figure Group** column and also "14-15H". (You may also just place a "12" or "14H" in the column if not enough room.)

The **Routine** columns (Solo, Duet, Trio and Team) are divided into Number (#) and **Group Name**.

The **Solo** column **Number** (#) indicates entry in that set of routines ("1", "2", "3", etc.). This equals, at the bottom, the total number of Solos entered in that meet. The **Group Name** indicates the age of that Routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Duet**, **Trio** and **Team** columns, the **Number** (#) indicates entry in that set of Routines. However, it differs from the Solos in that the swimmers, swimming with each other, **MUST** have corresponding numbers (including any alternate). If Susie Q is swimming with Emma Lou, and Gertrude is the alternate, then all 3 swimmers **MUST** have the same number, with Gertrude having alternate ("Alt.") indicated in the column by their names as well as the number ("1", "1", "1 Alt."). Again, the **Group Name**, or age group in this example, is the age of the oldest swimmer swimming the routine ("12-13" or "12", "14-15" or "14", etc.).

In the **Comments** section, enter any necessary information, such as where/when qualified & score (if not on pre-qualified list), swimmer **ONLY** entering for Trials (Figures only), etc.

If using this form where seeding of swimmers is involved, simply place an "S" in the Number (#) column after the number and also make a comment in the Comments section.

At the bottom of the page, please write in the **Total** number of Routines/Figure competitors so the person entering your club into the meet will have a quick double-check that all swimmers have been entered.

At Registration for the meet, you will need to check the Club Summary Form immediately for any discrepancies, so changes may be made **BEFORE** the meet begins.

Samples of the Club Entry Form have been forwarded to all clubs with the 2000 Pre-Meet information. This form and instructions are also available on-line in MS Word '97 PC format at www.usasynchro.org, click on "Synchro Resources", then "Forms". (Feel free to type onto the form, but please do not alter the layout of the form.)

Please look over this form and familiarize yourself with it. We hope that by eliminating Figure & Routine sheets, plus the previous Forms A & B from the Final Meet Announcement, that we will streamline the entry process and save a few trees along the way.

Any questions? Call Bob Wiegand 716-674-6374

Send form to: copy 1 to Bob Wiegand-224 Elmsford Drive, West Seneca NY 14224 send copy #2 to Betty Hess 718 South Olds Blvd. Fairless Hills, pa 19030

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Club Entry Form

Club _____ **Club Code** ____ **Meet Name** _East Zone Invitational Meet

[illegible]

Team contact(s) _____ Name _____ Phone Days: _____ Evenings: _____ e-mail : _____
 Name _____ Phone Days () _____ Evenings () _____ e-mail _____
 If a routine is seeded to Semifinals, indicate with a an S. (i. e. 2S alt for the second entry, Seeded to Semifinals, as an alternate.)

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FORM B: ENTRY FEE SUMMARY

Club/Official Name _____ Club Code _____

Phone _____

SOLOS

of solos _____ x \$7 = \$ _____

DUETS

of duets _____ x 2 = _____ x \$7 = \$ _____

TRIOS

of trios _____ x 3 = _____ x \$7 = \$ _____

TEAMS

of teams _____ x # of swimmers _____ x \$7 = \$ _____

ALTERNATES

Any swimmer who is listed as an alternate for a routine and who
Is not swimming any other routine event shall pay the entry fee.

of alternates only _____ x \$7 = \$ _____

TOTAL ENTRY FEE = \$ _____

Make check payable to: *PENNSBURY FALCONETTES*
(Federal Tax ID # -23-2180894)

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FORM C: HOST FEE SUMMARY

Club/Official Name _____ Club Code _____

Phone _____

SPONSOR FEE

of Competitors entered (including alternates)
_____ (number) x \$10

Total Sponsor Fee = \$ _____

SUMMARY

SPONSOR FEE \$ _____

TOTAL \$ _____

Make check payable to: *Pennsbury Falconettes*

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FORM D: HOUSING/TRANSPORTATION

Club/Official Name _____ Club Code _____

Coach Name _____

Arriving: Air Auto Other

 Date _____ Time _____

 Flight _____ Airline _____

Departure Date _____ Time _____

Hotel/Lodging _____ Phone _____

 No. of Athletes _____

 No. of Coaches/Officials _____

Please list three on-site emergency contacts for your club (they may be coaches, officials or parents).

1. _____
2. _____
3. _____

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FORM E: OFFICIALS AVAILABILITY

Name _____ Phone (____) _____ - _____

Arriving _____ Time _____ Hotel/Lodging _____

Departing _____ Time _____

Check One: ____ Judge ____ Scoring ____ Deck Volunteer

____ Other (please specify) _____

Judges' Rating Level _____ Affiliations _____

PLEASE CHECK ALL EVENTS FOR WHICH YOU ARE available and whether you are affiliated or not:

Judges: Your judging assignments will be made from this form. Unless otherwise noted on this form, you may be scheduled for any events for which you are unaffiliated.

		Saturday-3/20/10	Sunday-3/21/10
<input type="checkbox"/>		Trio-	Trio-
<input type="checkbox"/>		Duet-	Duet-
<input type="checkbox"/>		Solo-	Solo-
<input type="checkbox"/>		Team	Team
<input type="checkbox"/>		Figures	