***NW Elite Invitational***

UNITED STATES SYNCHRONIZED SWIMMING,INC.

**Pacific Northwest Association**

##### Age Group 13-15, Junior, Senior, Masters

**June 6 - 7, 2020**

**Saturday 7:30 am - 5:00 pm**

**Sunday 7:30 am – 1:30 pm**

#### MEET

The ***NW Elite Invitational*** meet will be held in Tacoma, Washington at the

***Mt Tahoma High School Pool***. It is governed by the 2020 USSS Rules and sanctioned by PNA.

#### FACILITY

**Mt Tahoma High School Pool**

4634 South 74th St.

Tacoma, WA 98409

(253) 305-1022

**POOL DIMENSIONS**

TBD

#### HOTEL SUGGESTION

**Holiday Inn Express & Suites**

8601 South Hosmer Street

Tacoma, WA 98444

(253)539-2020

**Hampton Inn & Suites**

8203 South Hosmer Street

Tacoma, WA 98408

(253)539-2288

**Best Western Lakewood Motor Inn**

6125 Motor Ave SW

Lakewood, WA 98499

(253)584-2212

**ELIGIBILITY** All swimmers must be registered athletes with USSS for the 2019-2020 competition year. Canadian participants welcome as honorary.

#### REGISTRATION FORMS AND IMPORTANT DATES

|  |  |  |
| --- | --- | --- |
| Pre Meet Entry Form |  | info@seattlesynchro.com |
| Registration Forms | May 22, 2020 | olga.pastukhova1982@gmail.com  tanakajennifer@gmail.com |
| Fee Calculation Sheet & Payment | May 22, 2020 | tanakajennifer@gmail.com |
| Judges Availability Form | May 22, 2020 | princessjackie21@hotmail.com |
| Coach Credential Form | May 22, 2020 | coachkatleen@seattlesynchro.com |

**FEES**

*Sponsor Fee* - $15 per competitor

*Entry Fee* - $10 per competitor per event

**VOLUNTEERS**

#### *Please wear a white shirt and black bottoms.*

**FIGURE COMPETITION**

***Athletes wear black swimsuit and plain white caps. No logos on caps.***

**13 – 15 AGE GRP**

423 Ariana 2.2

143 Rio 3.1

355 Porpoise Cont. Spin 720 2.1

315 Seagull 2.1

**MASTERS**

**-***TBD*

\*A draw will be done on **Wednesday June 3, 2020** for the Masters figures. Teams will be notified by email\*

**ROUTINE COMPETITION**

* Age Group 13-15, 16-17 & 18-19 Free Routines (Duet, Solo, Team, Combo)
* Masters Free Routines (Solo, Duet, Trio, Team)
* Age Group 16-17, 18-19 & Masters Technical Routines (Duet, Solo, Team)

**Gelling & Degelling**

A knoxing area will be provided. De-knoxing is not allowed at pool or in the facility. Any team de-knoxing will incur a $100 fine payable at the time of infraction.

**COMPETITION SCHEDULE**

*A schedule will be available after all entries are received, entered and validated.*

**CONCESSIONS *STAND***

Provided by **SST**

**DIGITAL MUSIC SUBMISSIONS**

PNA sound equipment will be used including an Ocean Engineering underwater speaker. We will be using DIGITAL MUSIC for routines.

MP3 files are generally much smaller and are better for sending as email attachments. Please indicate in the body of the email how many files are attached; it is also helpful to list the music titles in the email to be sure that all were emailed.

1) We will use a file naming convention, i.e. 13-15AG Duet SST Davis: 13-15AG=routine in entered in the 13-15AG invitational; Duet = Routine event, SST = USA Synchro Club Abbreviation, Davis = last name of the first alphabetical member of the routine.

2) Music is due on no less than 2 weeks before the competition. Minute changes can be made but this will allow plenty of time to have music fully tested and arranged by order of draw.

3) The Sound person will transfer the files from e-mail to a computer file and then import the file to iTunes. The music is tested to ensure it plays.

4) During the week prior to the meet the Scoring Chair e-mails the Start Lists for the Meet to the Technical Chairperson.

5) The Sound person then creates playlists in iTunes for each separate Routine. ***Please send music to Natalie Montgomery: pnasynchro1@gmail.com***

6) At the meet the Sound person uses a laptop and the playlists in iTunes to play the music through the sound system for each Competition.

***7) Back up music should still be brought and may be in CD. Back up .mp3 or .wav files may be brought on any standard digital media (memory sticks MP3 Players, etc.)***