



2010 U.S. Masters
Synchronized Swimming Championships
October 21-23 • La Mirada, CA



PRELIMINARY MEET ANNOUNCEMENT

- MEET MANAGER:** John Beckwith (310) 338-4410 john.beckwith@lmu.edu Assistant: Laurette I. Longmire llongmir@ix.netcom.com
- FACILITY:** Splash - La Mirada Regional Aquatic Center
13806 La Mirada Blvd.
La Mirada, CA 90638 (Google – “La Mirada Splash”)
- POOL SPECS:** Length: 55 meters Width: 25 yards
Depth: 13 ft. sloping to 9 ft. Outdoor pool
Rope divider: 30 meters
Entry: South End
Warmup pool: Balance of 55 meters, minimum depth 7 ft.
Spectators: Permanent bleachers on East side
Some temporary seating on West side
Extensive room around facility for team areas and EZ-ups
- HOST HOTEL:** Holiday Inn Select **Rate:** \$94/night + 11% tax, Single-Quad
14299 Firestone Blvd Look for a reservation link on the
La Mirada, CA 90638 USA Synchro website
- AIRPORT:** Long Beach Municipal Airport (LGB), 16 miles from pool
John Wayne Orange County Airport (SNA), 22 miles from pool
Los Angeles International Airport (LAX), 25 miles from pool
Burbank (BUR) and Ontario International (ONT) airports, 34 miles from pool
- To help our members, USA Synchro has an agreement with United Airlines. Receive a discount off the lowest available fare, call United at 800-841-0460 and tell them you're with “U.S. Synchronized Swimming” and use code 565EG.
- GROUND TRANS:** Taxi, all major car rental companies and shuttle services are available at all 5 Greater Los Angeles area airports – LAX, SNA, LGB, BUR and ONT.
- PROGRAM:** Team photos will be accepted for inclusion in the program. Photo submission details will be included with the Final Meet Announcement.
- BANQUET:** The Banquet will be held at the La Mirada Golf Course, about 5 blocks from the pool. Team, Combo, High Point and Mae McEwan awards are planned to be presented at the Banquet, including other fun activities! More information will be included in the Final Meet Announcement.
- TENTATIVE SCHEDULE:** *To retain the schedule below, it is important to return the Reply Form by April 1st!*
Wednesday, October 20 Reception - Officials, Coaches Meeting
Thursday, October 21 Figures, Tech Solo, Free Solo, Athlete Meeting
Friday, October 22 Tech Duet, Tech Trio, Free Duet, Team Practice
Saturday, October 23 Tech Team, Free Trio, Free Team, Combo, Banquet

All final meet information will be on-line at www.usasynchro.org. If you prefer to have a hard copy final meet announcement mailed to you, please contact the meet host.

**REQUIRED
TECHNICAL
ELEMENTS:**

THE REQUIRED TECHNICAL ELEMENTS WILL BE THE SAME AS THOSE USED IN 2009. The elements published in the initial Appendix L of the 2010 U.S. Synchro Rulebook will **NOT** be used. The elements to be used at the 2010 U.S. Masters Championship are listed below:

MASTERS REQUIRED TECHNICAL ELEMENTS

FOR 2010 ONLY

MASTERS SOLO (1:30) Elements 1 – 4 are to be performed in the order listed. Element 5 may be performed at any time.	MASTERS DUET/TRIO (1:40) Elements 1 – 4 are to be performed in the order listed. Elements 5 – 6 may be performed at any time.	MASTERS TEAM (1:50) Elements 1 – 4 are to be performed in the order listed. Elements 5 – 8 may be performed at any time.
1. Split Position , followed by a <i>Walkout Front</i> or a <i>Walkout Back</i> .	1. Split Position , followed by a <i>Walkout Front</i> or a <i>Walkout Back</i> .	1. Split Position , followed by a <i>Walkout Front</i> or a <i>Walkout Back</i> .
2. Figure #355 Porpoise.	2. Figure #355 Porpoise.	2. Figure #355 Porpoise.
3. Traveling Ballet Leg Combination - to include at least 2 of the following positions: Ballet Leg with the right leg; Ballet Leg with the left leg; Ballet Leg Double ; Flamingo .	3. Traveling Ballet Leg Combination - to include at least 2 of the following positions: Ballet Leg with the right leg; Ballet Leg with the left leg; Ballet Leg Double ; Flamingo .	3. Traveling Ballet Leg Combination - to include at least 2 of the following positions: Ballet Leg with the right leg; Ballet Leg with the left leg; Ballet Leg Double ; Flamingo .
4. Heron <i>Thrust</i> and <i>Descent</i> starting from a Submerged Ballet Leg Double Position .	4. Heron <i>Thrust</i> and <i>Descent</i> starting from a Submerged Ballet Leg Double Position .	4. Heron <i>Thrust</i> and <i>Descent</i> starting from a Submerged Ballet Leg Double Position .
5. Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.	5. Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.	5. Two forms of propulsion techniques, including at least one sequence with one arm above the surface of the water.
	6. A Joined Action where the competitors are connected (joined) in some manner (by hands, by feet) to perform one of the following: a connected figure, a connected float or connected stroking. Stacks, lifts and throws are not permitted.	6. A Joined Action where the competitors are connected (joined) in some manner (by hands, by feet) to perform one of the following: a connected figure, a connected float or connected stroking. Stacks, lifts and throws are not permitted.
	7. With the exception of the deck work, entry and the Joined Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted except in the Joined Action.	7. Cadence Action - Identical movement(s) performed sequentially, one by one, by all Team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. See Appendix L, Section 1.05 E.
		8. Pattern formation must include a straight line and a circle.
		9. With the exception of the deck work, entry, Joined Action and Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all Team members. Variations in propulsion and direction facing are permitted only during pattern changes. Mirror actions are not permitted except in the Joined Action.

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