



2004 U.S. National
Synchronized Swimming Championships
April 29-May 1, Stanford, CA

OFFICIAL MEET ANNOUNCEMENT

DATES April 29-May 1, 2004; Practice day April 28

MEET MANAGER Greg Bacchetti
Synchronized Swimming
Arrillaga Family Sports Center
Stanford, CA 94305
(650) 224-6661
(650) 725-0758 fax
Email: gbacchetti@earthlink.net

FACILITY Avery Aquatic Center
Stanford, CA 94305
Contact: Jody Smith
(650) 724-9425
Email: jody.smith@stanford.edu

RULES TO GOVERN The 2003-2004 Official USSS Rulebook shall govern the Championships.

ENTRIES

FORM A Club Entry Form
FORM B Entry Fee Summary
FORM C Host Fee Summary
FORM D Housing/Transportation and Practice Availability
FORM E Officials Availability Form
FORM F Music Selection

ENTRY DEADLINE Entries and Forms must be postmarked or emailed no later than **April 9, 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 Shannon Montague
Arrillaga Family Sports Center
Stanford, Ca 94305-6150
(650) 725-0128 montague@stanford.edu

MAIL ONE COPY OF ENTRY FORM A TO Jackie McDaniel
2709 Crownridge Lane
Spring Valley, CA 91977

REGISTRATION	Tues., April 27	4:00-10:00 p.m.	At the hotel
COACHES MEETING	Wed., April 28	2:00-2:30 p.m.	At the pool
OFFICIALS/COACHES RECEPTION	Wed., April 28	6:30-8:00 p.m.	Arrillaga Sports Cafe
ATHLETES MEETING	Thurs., April 29	4:30-5:00 p.m.	At the pool

2004 U.S. National 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** \$25 per competitor. Make check payable to Stanford Synchronized Swimming.
- **Banquet** \$30 per person. Make check payable to Stanford Synchronized Swimming.
- **Credentials** Each club will receive 2 coach credentials for every 10 credentialed athletes.
- **Tickets** Tickets are \$8 Th/Fri, \$12 Sat, and \$20 for an all-session pass. Tickets may be purchased at the door or by calling 1-800-STANFORD. Discounted tickets for child/senior/student

EVENTS Technical, Free Preliminary and Free Final routine competition in Solo, Duet and Team.

NATIONAL TEAM TRIALS

Technical Element Testing for Phase I of the 2005 National Senior Team Trials on Weds., April 28 at 3:20 p.m. Phase II of 2005 & III of the 2004 National Senior Team Trials will occur Thurs., April 29 at 8:50 a.m.

PRACTICE

Practice time in the competition pool will be assigned in proportion to the number of routines entered. There will be no practice time available prior to Weds., April 28.

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

HOST HOTELS

Palo Alto Sheraton/Westin (next to each other)
625 El Camino Real
Stanford, CA
(650) 328-2800; Group Contact: Jan Webb, (650) 328-2800
Rates: \$109 Single-Double/Triple-Quad
Distance to pool: .25 miles
Rooms will be released April 1, 2004.

AIRPORTS

San Jose Airport (SJS) – 15 miles
San Francisco Airport (SFO) – 20 miles
Oakland Airport (OAK) – 32 miles

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.

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DIRECTIONS

Directions to Avery Aquatic Center From Hwy 101-From San Jose Airport

Follow signs to 101 North

Take 101 North toward San Francisco

Take Embarcadero Exit West toward Stanford University

Cross El Camino Real into Stanford Campus

Embarcadero becomes Galvez St.

1st Left on Nelson Rd. Stanford Football Stadium on left.

Nelson dead-ends at Sunken Diamond Baseball Stadium

Pool is located on the right of the parking lot.

Directions to Sheraton/Westin From Hwy 101-From San Jose Airport

Follow signs to 101 North

Take 101 North toward San Francisco

Take Embarcadero Exit West toward Stanford University

Take Right on El Camino Real

Sheraton/Westin entrance on right hand side, one block North of Embarcadero Rd.

Directions to Pool/ Hotel From San Francisco Airport

Follow signs to 101 South toward San Jose

follow directions above

Directions to Pool from Sheraton/Westin

Right out of Sheraton onto El Camino Real North

Left on University Ave.

Immediate Left onto El Camino Real South

Right on Galvez/Embarcadero

1st Left on Nelson to pool

GROUND TRANSPORT All major Rental Car companies

POOL SPECS Length: 68m (comp. area is 30m)
Width: 20m
Depth: 9'7" sloping to 13'7"
Distance of water from deck level: 1 ft. at entry, 4" on sides
Entry: End, spectator seating on right and left
Width of stage is 7ft
Outdoor Pool

VENUE RULES

- ◆ No food is permitted in the deck seating areas. Water bottles will be allowed on deck.
- ◆ There will be a designated gelling area at the pool. Please gel only in this area.
- ◆ No rinsing gel in the showers. **Teams found rinsing gel in showers will be fined.**

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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, 10 a.m. – 6 p.m., Saturday only. Arrillaga Sports Café will be open during the competition, 9:00a.m.-3:30p.m.. It is located in the building adjacent to the pool.

OFFICIALS AND COACHES HOSPITALITY

Breakfast, lunch and snacks will be available in the hospitality tent throughout the competition. Please allow officials to eat first.

OFFICIALS/COACHES RECEPTION

The officials and coaches reception will be held Wed., April 28 at Arrillaga Sports Café 6:30-8:00pm. Appetizers, beer & wine will be provided.

BANQUET

The Banquet will be Thursday April 29th at the Sheraton 6:30-8:00pm. Recipients of special awards, including USSS Hall of Fame Awards, and USSS All-America Teams will be recognized at the Banquet. Parents and guests of swimmers are invited to join the athletes at the banquet.

WRAP-UP SESSION

There will be a moderated wrap-up session following awards on Saturday. Judges and Coaches are asked to attend. Athletes are welcome

PROGRAM

Participating clubs may email photos for the official program to gbacchetti@earthlink.net for \$25. **Deadline is April 1st.** Attach a caption listing the order of the swimmers pictured.

ADDITIONAL AWARDS

See 2002-2003 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.

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, or your local government public relations office.

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MEET SCHEDULE

Start	End	Event
Tuesday, April 27		
PM 4:00	10:00	Registration @ Sheraton
Wednesday, April 28		
AM 7:00	7:30	Lap Swimming Comp Pool/Diving Well
8:00	5:00	Registration @ Pool
7:30	2:30	Scheduled Practice w/ Music
2:00	2:30	Officials Meeting/Coaches Meeting
2:30	3:15	Trials warm-up for '05 Phase I
3:20	6:00	2005 Team Trials Phase I
6:30	8:00	Officials/Coaches Reception @ Arrillaga Cafe
Thursday, April 29		
AM 7:00	8:00	Lap Swimming Comp Pool/Diving Well
8:00	8:45	Trials warm-up '04 Phase III & '05 Phase II
8:50	10:30	2004 Team Trials Phase III & 2005 Phase II
10:30	11:00	Solo Technical warm-up
11:05	12:30	Solo Technical Competition
12:30	1:00	Duet Technical warm-up
1:05	2:30	Duet Technical Competition
2:30	3:15	Team Technical warm-up
3:20	4:30	Team Technical Competition
4:30	5:00	Athletes meeting & Trials de-briefing at Pool
6:30	8:00	Banquet & All-American Awards @ Sheraton
Friday, April 30		
7:30	8:30	Lap swimming Comp Pool/Diving Well
8:30	10:30	Team Free practice w/music
10:30	11:00	Solo Prelim warm-up
11:15	2:00	Solo Prelim Competition
2:00	2:45	Duet Prelim warm-up
3:00	5:30	Duet Prelim Competition
5:30	6:15	Team Free Prelim warm-up
6:20	8:00	Team Free Prelim Competition
Saturday, May 1		
AM 8:00	10:00	Open Pool Comp/Diving Well
10:00	10:30	Lap swimming Only Comp Pool
10:30	11:00	Solo Final warm-up
11:00	11:30	Duet Final warm-up
PM 12:00	1:00	Solo Final Competition
1:15	2:15	Duet Final Competition
2:15	3:15	Team Final warm-up Pres-6 (30min) 7-12 (30min)
3:45	4:00	Parade
4:00	5:30	Team Final Competition
5:30	6:00	Olympic Team Exhibition
6:00	6:30	Awards Presentation
6:30	7:00	Wrap Up Session for Officials, Coaches & Athletes
Sunday, May 2		
AM 8:00	12:00pm	National Team Q & A

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