

2010 MINNESOTA ASSOCIATION
SYNCHRONIZED SWIMMING CHAMPIONSHIPS
ST. LOUIS PARK, MINNESOTA

OFFICIAL CHAMPIONSHIP ANNOUNCEMENT

- HOSTED BY:** Minnesota Aquafins
- DATES:** Saturday & Sunday – February 27 & 28, 2010
- LOCATION:** St. Louis Park Senior High School
6425 W. 33rd Street, St. Louis Park, MN
- SANCTIONED BY:** United States Synchronized Swimming
- MEET MANAGER:** Jennifer Wood
mnaquafins@gmail.com
952-994-9704
- RULES TO GOVERN:** The Official USSS Rulebook as modified for 2010 shall govern the championship.
- ENTRY DEADLINE:** All entries must be emailed by Feb. 1, 2010. Please also send a hard copy of your entries along with payment no later than February 10, 2010. No late entries accepted. No Refunds. Swimmers will not be allowed to swim until all fees are paid.
**Music will also need to be sent in by Feb 15.
- MUSIC:** We will be using a computer to play the music. Please send your CDs with tracks clearly labeled on a separate sheet of paper by Feb 15. Music can be on one cd per team if you wish. We understand changes to routine music happen right before a meet. Changes will be accepted and we can change music during figures if you need to.
- MAIL ENTRIES, FEES AND MUSIC TO:** Jennifer Wood
10111 Cedar Lake Road APT 308
Minnetonka, MN 55305
mnaquafins@gmail.com
- ELIGIBILITY:** Athletes must be registered members with USSSI.
Coaches on deck must have CCP1 Certification.
- FEE INFORMATION:**
- *Entry Fee: \$10.00 per competitor per routine, including 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.
- *Sponsor Fee: \$8.00 per competitor.

*Please make one check payable to MN Aquafins

ENTRIES: FORM A Official Entry Form -- Please complete 1 sheet for each level.
example: 1 entry form each for Novice, Intermediate, 10&U Age Group, 11-12 Age Group, 13-15 Age Group, 16 & Over Age Group.

FORM B Sponsor and Entry Fee Summary
FORM C Officials Availability
FORM D Waiver

OFFICIALS: Please return form C by the entry deadline. Officials will be wearing white tops and navy blue bottoms for all judging.

DECK PERSONNEL: All deck personnel (including coaches, timers, scorers, runners and other meet volunteers) must be members of USSSI or sign the attached insurance waiver FORM D.

EVENTS: Novice, Intermediate and Age Group Routine and Figure Competition

AWARDS: Medals will be awarded in each event to finalist places 1st – 3rd in routines and figures. Ribbons will be awarded to places 4th – 8th in routines and figures.

POOL SPECS: Length: 25 meters, Width: 5 lanes. Depth: 9 feet sloping to 3½ feet. Deck to water distance approximately one foot. Spectator seating is on the right when standing in the deep end facing shallow.

FOOD AND MERCHANDISE: A concession stand offering food and merchandise items will be open. Hospitality will be provided for coaches and officials.

GELLING: **NO GELLING or DEGELLING** allowed in the facility. Please arrive gelled.

DIRECTIONS: *****Please note there is road construction at HWY 7 and Wooddale***** (currently these directions work) Take Hwy 100 to Hwy 7 west. Turn right at the first stoplight onto Wooddale Avenue. Just past the first stop sign, turn left into the school parking lot. The pool entrance and women's locker room is through the first door as you enter the parking lot (Door 7). There is limited parking by the pool door, follow the road around the school to find additional parking.

ATHLETES' REPRESENTATIVE ELECTIONS

As outlined in the Minnesota Association Synchronized Swimming Policy Manual, the "Athletes' Representatives elections shall occur during figures. Election results shall be tallied and announced at the end of the meet before or after the awards."

TENTATIVE SCHEDULE

(a more accurate schedule will be distributed after entries have been received)

| | | |
|-------------------------|----------|---|
| Saturday, Feb 27 | 7:50am | Coach and Official Meetings |
| | 8:15am | Athlete Meeting (Age Group Division) |
| | 8:15am | Novice & Intermediate B & 12&U age group Figure Warm up (15 min) |
| | 8:30am | Novice figure competition |
| | 9:25am | Intermediate B & 12&U Figure Competition |
| | 11:55am | Intermediate A & 13-15 Age Group figure warm Up (15 min) |
| | 12:10pm | Intermediate A & 13-15 figure competition |
| | 1:00pm | 16 & Over Age Group Figure Warm Up (15 min) |
| | 1:15pm | Athlete Meeting (Novice & Intermediate) 16 & Over Age Group figure competition |
| | | Split (water) test will follow each group for those swimmers participating |
| | 2:00pm | Trio Competition Warmup (Novice, Intermediate, 10 & U, 11-12 Age Group) Competition (Novice, Intermediate, 10 & U, 11-12 Age Group) Warmup (13-15, 16 & Over Age Group) Competition (13-15, 16 & Over Age Group) |
| | 4:00pm | Solo Competition Warmup (Novice, Intermediate, 10 & U, 11-12 Age Group) Competition (Novice, Intermediate, 10 & U, 11-12 Age Group) Warmup (13-15, 16 & Over Age Group) Competition (13-15, 16 & Over Age Group) |
| Sunday, Feb 28 | 7:45am | 20 minute lap swim (everyone) |
| | 7:45 am | Officials meeting |
| | 8:10am | Duet Competition Warmup (Novice, Intermediate, 10 & U, 11-12 Age Group) Competition (Novice, Intermediate, 10 & U, 11-12 Age Group) Warmup (13-15, 16 & Over Age Group) Competition (13-15, 16 & Over Age Group) |
| | 10:45 am | Team Competition Warmup (Novice, Intermediate, 10 & U, 11-12 Age Group) Competition (Novice, Intermediate, 10 & U, 11-12 Age Group) Warmup (13-15, 16 & Over Age Group) Competition (13-15, 16 & Over Age Group) |
| | 2:30pm | Awards |

Figure Groups

Novice:

| | |
|---------------------------|-----|
| 101 Ballet Leg | 1.6 |
| 310 Somersault, Back Tuck | 1.1 |
| 201 Dolphin | 1.4 |
| 370 Shrimp | 1.6 |

Intermediate B & 12 and Under Age Group

| | |
|--------------------|-----|
| 101 Ballet Leg | 1.6 |
| 360 Front Walkover | 2.1 |
| 355 Porpoise | 1.9 |
| 401 Swordfish | 2.0 |

Intermediate A & 13-15 Age Group

| | |
|----------------------------|-----|
| 420 Back Walkover | 2.0 |
| 355e Porpoise Spinning 360 | 2.1 |
| 342 Heron | 2.1 |
| 311a Kip 1/2 twist | 2.2 |

16 and Over Age Group

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

Form A

Intermediate Club Entry Form

Club _____

Club Code _____

Meet Name : MN 2010 Association Meet

| Athlete Name (Last, First) | Membership Number | Birth Year | Figure Group Age & A or B | Split test Yes/No | Solo | | Duet | | Trio | | Team | |
|----------------------------|-------------------|------------|---------------------------|-------------------|------|-----------|------|-----------|------|-----------|------|-----------|
| | | | | | ID # | Age Group | ID # | Age Group | ID # | Age Group | ID # | Age Group |
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| Totals | | | | | | | | | | | | |

Team contact(s) Name _____ Phone - Days _____ Evenings _____ e-mail _____

Form A

10 & Under Age Group Club Entry Form

Club _____

Club Code _____

Meet Name : MN 2010 Association Meet

| Athlete Name (Last, First) | Membership Number | Birth Year | Figure Group | Split test Yes/No | Solo | | Duet | | Trio | | Team | |
|----------------------------|-------------------|------------|--------------|-------------------|------|-----------|------|-----------|------|-----------|------|-----------|
| | | | | | ID # | Age Group | ID # | Age Group | ID # | Age Group | ID # | Age Group |
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| Totals | | | | | | | | | | | | |

Team contact(s) Name _____ Phone - Days _____ Evenings _____ e-mail _____

Form A

13 -15 Age Group Club Entry Form

Club _____

Club Code _____

Meet Name : MN 2010 Association Meet

| Athlete Name (Last, First) | Membership Number | Birth Year | Figure Group | Split test Yes/No | Solo | | Duet | | Trio | | Team | |
|----------------------------|-------------------|------------|--------------|-------------------|------|-----------|------|-----------|------|-----------|------|-----------|
| | | | | | ID # | Age Group | ID # | Age Group | ID # | Age Group | ID # | Age Group |
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| Totals | | | | | | | | | | | | |

Team contact(s) Name _____ Phone - Days _____ Evenings _____ e-mail _____

Form B. Sponsor and Entry Fee Summary

Club: _____ **Coach:** _____

Coach Contact Phone Number: _____ **Coach e-mail:** _____

SPONSOR FEE

Total number of competitors including alternates entered

SPONSOR TOTAL _____ x \$8.00 = \$

NOVICE

SOLOS # _____ x \$10.00 = \$ _____

DUETS # _____ x \$20.00 = \$ _____

TRIOS # _____ x \$30.00 = \$ _____

TEAMS # _____ x # swimmers = _____ x \$ 10.00 = _____

Novice Total\$ _____

INTERMEDIATE

SOLOS # _____ x \$10.00 = \$ _____

DUETS # _____ x \$20.00 = \$ _____

TRIOS # _____ x \$30.00 = \$ _____

TEAMS # _____ x # swimmers = _____ x \$ 10.00 = \$ _____

Intermediate Total\$ _____

AGE GROUP

SOLOS # _____ x \$10.00 = \$ _____

DUETS # _____ x \$20.00 = \$ _____

TRIOS # _____ x \$30.00 = \$ _____

TEAMS # _____ x # swimmers = _____ x \$ 10.00 = \$ _____

Age Group Total \$ _____

Total Entry and Sponsor Fees \$ _____

Make check out to MN Aquafins

E-mail entries to: mnaquafins@gmail.com

Mail hard copy with check to:

Jennifer Wood

10111 Cedar Lake Road APT 308

Minnetonka, MN 55305

FORM C: OFFICIALS AVAILABILITY

NAME _____ PHONE _____

RATING LEVEL _____ USSS current membership: yes ___ no ___

AFFILIATION(s): _____

RELATIVE OF ATHLETE: _____ COACH OF CLUB: _____

FORM C: OFFICIALS AVAILABILITY

NAME _____ PHONE _____

RATING LEVEL _____ USSS current membership: yes ___ no ___

AFFILIATION(s): _____

RELATIVE OF ATHLETE: _____ COACH OF CLUB: _____

FORM C: OFFICIALS AVAILABILITY

NAME _____ PHONE _____

RATING LEVEL _____ USSS current membership: yes ___ no ___

AFFILIATION(s): _____

RELATIVE OF ATHLETE: _____ COACH OF CLUB: _____

Mail separately and as soon as possible to (no later than January 15th):

Linda Gust

11078 Oregon Curve

Bloomington, MN 55438

FORM D: Waiver and Release of Liability

In consideration of being allowed to participate in any way in U.S. Synchronized Swimming sanctioned events, I acknowledge and agree that:

1. I understand that I, or if participant is a minor, my child or ward, will be engaging in activities that involve the risk of serious injury, including permanent disability and death, severe social and economic losses and other loss including damage to property.
2. I knowingly and freely assume all such risks.
3. I, for myself, my minor child or ward, and on behalf of their heirs and assigns, release, waive, discharge and covenant not to sue U.S. Synchronized Swimming, Inc., its officers, agents, employees, and sponsors as well as its affiliate clubs, from any and all liability for any and all claims, demands, losses or damages on account of injury, including death and damage to property, whether caused by negligence or otherwise.

Participant's Signature _____ Date
Signed _____

Participant's Name (Print)

If participant is less than 18 years of age, the parent or legal guardian must also sign.

This is to certify that, as parent/legal guardian of this participant, I do consent to his/her waiver and release as set forth above and also agree to assume all such risks and to waive the right to sue the releasees.

Parent/Guardian Signature _____ Date
Signed _____

Parent/Guardian Name (Print)

THIS WAIVER AND RELEASE FORM MUST BE COMPLETED BY ALL NON-MEMBERS OF USSSI EACH YEAR, IF PARTICIPATING ON DECK AT A USSSI SANCTIONED SYNCHRONIZED SWIMMING EVENT