



# 2004 Speedo Junior Synchronized Swimming Championships

April 1 – 3, 2004 • Clermont, FL

## OFFICIAL MEET ANNOUNCEMENT

**DATES** April 1-3, 2004

<b>MEET MANAGER</b>	Scott Aldrich Central Florida Sports Commission 126 East Lucerne Circle Orlando, FL 32801 407-648-4900 ext. 21 saldrich@orlandosports.org	<b>FACILITY</b>	USAT National Training Center 1099 Citrus Tower Blvd. Clermont, FL 34711 Contact: Dave Teske 352-241-7144 ext. 4212
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**RULES TO GOVERN** The 2003-2004 Official USSS Rulebook shall govern the Championships.

**ENTRIES**

- |               |   |
|---------------|---|
| <b>FORM A</b> | Club Entry Form ( <i>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).</i> ) |
| <b>FORM B</b> | Entry Fee Summary   |
| <b>FORM C</b> | Host Fee Summary  |
| <b>FORM D</b> | Housing and Transportation  |
| <b>FORM E</b> | Officials Availability Form   |
| <b>FORM F</b> | Music Selection   |
| <b>FORM G</b> | Event Ticket and Program Order Form   |
| <b>FORM H</b> | Orlando Discount Attraction Ticket Order Form   |

**ENTRY DEADLINE** Entries and Forms must be postmarked no later than **March 11, 2004**. 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 to the Meet Manager.)

**MAIL ENTRIES AND FEES TO** Scott Aldrich  
Central Florida Sports Commission  
126 East Lucerne Circle  
Orlando, FL 32801

**MAIL ONE COPY OF ENTRY FORM A TO** Dave Olson  
5834 Fitzhugh Street  
Burke, VA 22015  
Home: (703)-569-0085  
Fax: (703)-913-6057  
Dkolson70@aol.com

**REGISTRATION** Wed., March 31 5-8 p.m. At the pool

**COACHES MEETING** Wed., March 31 8-9 p.m. At the pool



## 2004 Speedo Junior Synchronized Swimming Championships (cont'd)

### 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. (Rulebook, Appendix C, p. 3))
- Sponsor Fee \$20 per competitor. Make check payable to the Central Florida Sports Commission.
- Credentials Each club will receive 2 coach and 1 chaperone credentials per 10 credentialed athletes. Chaperone credentials do not allow deck access.
- Tickets Spectator tickets for Saturday will be \$7. Children under five (5) years of age will be admitted free. Tickets can be ordered in advance (Form G).

### EVENTS

#### Figures - JUNIOR COMPULSORY

1. 311g Kip, Twist Spin 2.5
2. 421 Walkover, Back, Closing 360 2.6

The remaining two figures will be drawn from the Junior Selection Groups at the Coaches and Officials meeting, 8 p.m., Wednesday, March 31 at the facility. See Figures Rule II, B.

#### Routines

Routine competition in Solo, Duet, Trio, and Team.

Qualifying Score: Solo: 82.000  
Duet: 81.000  
Trio: 79.000  
Team: 78.000

**OFFICIALS** Please return Forms C, D, and E by the entry deadline.

### HOST HOTELS

Holiday Inn Express (Host Hotel)  
1810 South Hwy. 27  
Clermont, FL 34711  
352-243-7878; Fax 352-243-7882  
Single (King Bed) rate: \$69  
Rates (1-4 people): \$75  
\*Includes Deluxe Continental Breakfast  
**Code: Synchronized Swimming**  
Distance to Pool: 1 mile; to Airport: 30 miles

Summer Bay Resorts (Includes two properties)  
25 Town Center Blvd.  
Clermont, FL 34711  
888-742-1100 ext. 7417  
Rates (1-4 people): \$49 – The Inn Hotel  
Rates (1-4 people): \$79 – Holiday Inn Suites  
Rates (4+ people): \$99 – Resort  
Rates (6+ people): \$149 – Resort  
Distance to Pool: 15 miles; to Airport: 25 miles

Howard Johnson Express Inn  
20329 US Hwy. 27  
Clermont, FL 34711  
(800) 461-9794; Fax 352-429-9556  
Rates (1-4 people): \$55  
\*Includes Continental Breakfast  
**Code: Synchronized Swimming**  
To Pool: 9 miles; Airport: 40 miles

Mission Inn Golf & Tennis Resort  
10400 County Road 48  
Howey-in-the-Hills, FL 34737  
800-874-9053  
Rates (1-4 people): \$110  
**Code: Synchronized Swimming**  
To Pool: 15 miles; Airport: 45 miles

**AIRPORT** Orlando International Airport (MCO)

To help our members, we have an agreement with United Airlines. To receive a five percent discount off the lowest available fare, call United at (800) 841-0460 and tell them you're with "U.S. Synchronized Swimming." Tickets booked 60 days in advance will receive a 10 percent discount.



## 2004 Speedo Junior Synchronized Swimming Championships (cont'd)

### DIRECTIONS

**Airport to Host Hotel:** (Holiday Inn Express) Obtain directions from rental car agencies at the airport to Florida's Turnpike North. Travel north on the Florida Turnpike to Exit 272 (Hwy. 50 in Clermont). Turn left onto Hwy. 50 and travel to Hwy. 27. Turn left onto Hwy. 27 South and travel about 500 ft. The Holiday Inn Express will be on the right.

Total distance: approx. 30 miles

***For additional directions, please contact individual hotels.***

**Host Hotel to Pool:** From Host hotel, travel on Highway 27 to Highway 50 East. Once on Highway 50, go approximately 1 mile to Citrus Tower Blvd. Turn left onto Citrus Tower Blvd. and travel to the South Lake Hospital entrance on the right-hand side. Turn right into the hospital complex (hospital will be on the left). Turn right at the next stop sign and the National Training Center will be straight ahead on your left.

### GROUND TRANSPORT

All major rental car companies available. Dollar Rent-a-Car will offer a special rate on all rental cars/vans booked through their offices. Call 1-800-800-4000 or visit [www.dollar.com](http://www.dollar.com) and enter Corporate Discount code: OI6012 (O-Orlando, I-Inbound).

### POOL SPECS

Length: 25m of 50-meter pool

Width: 25yds.

Depth: One lane in, 6'9" to 9' and then it drops down to 12'6"

Distance of water from deck level: 5.25" high, 9" gutter width

Outdoor Pool; Entry: diving well end, spectator seating on left

Practice space: nine (9) lanes in opposite half of competition pool

### VENUE RULES

- ◆ Please obey lifeguards at all times. Food is not permitted on the pool deck or in locker room areas.
- ◆ Glass bottles are not allowed anywhere in the facility or on the pool deck. Plastic water bottles will be allowed at the pool.
- ◆ There will be team-designated tents for sport bags, equipment and coolers located around the pool. The bleachers directly overlooking the competition area will be reserved for spectators.
- ◆ If possible, please arrive gelled. A gelling tent will be located near the locker room. **Do not remove gel inside the facility!** Anyone observed gelling outside the designated gelling tent or removing gel in the facility will be fined \$100 to be paid immediately. **NO EXCEPTIONS.**
- ◆ In case of an accident, a lifeguard must be notified immediately and must complete a report. The Meet Manager should also be notified.
- ◆ The hospitality area is for officials, coaches, alumni and sponsors only.

### SOUND SYSTEM

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

### FOOD SERVICES

A concession stand will be open at the pool throughout the day.

### OFFICIALS AND COACHES HOSPITALITY

Breakfast, lunch and snacks will be available in the hospitality room throughout the competition. Light dinner meals will be available on Friday and Saturday. Please allow officials to eat first.



## 2004 Speedo Junior Synchronized Swimming Championships (cont'd)

### **OFFICIALS/COACHES RECEPTION**

A reception for officials, coaches, alumni and sponsors will be held on Wed., March 31 at 7 p.m. at the pool, followed by the Coaches/Officials meeting.

### **WRAP-UP SESSION**

There will be a moderated wrap-up session at the conclusion of the competition. Judges and Coaches are asked to attend. Athletes are welcome.

### **PROGRAM**

Participating clubs may email photos to Scott Aldrich for the official program for \$15. **Deadline is March 12<sup>th</sup>**. Please include Form C, and attach a caption listing the order of the swimmers pictured. Make checks payable to the Central Florida Sports Commission.

Programs may be purchased in advance for \$3 (Form G).

### **ADDITIONAL AWARDS**

See 2003-2004 USSS Rulebook for details.

### **PHOTOGRAPHER**

Team HotShots Sports Photography is the official championships photographer for USA Synchro. HotShots will be on-site to take action and posed photos of all routines. Photos can be purchased immediately following each event at the HotShots booth in the main lobby, or ordered on-line up to three months after the event at [www.teamhotshots.com](http://www.teamhotshots.com).

### **FLOWERS**

Flowers may be ordered on-site during Thursday afternoon, Friday and Saturday morning.

### **VIDEOTAPING**

Each club may designate one video camera to tape their own participants in preliminary events and team practice with music. There will be no spectator or club videotaping of finals events. A professional videographer will be recording finals events. Videotapes are \$25 each including shipping and may be ordered in advance (**Form C**) or on-site throughout the Championship.

### **PRACTICE**

Athletes may participate in the open pool practice on Wednesday, March 31<sup>st</sup> from 10 am – 9 pm. The entire competition area along with 9 lanes will be available. Individual times may be arranged through the meet manger if a team or individual would like to practice on Tuesday, March 30<sup>th</sup>. A facility rental fee will be charged for all Tuesday practice.

### **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.

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## **Team Orlando Loreleis**



2004 Speedo Junior Synchronized Swimming Championships (cont'd)

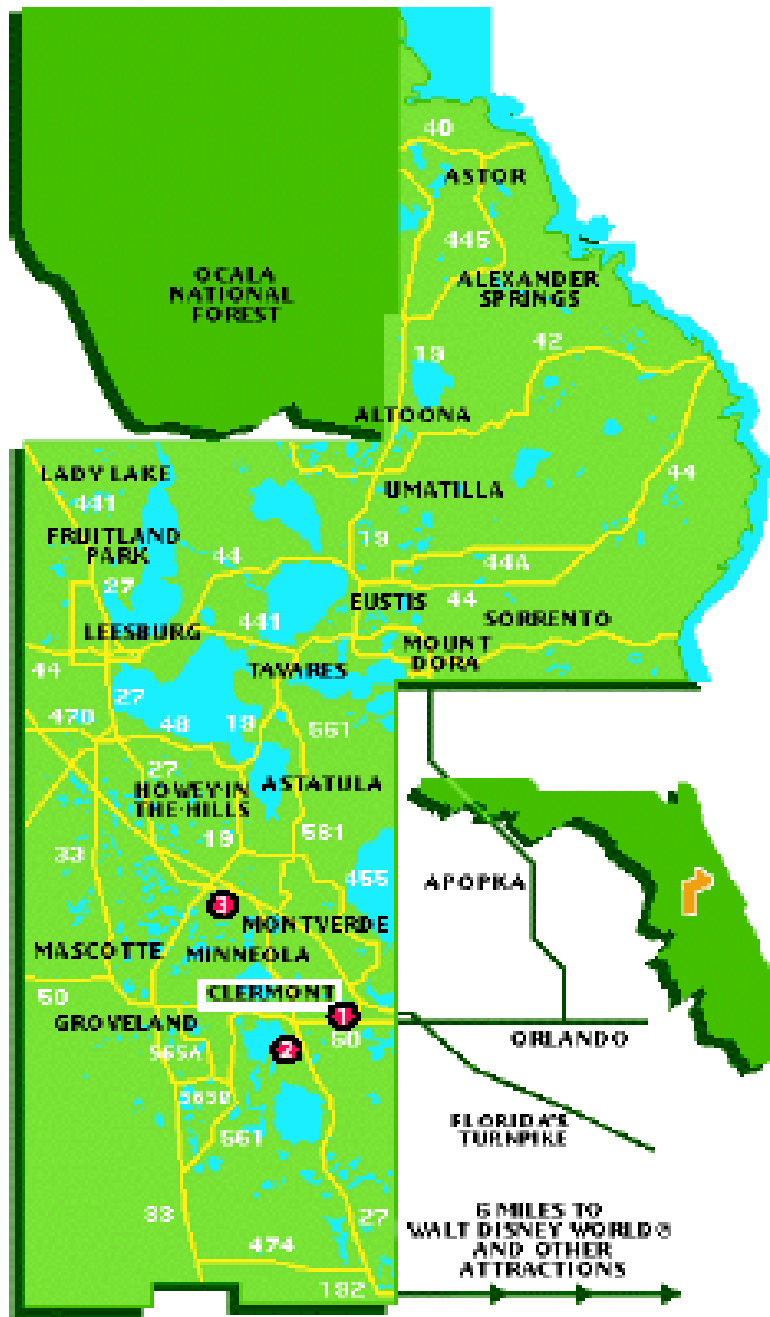
**TENTATIVE MEET SCHEDULE**

Start	End	Event
<b>WEDNESDAY, March 31</b>		
PM 5:00	8:00	Registration at the pool
7:00	8:00	Coaches, officials, alumni, sponsor reception at the pool
8:00	9:00	Coaches meeting & Figure group draw at the pool
<b>THURSDAY, APRIL 1</b>		
AM 8:00	8:15	Jr. Team Trials Phase IV - Lap swimming only
8:15	9:00	Jr. Team Trials Phase IV – Figures warm-up
<b>9:00</b>	<b>9:45</b>	<b>Jr. Team Trials Phase IV – Figures competition</b>
10:00	10:45	Figures warm-up – first group
<b>11:00</b>	<b>7:00</b>	<b>Figure competition &amp; Split Standard Testing</b>
<b>FRIDAY, APRIL 2</b>		
AM 7:30	8:00	Lap swimming only
8:00	8:15	Trio warm-up - first group
<b>8:20</b>	<b>11:40</b>	<b>Trio competition</b>
12:00	2:45	Team practice with music
3:00	3:15	Solo warm-up - first group
<b>3:20</b>	<b>6:00</b>	<b>Solo competition</b>
6:00	6:15	Team warm-up - first group
<b>6:20</b>	<b>9:45</b>	<b>Team competition</b>
<b>SATURDAY, APRIL 3</b>		
AM 9:00	9:30	Lap swimming only
9:30	10:00	Duet warm-up - first group
<b>10:05</b>	<b>1:15</b>	<b>Duet competition</b>
PM 1:15	2:15	Break
2:15	2:45	Trio, Duet Finals warm-up
3:00	3:15	Parade of Athletes
<b>3:20</b>	<b>4:20</b>	<b>Trio Final</b>
<b>4:20</b>	<b>5:20</b>	<b>Duet Final</b>
5:20	5:50	Solo, Team Finals warm-up
<b>6:00</b>	<b>6:45</b>	<b>Solo Final</b>
<b>6:50</b>	<b>7:50</b>	<b>Team Final</b>
8:00		Awards

**Team Orlando Loreleis**



## LAKE COUNTY MAP



### MAP CODE

- #1 USAT National Training Center
- #2 Holiday Inn Express
- #3 Howard Johnson Express Inn

