

201 S. Capitol #901
Indianapolis, IN
46225



Olympic Games

Gold Medalists

1996 Team
1992 Solo, Duet
1984 Solo, Duet
Silver Medalists
1988 Solo, Duet
Bronze Medalists
2004 Duet, Team

World Championships

Gold Medalists

1994 Solo, Duet, Team
1991 Duet, Team
1982 Solo
1978 Team
1975 Solo, Duet, Team
1973 Solo, Duet, Team
Silver Medalists
2003 Team Combo
1991 Solo
1986 Solo, Duet, Team
1982 Duet, Team
1978 Solo

World Cup

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1989 Solo, Duet, Team
1987 Team
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1987 Solo, Duet
1983 Solo, Duet

Pan American Games

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1983 Solo, Duet
1979 Team
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1971 Solo, Duet, Team
1963 Solo, Duet, Team
1955 Solo, Duet, Team
Silver Medalists
1999 Duet, Team
1983 Team
1979 Solo, Duet

U.S. Synchronized Swimming *Press Release*

October 20, 2006

Contact: Taylor Payne, 317-507-3410

Synchro Masters Take The Plunge in Beaverton

2006 U.S. Masters Championships held Oct. 26-28

Beaverton, Ore. – The 2006 U.S. Masters Synchronized Swimming Championships will get underway at the Tualatin Hills Aquatic Center, Oct. 26-28. The 32nd annual event will feature some of the world's top Masters synchronized swimmers ranging between the ages of 20 to 85+ years old, as they vie for overall team and individual titles in the solo, duet, trio and team events.

The **Dayton Synchronettes** (Dayton, Ohio) will return in search of their 15th overall title after claiming the 2005 title in Clermont, Fla. Last year, the Synchronettes received tough competition from both **MAC Synchro** (Portland, Ore.) and the **Southern California Unsyncables** (Los Angeles, Calif.) who finished second and third.

Synchronized Swimming requires a combination of strength, precision, grace and teamwork, which proves to be a preferred fitness activity for older adults by leading sports medicine professionals.

Single day tickets will be \$3. Passes for the entire meet can be purchased for \$5. Free parking is available in the designated lots adjacent to the Aquatic Center.

Following is a schedule of events and an invitation to participate in the Synchro Challenge. Results will be posted daily on www.usasynchro.org. For more information, contact Taylor Payne at taylor@usasynchro.org or (317) 507-3410.

United States Synchronized Swimming (USSS) serves as the National Governing Body for the sport of synchronized swimming, appointed as such by the United States Olympic Committee. USSS is a membership-based and non-for-profit organization which services the sport from the grass roots level to the National Team. The mission statement of USSS is "to provide leadership and resources for the promotion and growth of synchronized swimming, to achieve competitive excellence at all levels and to develop broad based participation."

WWW.USASYNCHRO.ORG

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October 20, 2006

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Synch ... Or Sink!

Local athletes offer "clips-on" challenge to ambitious media!

Does your media outlet have a hands-on sports reporter who does not mind getting his or her feet wet?

Perhaps he or she is an aggressive sports veteran who will go to great lengths for the inside scoop on a local sporting event. Maybe you've got a **macho man** who likes to show off during office softball games and can not turn down a chance to put his athletic talents to the test.

Then consider this a bare-bones, knockdown, drag-out challenge! The buoyant media member will receive a great experience and an even greater story. The unsuccessful reporter will receive a visit to the bottom of the pool!

U.S. Synchronized Swimming, in conjunction with the 2006 U.S. Masters Championships issues a formal challenge to any and all media outlets to **try synchronized swimming** (under the close supervision of lifeguards, of course). Swimming alongside participants will be several local top-rated athletes.

Even the most confident reporter who scoffs at any athletic event that does not involve helmets or physical contact will become a new person after swallowing a few gallons of water. Just ask Matt Lauer and Al Roker or Olympic gold medalists Mary Lou Retton, Kerri Strug or Summer Sanders, who all accepted the challenge. Even syndicated columnist Dave Barry tried "Synch or Sink" and was a born-again aquanaut. The experience prompted Barry to exclaim in the *Miami Herald*, "**This is the hardest sport in the world!**"

The media challenge will take place at the Tualatin Hills Aquatic Center. Private challenges may be arranged at any time during the event by contacting Taylor Payne at 317-507-3410. Wear your swimsuit and water wings. We'll provide a nose clip, cap, goggles, and ... CPR.

The challenge is held in conjunction with the 2006 U.S. Masters Championships being held in Beaverton, Ore. at the Tualatin Hills Aquatic Center, October 26-28.

To RSVP for "The Synchro Challenge," or for more information on the 2006 U.S. Masters Synchronized Swimming Championships, contact Taylor Payne at 317-507-3410.

Come see why *Inside Sports* named
Synchronized Swimming
one of the world's five TOUGHEST sports!

USA Synchronized Swimming provides leadership and resources for the promotion and growth of synchronized swimming, to achieve competitive excellence at all levels and to develop broad based participation.

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U.S. Synchronized Swimming *Press Release*

FINAL MEET SCHEDULE—10/20/2006
ALL EVENTS START WITH AGE GROUP 30

Start	End	Event
Wednesday, October 25		
PM 6:30	8:30	Registration at the Hilton Garden Hotel
Thursday, October 26		
AM 8:00	PM 12:00	Registration at the Pool
8:30	9:30	Officials and Coaches meeting at the pool
9:00	9:30	Lap swimming only
9:30	9:45	Tech Solo warm-up first group
9:50	11:30	Tech Solo Competition
12:00	12:20	Free Solo warm-up first group
12:25	3:30	Free Solo Competition and Awards
3:30	5:00	Figure warm-up, Competition and Awards
7:00	9:00	Officials Reception at the host hotel
Friday, October 27		
AM 7:30	8:00	Lap swimming only
8:00	8:15	Technical Duet warm-up first group
8:20	10:30	Technical Duet Competition
10:30	10:45	Technical Trio warm-up first group
10:50	11:45	Technical Trio Competition
11:45	12:05	Free Duet warm-up first group
12:10	4:45	Free Duet Competition and Awards
4:45	5:15	Athlete Meeting at the pool
5:15	7:30	Team practice with music
Saturday, October 28		
AM 7:30	8:00	Lap swimming only
8:00	8:30	Technical Team warm-up first groups
8:35	10:15	Technical Team Competition
10:15	10:35	Free Trio warm-up first group
10:40	1:15	Free Trio Competition and Awards
1:15	1:45	Free Team warm-up first groups
1:50	4:15	Free Team Competition
4:15	4:35	Free Combination Routine (Combo) warm-up
4:40	4:55	Free Combination Routine (Combo) Competition
7:00	9:00	Social, "A Taste of Oregon" at the Reserve-Team, Combo, High Point and Special Awards will be given

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