



# 2004 U.S. eVAMOR Masters Synchronized Swimming Championships



October 14-17 • Roseville, California

## OFFICIAL MEET ANNOUNCEMENT

- DATES** October 14-17, 2004
- LOCATION** Roseville Aquatic Center  
3051 Woodcreek Oaks Blvd.  
Roseville, CA 95661  
Contact: David Mickaelian  
(916)774-5983
- SANCTIONED BY** Pacific Association of Synchronized Swimming  
United States Synchronized Swimming
- SPONSORED BY** Pacific Association of Synchronized Swimming  
Sacramento Synchronized Swim Team
- MEET MANAGER**
- |  |  |
|--|--|
| Sue Ahlf                                       | Sonia Susac  |
| 54 Hancock Drive                               | 3350 Ben Lomond  |
| Roseville, CA 95678                            | Sacramento, CA 95821   |
| (916)788-1301                                  | (916)483-2883  |
| <a href="mailto:ahlf@aol.com">ahlf@aol.com</a> | <a href="mailto:bigcandsonia@comcast.net">bigcandsonia@comcast.net</a> |
- RULES TO GOVERN** The 2004 Official USSS Rulebook shall govern the championships
- ENTRY DEADLINE** All entries must be postmarked no later than **September 21, 2004**.  
Use Postal Form #3817 to verify mailing date. We encourage you to mail your entries as early as possible.
- MAIL ALL ENTRIES AND FEES TO** Yvonne Wingo  
609 Gianni Court  
Roseville, CA 95661  
[wingos5@surewest.net](mailto:wingos5@surewest.net)  
(916) 782-3973
- Mail a copy of Form A to** Jackie McDaniel  
2709 Crownridge Lane  
Spring Valley, CA 91977
- ENTRIES**
- |               |  |
|---------------|--|
| <b>FORM A</b> | Official Entry Form (one per age group please) |
| <b>FORM B</b> | Entry Fee Summary                              |
| <b>FORM C</b> | Host Fee Summary                               |
| <b>FORM D</b> | Housing & Contact Information                  |
| <b>FORM E</b> | Officials Availability                         |
| <b>FORM F</b> | <b>May McEwan</b> Award Nomination Form        |
- OFFICIALS** Please return Forms C, D, and E by the entry deadline.



2004 U.S. eVAMOR Masters Synchronized Swimming Championships (cont'd)

**FEE INFORMATION**

Entry Fee	\$15.00 per competitor per free routine, including alternates. Make check payable to United States Synchronized Swimming. 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, Pg. 2)
Sponsor Fee	\$25.00 per competitor. Make check payable to Masters National Championships.
Banquet	\$22.00 per person. Make check payable to Masters National Championships. See details below.
Program	There is a \$15.00 fee payable to Masters National Championships for each photo sent for the program.
Spectator Tickets	Spectator tickets will be required. Single day tickets for \$3 and whole event tickets for \$5 will be available at the Aquatic Center.

**REGISTRATION**

Wednesday, October 13	7:00 PM- 9:00 PM	At Oxford Suites
Thursday, October 14	8:00 AM-10:00 PM	At Aquatic Center

**PRACTICE**

Team practice will be by order of draw, starting with age 50.

**EVENTS**

See Rule V, D, 4a (page 42) of the 2004 Official USSS Rulebook  
Figures, Individual Tech & Free Routines shall be scored as separate events.

**Figures**

**Division A**

311	Kip	1.8
320	Somersault, Front Pike	1.7
349	Tower	1.8
470	Shark Circle	1.3

**Division B**

103	Ballet Leg Submarine, Single	2.1
342	Heron	2.1
349	Tower	1.8
423	Ariana	2.2

**Division C**

115	Catalina	2.2
240e	Albatross, Spin 360	2.4
327	Sunfish	2.4
316	Kip, Split, Walkout	2.4

**Technical Routine Required Elements**

Elements 1-4 are to be performed in the order listed.

1. SPLIT POSITION followed by a Walkout Front or Walkout Back.
2. 355 - PORPOISE
3. Traveling Ballet Leg Combination – to include at least TWO of the following positions: BALLET LEG with the right leg, BALLET LEG with the left leg, BALLET LEG DOUBLE, FLAMINGO.
4. 342 – HERON THRUST and descent starting from a Submerge Ballet Leg Double Position (page 41 U.S. rules)
5. Two (2) forms of propulsion techniques, including at least one sequence with one arm above the surface of the water. Maybe executed at anytime.
6. Supplementary elements may be added. Placement is optional.
7. Figure elements shall be executed according to the requirements described in appendix “L” B of ‘03 US rule book)
8. Total distance traveled should be equivalent to 20 meters.
9. Swimwear must be according to FINA rule GR6. These shall be black and the competitors shall wear a white cap. Goggles and nose clips may be worn.

**HOST HOTELS** (see separate housing information sheet for alternate hotels, reservation and rate details)

Oxford Suites  
130 North Sunrise Avenue  
Roseville, CA 95661  
(916) 784-2222

Homewood Suites  
401 Creekside Ridge Court  
Roseville, CA 95678  
(916) 783-0524

**AIRPORTS** Sacramento International Airport (SMF)

United Airlines is the Official Airline of U.S. Synchronized Swimming. To receive a five percent discount off the lowest available fare, call the United Airlines Olympic Desk at 800-841-0460 and give them Synchro Swimming USA’s tour code #5500Q. Tickets booked 60 days in advance will receive a **10 percent discount**. Every ticket purchased on United Airlines directly benefits Synchro Swimming USA.

**DIRECTIONS**

**From Airport to Host Hotel (Oxford Suites)**

From Sacramento International Airport take I-5 South for 5.6 miles. Merge onto I-80 East (Reno) for 16.5 miles to Douglas Blvd. Take Douglas Blvd East (right) for 120 yards. First light is N. Sunrise Ave. Turn left onto N. Sunrise Ave. Oxford Suites is .2 miles on the left side of N. Sunrise. (approximately 35-40 minutes)

**From Airport to Co-Host Hotel (Homewood Suites)**

From Sacramento International Airport take I-5 South for 5.6 miles. Merge onto I-80 East (Reno) for 18.4 miles. Take the Eureka Rd exit. Go straight through the 1<sup>st</sup> stoplight (Eureka Rd) You will be on Taylor Rd. Turn left on Roseville Pkwy (.5 mi) Turn right on Creekside Ridge Drive which becomes Creekside Ridge Ct. (approximately 25-30 minutes)

**Host Hotel to Pool**

From Oxford Suites parking lot, turn left onto N. Sunrise for .3 mile. Turn left onto LeadHill for .3 mile; then turn right onto Harding Blvd. for 1.2 miles. Bear left onto Roseville Parkway for 1.4 miles. Turn left onto Pleasant Grove Blvd. for 2.5 miles. Turn left onto Woodcreek Oaks Blvd. for .3 mile (approximately 15-20 minutes).

## 2004 U.S. eVAMOR Masters Synchronized Swimming Championships (cont'd)

### **GROUND TRANSPORTATION**

All major car rental companies are available at Sacramento International Airport.

### **POOL SPECS**

Length: 50m (competition area is 30m)

Width: 25 m

Depth: 13 feet sloping to 7 ½ feet toward the lane lines

Distance of water from deck level: 1 ft.

Entry: Deep/Diving board end, spectators on the right

Outdoor pool; practice area, opposite end of pool

### **VENUE RULES**

- A gelling station will be set up at the pool. No rinsing of gel is allowed in the showers.
- This is an outdoor pool. The weather in Northern California can vary at this time of the year from very hot (90+ degrees) to cool (70 degrees) and rainy. While there will be some covered areas at the pool, please plan and dress accordingly. Check [weather.com](http://weather.com) as the date approaches.

### **SOUND SYSTEM**

An OceanEars variable speed cassette deck and variable speed CD player will be used during the competition.

### **FOOD SERVICES**

A concession stand will be open at the pool during competition times and will offer an athlete's lunch special daily.

### **OFFICIALS AND JUDGES HOSPITALITY**

Lunch and snacks will be available in the hospitality room throughout the competition. **Hospitality is provided for credentialed officials only.**

### **OFFICIALS RECEPTION**

All officials are invited to a reception Thursday evening at 7:00 at the Kaseberg Mansion in Diamond K Estates. Complimentary light dinner and wine will be available.

### **BANQUET**

**CLUCK CLUCK MOO MOO, WHAT ELSE Y'ALL GONNA DO BUT COME TO A WESTERN BBQ!**

A Western BBQ & HOE-DOWN will be held at the Roseville Sports Center 1545 Pleasant Grove Blvd. around the corner from the pool on Saturday October 16<sup>th</sup> immediately following the trio competition: Great food, door prizes, games, line dancing, and dance exhibitions. Vegetarian options too for those who don't eat cluck cluck or moo moo. Tickets are \$22.00 each. To order tickets please complete Form B & send a check with entry.

### **ADDITIONAL AWARDS**

Special awards include the May McEwan Award (see the attached nomination form) and the eVAMOR High Point Team Award.

### **CHAMPIONSHIP MERCHANDISE**

## 2004 U.S. eVAMOR Masters Synchronized Swimming Championships (cont'd)

There will be a wide array of Championship items available for purchase including official USA Synchro merchandise, Esynchro items (clothing and books) and Championships items. Visa and MasterCard will be accepted.

Team HotShots sports photography is the official photographer and will take high-quality digital action and posed photos, immediately available for review and purchase.

Videotaping will be professionally done by EB Event Photography. Videotapes and DVDs can be ordered at registration. **Coaches are the only ones allowed to videotape their team.**

### **PROGRAM PHOTOS**

Make this years' official championships program a keepsake for your team. Team photos and/or individual routine photos welcomed and encouraged! There is a \$15 fee for each photo. Send all photos via email to [bigcandsonia@comcast.net](mailto:bigcandsonia@comcast.net) or mail to Sonia Susac 3350 Ben Lomond Sacramento, CA 95821 by **September 10** to appear in the program. You may email your electronic file, or mail a CD with a high resolution (300 dpi) electronic version of your photo as an eps, jpg or tif in RGB or Grayscale. You may also mail a hard copy photograph print, which will be scanned, and may be picked up from Sonia Susac at the meet. Photos must be at least 3" x 3" at high resolution. Include a list of the names of athletes that appear in each photo. Send payment with photos via the entry forms.

### **MEDIA SERVICES**

To assist the USSS Media Relations Director at the event, please bring a phone fax list of your local media outlets.

### **PARKING**

Free parking will be available in the designated lots adjacent to the Aquatic Center.

### **ROSEVILLE & AREA ATTRACTIONS**

Convention & Visitor Bureau.....[www.sacramentocvb.org](http://www.sacramentocvb.org)

Area attractions.....[www.discovergold.org](http://www.discovergold.org) or [www.cityofsacramento.org](http://www.cityofsacramento.org)

Sacramento News Online.....[www.sacbee.com](http://www.sacbee.com) or [www.thekcrachannel.com](http://www.thekcrachannel.com)

*2004 U.S. eVAMOR Masters Synchronized Swimming Championships (cont'd)*

(will be revised based on actual entries)  
**ALL EVENTS BEGIN WITH 50 AGE GROUP**

Start	End	Event
<b>Wednesday, October 13</b>		
PM 7:00	9:00	Registration at the Hotel
<b>Thursday, October 14</b>		
AM 8:00	10:00	Registration at the Pool
8:00	9:00	Officials and Coaches meeting at the pool
9:00	9:30	Lap swimming only
9:30	9:45	Solo warm-up first group
<b>9:40</b>	<b>12:00</b>	<b>Solo Finals</b>
12:00	12:30	Lunch
12:40	12:55	Solo warm-up next group
1:00	5:00	<b>Solo Finals continued</b>
<b>5:10</b>	<b>5:50</b>	<b>Solo Awards</b>
7:00	9:00	Officials Reception with Dinner
8:00	9:00	Athletes meeting at the hotel
<b>Friday, October 15</b>		
AM 6:30	7:00	Lap swimming only
7:00	7:15	Technical Routine warm-up first group
<b>7:20</b>	<b>3:30</b>	<b>Technical Routine Finals</b>
<b>3:35</b>	<b>4:00</b>	<b>Technical Routine Awards</b>
4:00	4:20	Figure warm-up C 30,50,70,90
<b>4:25</b>	<b>5:05</b>	<b>Figure "C" Competition first group</b>
5:05	5:25	Figure warm-up A & B 30,50,70,90
<b>5:30</b>	<b>6:15</b>	<b>Figure "A" &amp; "B" Competition</b>
<b>6:15</b>	<b>6:45</b>	<b>Figure Awards</b>
7:00	9:30	Team practice with music
<b>Saturday, October 16</b>		
AM 6:30	7:00	Lap swimming only
7:00	7:15	Duet warmup first group
<b>7:20</b>	<b>2:30</b>	<b>Duet Competition</b>
<b>2:35</b>	<b>3:00</b>	<b>Duet Awards</b>
3:00	3:15	Trio warm-up first group
<b>3:20</b>	<b>7:00</b>	<b>Trio Competition</b>
<b>7:30</b>	<b>10:00</b>	<b>Trio Awards and Banquet</b>
<b>Sunday, October 17</b>		
AM 6:30	7:00	Lap swimming only
7:00	7:30	Team warm-up first group
<b>7:35</b>	<b>11:35</b>	<b>Team Competition</b>
<b>11:45</b>	<b>12:15</b>	<b>Demos (Olympic and National Team Athletes)</b>
<b>12:15</b>	<b>12:45</b>	<b>Parade of Athletes and Team Awards</b>

# 2004 eVAMOR MASTERS SYNCHRONIZED SWIMMING CHAMPIONSHIPS DVD/VIDEO

EB Web Designs & Event Photography will be selling the 2004 eVAMOR Masters Synchronized Swimming Championships Solo, Duet, Trio, and Team events DVD, or video, if you prefer.

## ORDER NOW!



A: 14953 Paderewski St., Livonia, MI 48154  
 W: www.ebwebdesigns.com  
 P: 734: 658: 4947  
 E: ericb@ebwebdesigns.com

Please detach the order form below and retain this portion for your records

Note <sup>1</sup> : ability to mix and match events (ex. Solo, Duet, Duet, Trio) Note <sup>2</sup> : meet in its entirety-will receive ONE copy of each event (Solo, Duet, Trio, and Team)	Format	
	<b>DVD</b>	<b>VHS Tape</b>
1 Event Pack [Choose ONE event - Solo, Duet, Trio, OR Team]	\$ 30.00	\$ 25.00
2 Event Pack [Combo of any TWO events - Solo, Duet, Trio, OR Team]	\$ 55.00	\$ 45.00
3 Event Pack [Combo of any THREE events - Solo, Duet, Trio, OR Team]	\$ 75.00	\$ 65.00
4 Event Pack [Combo of any FOUR events - Solo, Duet, Trio, OR Team] <sup>1</sup>	\$ 90.00	\$ 80.00
<b>Competition Pack</b> [Solo, Duet, Trio, AND Team] <sup>2</sup>	<b>\$ 80.00</b>	<b>\$ 75.00</b>

04 eVAMOR MASTERS Event Pack	Event(s) [Solo, Duet, Trio, Team]	Format [DVD or VHS Tape]	Amount

**SHIPPING ADDRESS:**

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_, ST: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Shipping [within US]..... + \$7.00 Shipping [International]..... + \$10.00	Shipping	
Send check or money order & completed form to: <b>EB Web Designs &amp; Event Photography</b> 14953 Paderewski St., Livonia, MI 48154	Total	

Please allow 14-18 business days on all deliveries | SORRY NO REFUNDS

2004 U.S. eVAMOR Masters Synchronized Swimming Championships (cont'd)