

**2010 NORTH ZONE SENIOR CHAMPIONSHIP
AND
13-15 AGE GROUP INVITATIONAL
PREMEET ANNOUNCEMENT (1/07/09)**

Dates: March 4-7, 2010

Meet Manager: Myrna Hagedorn; hagedorn@mywdo.com; 719-687-5312)

Rules to Govern: 2010 USSS Official Rulebook

**Pre-Meet Entry
Form:**

Please return the attached Pre-Meet Entry Form to the Meet Manager by **Friday, January 22**. This will help to provide a more accurate schedule for the final meet announcement AND ensure that you get all meet information and updates.

**Entry/Eligibility
Information:**

A swimmer may only enter three **different** routine events **plus** the Combination event during the course of both championships.

13-15 Zone Invitational

- May be 13 or younger, but swimming to complete a 13-15 routine. (No swimmer younger than 13 may swim solos.)
- Swimmers may compete in both meets (the 13-15AG Invitational and the Senior Zone Championship), but not in the same event.
- There are no qualifying scores.

Senior Zone Championships

- Must be 15 (birth year) to compete in Sr. Zone Meet. However, 13 and 14-year-old swimmers may compete to complete a routine.
- Senior Zone Qualifying Scores:
Solo--66.5 Duet--65.5 Trio-- 64.5 Team—Open
- Scores for senior zones may be used to qualify for US Juniors or Junior Open Championships if all swimmers are eligible age. Routines with 13 and 14-year-old competitors will not be eligible to advance to US Nationals. *Routines in the Senior Zone Championship that have swimmers who are 13 or 14 need to be noted as honorary on entries.*

Free Combination Routine Event

- A single event of free combination routine will be held. Places 1 – 8 will be awarded based on routine score only. Entries may have a combination of 13-15 and senior zone competitors.
- There are no qualifying scores.

Figures: All swimmers will perform figures. Swimmers will perform the figures appropriate to the section of meet in which they are competing.

13-15 Invitational Meet—Group 1

420	Walkover, Back	2.0
355e	Porpoise, Spinning 360	2.1
342	Heron	2.1
311a	Kip, Half Twist	2.2

Senior Zone Championship—Group 1

313	Kip, Split, Closing 180°	2.5
112f	Ibis, Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.7

**Schedule/
Meetings:**

A tentative schedule is attached. A final schedule will be determined upon receipt of entries and distributed to all participants. To ease the travel time to and from the Hinkley High School pool for figures on Saturday morning, the annual Athletes Meeting and North Zone Annual Meeting will be held on Friday, March 5 between the Combination competition and team practice with music.

Sound System:

Music should be submitted via email by February 18 (see attached document on how to prepare digital music files) to:

Larry Nash, Rocky Mountain Technical Chair
Lordlarry2226@netscape.net

Changes to music files may be made at any time via email prior to the start of the meet and at the meet if brought on standard digital storage media. See attached document on how to prepare the files. A CD player and cassette player will be available for backups. CDs and tapes should have one selection per CD/Tape clearly labeled with the competitors names, event and team name.

Hospitality:

A hospitality area that will have light meals and snacks will be provided for officials and coaches.

**Housing for
Unaffiliated
Officials:**

Unaffiliated officials must fill out and return the attached availability form by January 22 in order to be guaranteed housing for the meet.

**Concessions
& Vendors:**

Bottled water and drinks will available for purchase but we will not be able to provide food concessions for athletes. A corridor will be designated where coolers may be placed. Cooking is not permitted in the facility. There will be an area very near the competition pool where food and drink may be consumed. We will shortly send out a pre-order form for T-shirts and hoodies with the NZ Championship logo. Only a limited stock of T-shirts will be available without preorder.

**Airport and
Transportation:**

Denver International Airport (DIA) with all major car rental companies. Please be sure to allow an hour between the Carmody Recreation Center in Lakewood and DIA on Sunday afternoon. Also, given the probability of new security procedures, it would be worth checking on the DIA website or with your airline for time allowances for security checks.

Host Hotels:**La Quinta Inn**

7190 W Hampden Ave
Lakewood, CO
303-969-9700

Block name: North Zone Championships; reservations may be made with any La Quinta front desk agent.

Room rate: \$59 per night not including tax, two double beds per room (includes continental breakfast; does not include in-room fridge or microwave)

Last date for block reservations: Feb. 4, 2010

Hampton Inn Denver

3605 S Wadsworth Blvd
Lakewood, CO
303-989-6900

Block Name: MFS; reservations may be made with any Hampton front desk agent.

Room rate: \$69 per night not including tax, two double beds per room (includes continental breakfast).

Last date for block reservations: Feb. 21, 2010

Pool Locations:

Carmody Recreation Center (for all but Saturday morning figures)

2200 S Kipling St
Lakewood, CO 80227-2126
(303) 988-3068
www.lakewood.org/comres/page.cfm?ID=178

Hinkley High School (Saturday morning figures)

1250 Chambers Rd.
Aurora, CO 80011

Pool**Specifications:**

All routine warmups and competitions will be held at the Carmody Rec. Center:

Competition Area Dimensions at the Carmody Pool:

Length: ~28yds of a 50M long pool

Width: 7 lanes = 50ft

Depth: From the entry (deep) end, 0 to ~12 yds @ 12ft

From the ~12 yds to 14yds, a rise from 12ft to 7ft

From ~14 yds to the end of the competition area (~28yds.), a gentle slope from 7ft to 6ft.

2010 North Zone Championships and 13-15AG Invitational

VERY TENTATIVE SCHEDULE: Note the early start time on Thursday morning and the rescheduling of the NZ meetings to Friday after the Combination event!

Thursday, March 4

8:00-10:00am	13-15 Solo Warm Up/Competition
10:00-12:30	Sr. Zone Solo Warm Up/Competition
12:30-3:30pm	13-15 Duet Warm-up/Competition

Friday, March 5

7:30-10:30am	Sr. Zone Duet Warm Up/Competition
10:30-12:3	13-15 Trio Warm-up/Competition
12:30-2:30	Sr. Zone Trio Warm-up/Competition
3:00-4:30	Combo Warm-up/Competition
4:30-5:30	North Zone Meetings
5:30-8:00	Team Practice with Music

Saturday, March 6

7:30 – 9:30am	13-15 Figures Warm Up/Competition - HINKLEY POOL
9:30 – 1:00	Sr. Zone Figures Warm Up/Competition - HINKLEY POOL
1 – 2:30	Travel between Hinkley Pool and the Carmody Rec. Center plus Lunch
3:30 – 4:30	Team Warm Up
4:30 -7:30	Team Competition
7:30-8:00	Awards for 13-15 Events & Combo

Sunday, March 7 - Carmody Pool

8:00-9:00am	Warm-ups Trio-Duet-Solo
9:00-11:30	Trio-Duet-Solo Competition
11:30-12:00	Team Warm-up
12:00-1:00	Team Competition
1:00-2:00	Awards

UNAFFILIATED OFFICIALS AVAILABILITY - Please return by Jan. 22, 2010

NAME : _____

CELL PHONE : _____

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO JUDGE: (circle all that apply):

THURSDAY PM – FRIDAY AM – FRIDAY PM – SATURDAY AM – SATURDAY PM –
SUNDAY AM

NAME : _____

CELL PHONE : _____

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO JUDGE: (circle all that apply):

THURSDAY PM – FRIDAY AM – FRIDAY PM – SATURDAY AM – SATURDAY PM –
SUNDAY AM

NAME : _____

CELL PHONE : _____

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO JUDGE: (circle all that apply):

THURSDAY AM - THURSDAY PM – FRIDAY AM – FRIDAY PM – SATURDAY AM –
SATURDAY PM – SUNDAY AM

**EMAIL OR MAIL TO: Myrna Hagedorn
15478 W. Highway 24
Woodland Park, CO 80863
hagedorn@mywdo.com**

DIGITAL MUSIC INFORMATION

The Rocky Mountain Association has been using computer files (Digital Music) for all Routine music at its local meets since the 2007-08 season. We also want to use computer (Digital Music) files for the 2010 North Zone Championships

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.

Procedure:

- 1) We use a file naming convention, i.e. **13-15AG Trio RMS Davis**: 13-15AG=routine in entered in the 13-15AG invitational; Trio = Routine event, RMS = USA Synchro Club Abbreviation, Davis = last name of the first alphabetical member of the routine. Similarly, for the Senior Championships, Senior Trio RMS Davis.
- 2) For the NZ Championships, music is due by email to the Rocky Mountain Technical Chair by **February 18, 2010**. Last minute changes can be made but this will allow plenty of time to have music fully arranged.
- 3) The Technical Chairperson 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 Technical Chairperson then creates playlists in *iTunes* for each separate Routine competition.
- 6) At the meet the Technical Chairperson 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 (preferred) or tape form.

If you have any questions, contact Larry Nash, Rocky Mountain Technical Chairperson,
Lordlarry2226@netscape.net.