



2006 Esynchro Age Group
Synchronized Swimming Championships
June 23-July 1, Federal Way, Washington

OFFICIAL MEET ANNOUNCEMENT

- DATES** 12-13 Team practice and Competition: June 23-June 26
14-15 Team practice and Competition: June 25-June 27
16-17 & 18-19 Team practice and Competition: June 28-July 1
- LOCATION** Weyerhaeuser – King County Aquatics Center
650 S.W. Campus Drive
Federal Way, WA 98023
(206) 296-4444
- SANCTIONED BY** Pacific Northwest Association
United States Synchronized Swimming
- SPONSORED BY** Pacific Northwest Association
- MEET MANAGERS** Gina Craig Christine LaBounty
(253) 927-6532 (253) 520-9160
E-Mail: 2006ag@comcast.net E-Mail: 2006ag@comcast.net
Fax: (425) 487-4820
- MEET WEBSITE** www.2006agegroup.com
- SCORING CHAIR** Jackie McDaniel E-Mail: jackiemcd43@hotmail.com
Email a copy of Form A by the deadline to the Scoring Chair
- RULES TO GOVERN** The 2005-2009 Official USSS Rulebook shall govern the Championships.
- ENTRY DEADLINE** All entries must be postmarked no later than June 2, 2006. Use Postal Form #3817 to verify mailing date. If a qualifying event is held after the entry deadline for this competition, a provisional entry must be submitted according to the above deadline. Within 72 hours of the completion of the qualifying competition, the proof of qualification must be submitted by phone and in writing (postmarked) to the Meet Manager. Qualifying documents for all routines MUST be attached to Form A and sent to the address below. If not, your routines will not be entered in the Championship.
- MAIL ENTRIES & FEES TO** 2006 Age Group
Registration
P.O. Box 23413
Federal Way, WA 98093-0413



Funded in part by the City of
Federal Way lodging tax.



2006 Esynchro Age Group Synchronized Swimming Championships

ENTRIES

NO e-mail or fax club entries will be accepted. (However, a copy of Form A MUST be emailed to Jackie McDaniel, National Scoring Chair.)

- | | |
|---------------|---|
| FORM A | 1. Club Entry Form. <i>Note: submit Two entry forms per age group. Qualifying documents for all routines MUST be attached to Form A. If qualifying documents are not included, your routines will not be entered in the event(s). One copy MUST be emailed to the Scoring Chair.</i> |
| FORM B | 2. Entry Fee Summary |
| FORM C | 3. Host Fee Summary |
| FORM D | 4. Housing/Transportation |
| FORM E | 5. Officials Availability |
| FORM F | 6. Music Selection |
| FORM G | 7. Club Camera Policy |

OFFICIALS

Please return Forms C, D, and E by the entry deadline. Please email a copy of the information on Form E to bettyhess@verizon.net.

FEE INFORMATION

- **Entry Fee:** \$15 per competitor per routine, including alternates. Make check payable to USSS. 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. (Handbook, Appendix C, pg.3)
- **Sponsor Fee:** \$25 per competitor. Make check payable to PNA. (\$5 per athlete goes to the judges supplement.)
- **Credentials:** Each club will receive credentials for 2 coaches and 1 chaperone per 10 registered athletes. Each club will receive one camera credential for the meet. Additional coach and chaperone credentials available for \$15 each. Lost/misplaced credentials \$15 for replacement.
- **Spectator Tickets:** All final events 12-13, 14-15, 16-17 & 18-19 tickets are \$10 for general admission, \$5 youth (5-13) and 4 & under free. Tickets will be for sale at the meet. Checks, cash VISA and MasterCard's will be accepted.



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EVENTS

Figures – The final Figure Competition will consist of the following four figures:

Figures 12-13 and 14-15 (Group 3)

346	Side Fishtail Split	2.0
140	Flamingo, bent knee	2.4
401	Swordfish	2.0
355e	Porpoise, spinning 360	2.1

Figures 16-19 (Junior Group 4)

355f	Porpoise, continuous spin	2.4
128	Eiffel Walk	2.8
435c	Nova, twirl	2.8
347	Beluga	2.3

Routines

Routine competition will be held in Solo, Duet, Trio and Team for 12-13, 14-15, 16-17 & 18-19 age groups.

AWARDS

Synchro Swimming USA medals will be awarded in each group to finalist places 1-3 in routines and 1-3 in figures competition. Synchro Swimming USA ribbons will be awarded to places 4-8 in routines and 4-8 in figures.

POOL SPECS

	<u>Competition Pool</u>	<u>Practice Pool</u>
Length:	50 meters (Bulkhead placed at both ends 25 meters apart)	25 yards
Width:	25 yards	17 yards
Depth:	9.5 feet to 10 feet	16.5 feet to 17.5 feet
Lane Markings:	8 lanes	7 lanes
Deck to Water:		even with pool deck
at both ends:	11 inches	
at sides:	even with pool deck	
Seating Capacity:	Athletes 1000 Spectators 2500	
Required Entry:	Seating right and left of the pool Enter from a carpeted bulkhead between 50-meter pool and diving well.	

SOUND SYSTEM

An OceanEars sound system with a variable speed cassette deck and variable speed CD player will be used.

COACHES MEETINGS

Friday, June 23	5:30 p.m.	12-13s; at the pool
Sunday, June 25	10:00 a.m.	14-15s; at the pool
Wednesday, June 28	7:00 a.m.	16-19's; at the pool



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CHAMPIONSHIP REGISTRATION

Club and Official's Registration will be at the pool during the following times:

Friday, June 23	5:00pm – 8:00pm
Saturday June 24	8:00am – 12:00pm
Sunday June 25	9:00am – 2:30pm
Monday June 26	8:00am – 11:00am
Tuesday June 27	4:00pm – 6:00pm
Wednesday June 28	8:00am – 11:00am
Thursday June 29	8:00am – 11:00am

Club Registration Packets will include:

1. Summary of your entry information for confirmation, correction and signature
2. Start Lists
3. List of Officials
4. Officials, Coaches and Alumni Reception Invitation
5. Athlete Credentials
6. Coach/Chaperone Credentials (2 coaches & 1 chaperone per 10 registered athletes)
7. Practice Pool Schedule
8. Scoreboard Sheers Order Form
9. Hospitality Room Schedule

PRACTICE

Practice time with music will be in the competition pool for each team routine once in the order of draw. Refer to the schedule for practice times and be on deck ready to swim at the appropriate time. Please notify the music table if you will not be swimming during the practice.

Friday, June 23	6:00pm – 8:30pm	12-13 Team practice w/music
Sunday, June 25	5:15pm – 8:00pm	14-15 Team practice w/music
Wednesday June 28	7:00pm – 9:15pm	18-19 Team practice w/music
Thursday June 29	7:30am – 9:30am	16-17 Team practice w/music

OFFICIALS AND COACHING HOSPITALITY

Food will be available in the hospitality room throughout the competition for Officials and Coaches. A schedule will be posted and provided with the Registration Packets.

OFFICIALS, COACHES AND ALUMNI RECEPTION

All officials, coaches, sponsors and alumni are invited to a reception Friday evening June 23, 2006 from 6:30 to 7:30 at the King County Aquatic Center Banquet Hall

CLUB BANNERS

Club banners will be collected at the registration table. Banners will be hung on the railings surrounding the pool.

FOOD SERVICES

A Subway Shop is located in the lobby of the aquatic center. Outside food is allowed in the building in the hallway behind the seating area. NO cooking or portable tables in the building. No glass containers or food permitted on the pool deck

GELLING

Gelling is only allowed in the designated gelling station room located on the pool deck level. Those gelling outside the designated areas will incur a \$100 fine. Please clean the area when done.

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PARADE OF ATHLETES

The Parade of Athletes will be held prior to each Age Group Final Routine competition. All athletes from all clubs are encouraged to participate. Dress for the parade in team warm-up suits or appropriate team uniform.

CHAMPIONSHIP MERCHANDISE

There will be Championship items available for purchase in addition to USSS items throughout the Championship. Visa and MasterCard will be accepted.

SCOREBOARD CHEERS

Wish your routine competitors good luck in lights on our giant 25' scoreboard. Your wishes will flash repeatedly during warm-ups for routine events. You can let you swimmer know that you're thinking of them from far away. Greetings can be pre-purchased or purchased at the meet. See enclosed flyer for instructions.

MEDIA SERVICES

To assist the USSS Media Relations Director at the event, please bring a phone/fax list of your local media outlets. You can acquire this list from a local university athletic department Sports Information Office, university Media Relations department, or your local government public relations office.

PHOTOGRAPHER

Start 2 Finish Sports Photography is the official championship photographer for USA Synchro. Start 2 Finish will be on-site to take action and posed photos of all routines. Photos can be purchased immediately following each event at the Start 2 Finish booth in the main lobby, or ordered on-line up to three months after the event at www.starttofinish.com

DVD's

PNA is proud to be partnered with GAMETAPES, LLC. Professionally produced DVD's will be available of ALL semifinal and final events. GAMETAPES' production team has extensive experience in synchronized swimming. For additional information, or to order online, go to the GAMETAPES website at www.gametapes.com

VIDEOTAPING REGULATIONS

There will be NO SPECTATOR VIDEOTAPING DURING SEMI-FINALS AND FINALS. Each club can designate ONE video camera to tape their own participants in semi-final and final events. A designated section for CLUB Cameras with camera credentials will be clearly marked in the spectator area. Club Camera Credentials are non-transferable. **No videotaping will be allowed on deck.** There will be no taping restrictions (except on deck) for figures. NO restrictions during team practice with music.

AIRPORT

Seattle-Tacoma International Airport is located approximately 15 miles from the Weyerhaeuser-King County Aquatic Center.

United Airlines is the official airline of Synchro Swimming USA. Synchro Swimming USA members receive a discount off the lowest published fare by calling the **Olympic Travel Desk at 800-841-0460, NEW tour code 565EG**. Every ticket purchased on United through the Olympic Travel Desk directly benefits Synchro Swimming USA.

VEHICLE RENTAL

All major rental car companies are available at the airport.

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DIRECTIONS

From SeaTac Airport to the Pool. Follow signs to I-5 South. Take Exit 142B onto WS-18 West (about 12 miles.) Go west on 348th (becomes Campus Drive after crossing 1st Ave South.) Weyehaeuser-King County Aquatics Center will be on your right. 650 S.W. Campus Drive 206-296-4444

PARKING

Parking is free at the Aquatic Center.

PROGRAM

Participating clubs are invited to send solo, duet, trio and team photos for the official championship program. Cost per photo is \$18 if received by May 10, 2006 and \$25 if received by June 1, 2006. Digital photos preferred. Send payment with registration. Photos sent by mail will be scanned for an additional \$5.00 per photo. Photos will not be returned.

Photos sent by e-mail: Save photos as a JPEG (.jpg) digital file. Set JPEG compression for high quality. If prepared correctly the digital JPEG attachment should be between 250 and 400K. Send photos as an attachment to an e-mail: In the e-mail subject line indicate the club name. In the body of the e-mail include the complete name of club, city, state, description of photo, routine age, name and age of the swimmers. (DO NOT send a word text document.) Name your attached photo file a name that describes your team photo (i.e. SST_14/15_trio.jpg) Send one photo and caption per e-mail (i.e. 4 photos = 4 e-mail messages.)

E-MAIL PHOTOS TO

2006program@comcast.net

PHOTOS TO BE SCANNED

2006 Age Group,
Program
P.O. Box 23413
Federal Way, WA 98093-0413

PERSONAL GREETINGS

Family and Friends can submit personal greetings and pictures to be included in the championship program. Personal messages of good luck and a job well done can be submitted along with or without a photo. These photos and messages will be placed randomly in the program and will not be included in the team area of the program. See meet website for example. www.2006agegroup.com

OPTIONS

Full-page 5"x7" picture and 50 words or less \$75
1/4 page 3"x5" picture and 25 words or less \$25
Greetings only no picture (25 words or less) \$10

PHOTOS AND GREETINGS

Photos & Greeting to be received by e-mail by May 10, 2006
Photos to be sent as a high resolution JPEG file (.jpg). Greetings as an e-mail message. (DO NOT send a word file attachment.)

Photos sent by mail will be scanned for an additional \$5.00 per photo. Photos will not be returned.

PAYMENT

Send payment by check written to PNA for the full amount to be received by May 20, 2006.

2006 Age Group
Program
P.O. Box 23413
Federal Way, WA 98093-0413

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SCOREBOARD CHEERS ORDER FORM

Cheer on your favorite synchronized swimmer(s) by ordering messages to be displayed in lights on the giant 25' scoreboard during routine warm-ups. The cost is \$10 per message. The messages will be displayed multiple times during the selected warm-up session. Please make checks payable to "PNA." Send orders to: Age Group 2006, Scoreboard Cheers, P.O. Box 23413, Federal Way, WA 98093-0413 Orders can be submitted at the pool at least two hours prior to the beginning of warm-ups.

Your Name _____ Club _____ Phone _____

Swimmer(s) Names: _____

Total Amount Paid: _____

Warm-Up Session Selection:

<input type="checkbox"/> 12-13	<input type="checkbox"/> 14-15	<input type="checkbox"/> 16-17	<input type="checkbox"/> 18-19	<input type="checkbox"/> Solo	<input type="checkbox"/> Duet	<input type="checkbox"/> Trio	<input type="checkbox"/> Team
<input type="checkbox"/> Preliminary Events or <input type="checkbox"/> Finals							

Choose from **either** the two-line or four-line version below. One letter per box with an empty box between words. Scoreboard operator will center each line of text

TWO LINE

OR

FOUR LINE

Complete one form per event.

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HOST HOTELS

When booking rooms use: **SYNCHRO AGE GROUP CHAMPIONSHIPS** for all listed hotels to receive the following prices. Additional information is available on the meet website. www.2006agegroup.com

Please book only the rooms that you will be able to fill.

Best Western Federal Way

31611 20th Ave South
Federal Way, WA 98003
(253) 941-6000 or 1-800-648-3311

Rates: \$79.00
Approximately 5 miles to the pool
Rooms will be released May 23, 2006

Best Western Tacoma Dome Hotel

2611 East "E" Street
Tacoma, WA 98421
(253) 272-7737 or 1-800-973-7110

Rates: \$99.00-\$160.00
Approximately 11 miles to the pool
Rooms will be released May 31, 2006

Comfort Inn and Suites

31611 20th Ave South
Federal Way, WA 98003
(253) 941-6000 or 1-800-648-3311

Rates: \$79.00
Approximately 5 miles to the pool
Rooms will be released May 23, 2006

Courtyard by Marriott

31910 Gateway Blvd South
Federal Way, WA 98003
(253) 529-0200 or 1-800-321-2211

Rates: \$124.00
Approximately 5 miles to the pool
Rooms will be released May 25, 2006

Economy Inn

1505 South 328th Street
Federal Way, WA 98003
(253) 838-7700

Rates: \$82.99
Approximately 3 miles to the pool
Rooms will be released May 1, 2006

LaQuinta Inn and Suites

32124 25th Ave South
Federal Way, WA 98003
(253) 529-4000 or 1-800-588-2272

Rates: \$99.00 - \$151.00
Approximately 5 miles to the pool
Rooms will be released May 31, 2006

Quality Inn and Suites

1400 South 348th Street
Federal Way, WA 98003
(253) 835-4141 or 1-888-685-4141

Rates: \$82.99 - \$125.99
Approximately 2 miles to the pool
Rooms will be released May 1, 2006

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TENTATIVE MEET SCHEDULE

Page 1 of 2

(Times may be revised based on actual entries)

Friday, June 23

5:00pm- 8:00pm
5:30pm- 6:00pm
6:00pm- 8:30pm
6:30pm- 7:30pm

Registration at the pool
12-13 Officials and Coaches meeting at the pool
12-13 Team practice with music
Reception for officials, coaches, sponsors & alumni

Saturday, June 24

6:45am- 7:15am
8:00am-12:00pm
7:15am-10:15am
10:15am- 1:45pm
2:15pm- 6:00pm

Lap Swim
Registration at the pool
12-13 Solo warm-up and competition
12-13 Duet warm-up and competition
12-13 Team warm-up and competition

Sunday, June 25

6:45am- 7:00am
7:00am-10:15am
9:00am- 2:30pm
10:00am-10:30am
10:30am- 2:15pm
2:15pm- 5:00pm
5:15pm- 8:00pm

Lap Swim
12-13 Trio warm-up and competition
Registration at the pool
14-15 Officials and Coaches meeting at the pool
14-15 Trio warm-up and competition
12-13 Figures warm up and competition
14-15 Team practice with music

Monday, June 26

6:45am- 7:00am
8:00am-11:00am
7:00am-11:15am
11:15am- 3:15pm
3:15pm- 8:00pm

Lap Swim
Registration at the pool
14-15 Duet warm-up and competition
14-15 Team warm-up and competition
12-13 Parade of Athletes, Finals, and Awards

Tuesday, June 27

6:45am- 7:00am
7:00am-10:45am
11:15am- 2:00pm
4:00pm- 6:00pm
3:15pm- 8:30pm

Lap Swim
14-15 Solo warm-up and competition
14-15 Figures warm-up and competition
Registration at the pool
14-15 Parade of Athletes, Finals and Awards



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TENTATIVE MEET SCHEDULE

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(Times may be revised based on actual entries)

Wednesday, June 28

7:00am- 7:30am	Lap Swim
7:00am- 7:30am	16-19 Officials and Coaches meeting at the pool
8:00am-11:00am	Registration at the pool
7:30am-12:00pm	16-17 Duet warm-up and competition
12:00pm- 4:00pm	16-17 Trio warm-up and competition
4:00pm- 6:45pm	18-19 Trio warm-up and competition
6:45pm- 7:00pm	Lap Swim
7:00pm- 9:15pm	18-19 Team practice with music

Thursday, June 29

7:00am- 7:30am	Lap Swim
8:00am-11:00am	Registration at the pool
7:30am- 9:30am	16-17 Team practice with music
9:30am- 1:00pm	16-17 Solo warm-up and competition
1:00pm- 4:00pm	18-19 Duet warm-up and competition
4:15pm- 7:45pm	18-19 Team warm-up and competition

Friday, June 30

7:00am- 7:30am	Lap Swim
7:30am-11:00am	16-17 Team warm-up and competition
11:15am- 1:00pm	18-19 Solo warm-up competition
1:45pm- 8:00pm	16-17 & 18-19 Figures warm-up and competition

Saturday, July 1

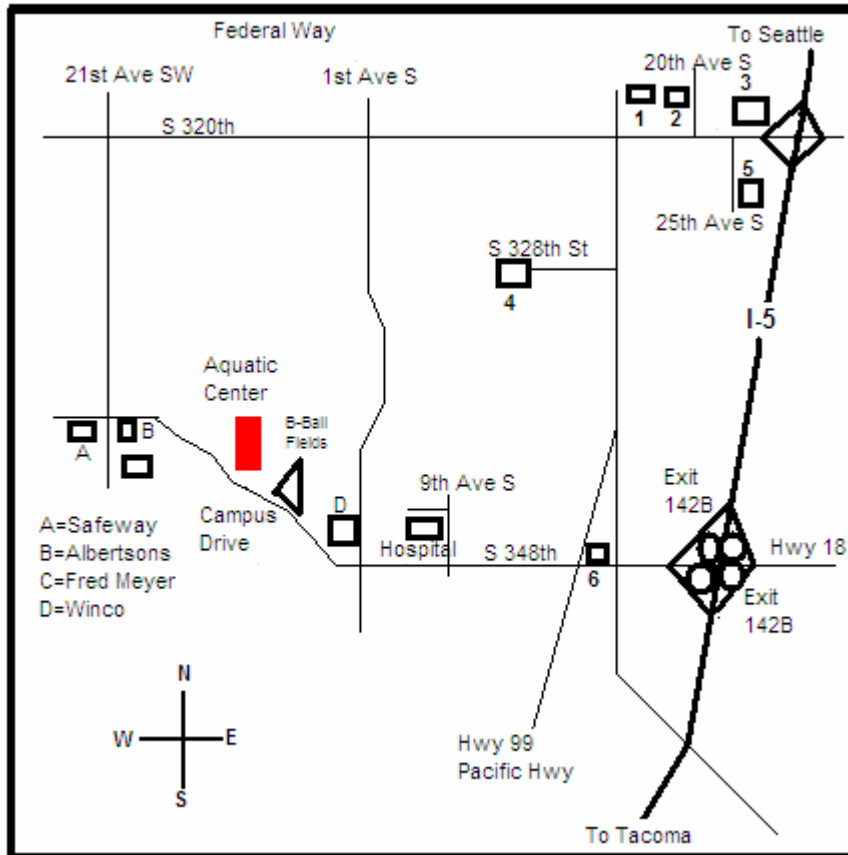
7:00am- 7:30am	Lap Swim
7:30am- 8:15am	16-17 Trio, Duet and Solo warm-up**
8:25am- 8:35am	Parade of Athletes 16-17 & 18-19
8:40am- 1:15pm	16-17 Finals and Awards
1:20pm- 2:05pm	18-19 Trio, Duet and Solo warm-up**
2:10pm- 7:00pm	18-19 Finals and Awards

**Team warm-ups will commence immediately following Solo Final.



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SEATAC AIRPORT



1=Comfort Inn & Suites
31622 Pacific Hwy South
253-941-6000 or 1-800-648-3311

2=Best Western Federal Way
31611 20th Ave S
253-941-6000 or 1-800-648-3311

3= Courtyard by Marriott
31910 Gateway Blvd S
253-529-0200 or 1-800-321-2211

4= Economy Inn
1505 S. 328th St
253-838-7700

5= LaQuinta Inn & Suites
32124 25th Ave S
253-529-4000 or 1-800-588-2272

6= Quality Inn and Suites
1400 S 348th ST
253-835-4141

NOT SHOWN

7= Best Western Tacoma Dome Hotel
2611 East "E" Street
253-272-7737 or 1-800-973-7110

Airport to Hotels 1 through 5

- *Follow Signs to I-5 South
- *Take Exit 320th Street
- *Turn Right (west) on 320th
- ***(3) Courtyard by Marriott** Right on Gateway Blvd south
- ***(5) LaQuinta Inn & Suites** Left on 25th Ave South
- ***(2) Best Western Federal Way** Right on 20th Ave S
- ***(1) Comfort Inn** Right on Hwy 99 (Pacific Hwy) –
Hotel is on the right (.2 miles – sits back off the road)
- * **(4) Economy Inn** Turn left on Pacific Highway (Hwy 99)
Right on 328th St

Hotels 1 through 5 to the Pool

- *Hotels 1,2,3&5 Take 320th West
- *Left on Pacific Highway (Hwy 99)
- * (Economy Inn #4 Right (West) onto Pacific Highway (Hwy 99)

All

*Right on S 348th – road turns into West Campus Drive

*Pool on the right 650 SW Campus Drive 253-296-4444

Airport to Hotel #6 Quality Inn

- *Follow Signs to I-5 South
- *Take Exit 142B onto WA-18 West
- *Continue West WA-18 becomes S 348th St.
- *Hotel on the right (past McDonald's)

To The Pool

- * Continue West on S 348th St – road becomes West Campus Drive
- *Pool on the right

Airport to Hotel #7 Best Western Tacoma

(approximately 25 miles)

- *Follow Signs to I-5 South
- *Take Exit #133/I-705 North/WA-7 south
- *Turn Right on East 26th ST
- *Turn Right on East "E" St

To The Pool

- *Right East 26th ST
- *Bear Left on East "G" St
- *Right on East 25th ST
- *Bear Right on East Bay St
- *Left onto I-5 North toward Seattle
- *Exit 142 B onto WA-18 West
- *Continue on S 348th St
- *Becomes Campus Drive – Pool on the Right

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