



UNITED STATES SYNCHRONIZED SWIMMING, INC.

Charlotte Davis Region A Championships

Qualified Intermediate & Age Group Athletes

May 19 - 20, 2018

Saturday 8:00 – 5:00 pm

Sunday 8:00 - 12:00 pm

MEET

The **Regional Champs** will be held in Tacoma, Washington at the University of Puget Sound Athletics and Aquatic Center. It is governed by the 2018 USSS Rules and sanctioned by PNA.

FACILITY

University of Puget Sound Athletics and Aquatic Center (Map Attached)

1500 N Warner Street
Tacoma, WA 98416
(253) 879-3100

HOTEL SUGGESTION

Holiday Inn Express & Suites Tacoma Downtown

2102 South C Street
Tacoma, WA 98402
(253) 272-2434

Book by **April 19th for discounted rate under Synchronized Swimming**

Red Lion Hotel Tacoma

8402 S. Hosmer Street
Tacoma, WA 98408
(253) 548-1212

Book by **April 27th for discounted rate under Synchronized Swimming**

ELIGIBILITY

All swimmers must be registered athletes with USSS for the 2017-2018 competition year.
Canadian participants welcome as honorary.

REGISTRATION

Please complete both the ***Athlete Registration Form & the Judges Availability Form. Entries are due by 5/4/2018.*** Please also note the Graduating Athletes tab on the registration form.

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 ***plain black one piece swimsuit & a plain white cap***

INTERMEDIATE

101 Ballet Leg Single	1.6
301 Barracuda	1.9
Figure 3 – TBD*	
Figure 4 – TBD*	

12 & UNDER AGE GRP

106 Straight Ballet Leg	1.6
301 Barracuda	1.9
Figure 3 – TBD*	
Figure 4 – TBD*	

13 – 15 AGE GRP

423 Ariana	2.2
143 Rio	3.1
Figure 3 – TBD*	
Figure 4 – TBD*	

MASTERS

-TBD

A DRAW will be done for the other two figures on Wednesday May 16th, 2018. Teams will be notified by email.

ROUTINE COMPETITION

- Intermediate Free Routines with Tech Elements (Duet, Solo, Trio, Team)
- Age Group 12 & U, 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 knocking area will be provided. De-knocking is not allowed at pool or in the facility. Any team de-knocking will incur a \$100 fine payable at the time of infraction.

SCHEDULE

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

DIGITAL MUSIC SUBMISSIONS

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

The Rocky Mountain Association has been using Digital Music for all Routine music at its local meets since the 2007-08 season. We also want to use Digital Music files for our PNA competitions. These instructions come from them, on "how they do it". If you are interested in taking the stress out of the competition, please follow the directions and let's see how it goes. Digital Music is simply taking an MP3, WAV or other comparable music file and putting it on a laptop computer and using iTunes to play the music at our meets. 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.)**

A Concession Stand will be provided by PWSS

****We will also have a Jolyn Swimwear Trunk Show on Saturday from 12-3pm****

*****SEE ATTACHED MAP OF UNIVERSITY of
PUGET SOUND CAMPUS*****