

OFFICIAL MEET ANNOUNCEMENT

Minnesota Synchronettes 2010 Invitational Figure Meet

- Date:** Saturday, January 23, 2010
12:00 p.m. - 8:00p.m.
- Location:** Wayzata West Middle School
149 Barry Road North
Wayzata, MN 55391
- Hosted By:** Minnesota Synchronettes
- Events:** **Figure Competition Only**
Novice, Intermediate, Age Group
- Sanctioned:** United States Synchronized Swimming
- Rules to Govern:** Official USSSI Handbook shall govern
- Entry Deadline:** Friday January 15, 2010
- Eligibility:** Athletes must be registered members with USSSI.
Coaches on deck must show proof of CCP1 Certification.
- Meet Manager:** Ann Rushfeldt. E-mail address: westmetro123@aol.com
952-475-3403
- Mail Entries To:** E-mail entries to Jeffaogren@comcast.net
Mail hard copy of entries as a double check along with check to cover fees to: Minnesota Synchronettes, P. O. Box 966, Wayzata, MN 55391. All entries and payment are due by **January 15, 2010**. You will receive an e-mail confirmation that your entries have been received.
- Entry Fees:** Event Fees are \$6.00 per competitor per figure event and a sponsor fee of \$6.00 per competitor. Checks are payable to: **Minnesota Synchronettes**. If swimmers are entered in more than one category of figures (e.g., Intermediate and Age Group or two different sets of Age Group figures, they will pay a \$12.00 entry fee and a \$6.00 sponsor fee.
- Awards:** Ribbons will be awarded to the top 9 in every age group.

- Pool Specs:** 25 yard pool with 6 lanes. Depth: 12 feet to 3.5 feet. Deck to water approximately 1 foot. Spectator seating is on the right side as you face the shallow end.
- Concessions:** Concessions will be available. Coolers are allowed in outer hall.
- Officials:** Official attire is white tops and navy bottoms. Please complete and return enclosed Officials Availability Form to: Linda Gust, 11078 Oregon Trail, Bloomington, MN 55438 by January 15, 2010.
- Deck Personnel:** All deck personnel (including coaches, timers, scorers, runners and other meet volunteers) must be members of USSSI or your Governing Body or sign a waiver form.
- Directions to Pool:** From 494, Take 394 West to Highway 101 South/Wayzata Exit. Turn Right onto Wayzata Blvd. Follow overhead signs for Wayzata Blvd approximately 1 mile. School is on the right side at the corner of Barry Avenue and Wayzata Blvd.. Enter the second parking lot off of Wayzata Blvd. Pool entrance is at the back of the building.
- Tentative Schedule:**
- 12:00 Doors open to swimmers**
 - 12:10 Lap Swim for 12 and under Age Group/Intermediate/Novice Swimmers**
 - 12:15 Officials Meeting and assignment to panels**
 - 12:30 Figure Warmup - Intermediate/Novice**
 - 12:45 Figure Warmup - 12 and under Age Group**
 - 1:05 Figure Competition for Novice,Intermediate and 12 and Under Age Group**
 - 3:00 Lap Swim for 13 - 15 Age Group Swimmers**
 - 3:20 Figure Warm Up for 13 - 15 Age Group Swimmers**
 - 3:45 Figure Competition for 13 - 15 Age Group**
 - 4:45 Lap Swim for 16 and over Age Group**
 - 5:05 Figure Warm Up 16 and Over**
 - 5:30 Figure Competition for 16 and Over**
 - 7:30 Awards**

The above schedule is tentative and will be adjusted based on actual entries. Final schedule will be e-mailed following receipt of entries.

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 \$6.00 = \$

NOVICE # _____ x \$6.00 = \$ _____

INTERMEDIATE
_____ x \$6.00 = \$ _____

AGE GROUP

12 and under # _____ x \$6.00 = \$ _____

13-15 # _____ x \$6.00 = _____

16 and Over # _____ x \$6.00 = _____

Total Entry and Sponsor Fees \$ _____

Make check out to **Minnesota Synchronettes**

E-mail entries to: jeffaogren@comcast.net

**Mail hard copy with check to: Minnesota Synchronettes, P. O. Box 966
Wayzata, Minnesota 55391**

MNS Invite – January 23, 2010

FORM C: OFFICIALS AVAILABILITY

NAME _____ **PHONE** _____

RATING LEVEL _____ **USSS current membership:** yes ___ no ___

AFFILIATION(s): _____

RELATIVE OF ATHLETE: _____ **COACH OF CLUB:** _____

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

Linda Gust

11078 Oregon Curve

Bloomington, MN 55438

Figure Groups

Novice:

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

12 and Under Age Group/Intermediate:

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

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