

2017 East Zone Region D Intermediate and Age Group Championships
May 20-21st

Hosted by:



Meet Manager: Leah Pinette, lpinette@mvymca.org
(978) 685-3541 ex.142 (work), (860) 302-6536 (cell)
165 Haverhill St.
Andover, MA 01810

Elizabeth Fitzsimons, fitzsimons.elizabeth@gmail.com
(617) 388-3343 (cell)

Venue: Andover/North Andover YMCA
165 Haverhill St.
Andover, MA 01810
(978) 685-3541

Sanctioned By: United States Synchronized Swimming

Rules to Govern: United States Synchronized Swimming 2017 Official Rules
Current East Zone Synchronized Swimming Handbook

Eligibility: Swimmers must be registered USSS athletes

Additional Eligibility: Athletes who compete in the Intermediate Championships may NOT compete at the NESSA Age Group Championships *in the same event.*

Additionally, athletes may compete in up to three events total between the Intermediate and Age Group Championships combined.

An athlete may only enter 3 total events. (Combination routines do not count as one of the three events)

No duplicate events. Example: An athlete can enter 11/12 Team Age group and 11/12 Intermediate solo. She cannot enter 11/12 Team Age group and 11/12 Intermediate team

Coach Eligibility: Any person coaching on deck must hold (at least) a Level 2 CCP and current safety certifications.

Venue Rules: **NO FOOD ON DECK**
GEL IN DESIGNATED AREA ONLY
NO DE-KNOXING ALLOWED AT YMCA

2017 East Zone Region D Intermediate and Age Group Championships
May 20-21st

- Team Banners:** Please hand in at check in.
- Concessions:** Full concessions and merchandise will be offered throughout the meet.
- Pool Specs:** Length: 25 yards
Width: 6 Lanes
Depth: 10 ft to 7 ft (midpoint) to 4 ft
Distance of water from deck level: 0 ft
Type of Pool; Entry: Deep end, spectator seating on deck
- Eligibility:** Routines that place 1st, 2nd and 3rd in the NESSA North and South Intermediate & Age Group Championship on May 6-7th are eligible. Please note that if an eligible routine will NOT be attending the Regional Championships, the Club Representative is required to notify the Runner-up, so that they may compete.
- For the Intermediate Championship, if there are less than 3 routines competing from one of the associations (North or South), the other association can send the next highest scoring routine in that category. The association will allow up to a total of 6 routines in any category. (For example, if NESSA South only has two routines in a category and NESSA North has 5, the top four routines from NESSA North would qualify for regionals along with the two from NESSA South in that category.)
- Qualification:** Routines that place 1st, 2nd and 3rd in Age Group Duet, Team and Combo, and 1st and 2nd place in Solo qualify for the National Junior Olympics to be held June 30-July 8, Riverside, CA.
- Routines that place 1st, 2nd and 3rd in Intermediate Solo, Duet and Trio qualify for the East Zone Intermediate Championships, June 2-4 in Buffalo, NY. The Team event is open at the East Zone Championships.
- Please note that if an eligible routine will NOT be attending the next level of competition (Zones or National JO) Championships, the Club Representative is required to notify the Runner-up, so that they may compete.
- Events:** Intermediate 10&U, 11-12, 13&O: Solo, Duet, Trio, Team, Figures
12&Under Age Group: Solo, Duet, Team, Figures
13-15 Age Group: Solo, Duet, Team, Combo, Figures
16-17 Age Group: Solo, Duet, Team, Figures
18-19 Age Group: Solo, Duet, Team, Figures
16-19 Age Group: Combo

Note: All Intermediate routines are free routines with required elements. See rulebook for guidelines.

2017 East Zone Region D Intermediate and Age Group Championships
May 20-21st

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

16-19 AG Figures

308	Barracuda, Airborne Split	DD 2.8
355g	Porpoise, Twist Spin	DD 2.6

Note: Swimmers are required to compete in the figure category(ies) corresponding to the routine age groups they are competing in. If a swimmer is NOT competing in the routines within this swimmer's synchro age group, please mark her figure category with the age group of the routine she is competing in. For example, you have a swimmer born in 2003; she is in the 13-15 age group. If she is competing in the 16-17 duet and 16-17 team, and not in 13-15, her figure category must be marked as 16-17 age group. Her figure placement will be 16-17 age group competitors. Figure placement is in the YOUNGEST age group in which she competes in a routine. Additional older age group figure placement will be Honorary, if a swimmer competes in more than one figure competition (e.g. 13-15 and 16-17).

Entries: Entries must be shared by **Monday, May 8th, 2017.**
Share entries through Google drive to the following emails:

gil@sharonim.com
lpinette@mvymca.org
fitsimons.elizabeth@gmail.com
alyssaa.cotreau@gmail.com
michal.fandel@gmail.com
rice.katherine.l@gmail.com

Entries Fees and Meet Registration

Registration Instructions:

[https://drive.google.com/file/d/0B51fbmDQQ4w0RGRoZnZwTlRRd1E/vi
ew?usp=sharing](https://drive.google.com/file/d/0B51fbmDQQ4w0RGRoZnZwTlRRd1E/vi
ew?usp=sharing)

2017 East Zone Region D Intermediate and Age Group Championships
May 20-21st

Registration link:

<https://docs.google.com/spreadsheets/d/12ELgTcrMNNbpFMYSzVAv8zi1j1Cj1jZVc5k9XugqfIE/edit?usp=sharing>

Note: Before submitting the form, please make sure to enter the meet name

Entry fee: **East Zone Region D Championships**
 \$10 per swimmer, per event.
 Sponsor fee: \$15 per swimmer.

Mail FORM B for Age Group and Intermediate athletes and routines with check payable to “ANA Synchro”.

Please, mail check to:

Leah Pinette
165 Haverhill St.
Andover, MA 01810
(978) 802-0059

Payment must be received by the entry deadline. Please do NOT bring checks to the pool the day of the meet as this causes confusion and slows down the progress of the meet. Rather, mail checks to the meet manager.

Digital Music Submission:

Deadline: Monday, May 8th, 2017

Submit to: anasynchromusic@gmail.com

Please bring your music on a USB drive or portal music device – iphone, ipad, ipod, smartphone or tablet – as back-up.

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.

2017 East Zone Region D Intermediate and Age Group Championships
May 20-21st

5. A minimum one second leader (silence) before the music starts added to all files is recommended.
6. 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