



2011 Esynchro Age Group

Synchronized Swimming Championships

June 24 – July 2 • Federal Way, WA



OFFICIAL MEET ANNOUNCEMENT

- DATES** 11-12 Team Practice and Competition: June 24-June 27
13-15 Team Practice and Competition: June 26-June 28
16-17 & 18-19 Team Practice and Competition: June 29-July 2
- LOCATION** Weyerhaeuser King County Aquatic Center
650 S.W. Campus Drive
Federal Way, WA 98023
Mike Dunwiddie
(206) 296-4444
Mike.Dunwiddie@kingcounty.gov
- SPONSORED BY** Pacific Northwest Association
- MEET MANAGER** Svea Dager
11848 104th Ave NE
Kirkland, WA 98034
(425) 820-3574
svea533@yahoo.com
- RULES TO GOVERN** The 2011 Official USA Synchro Rulebook shall govern the Championships.
- ENTRIES** To register online, login to your account from the homepage of the USASynchro.org website, by clicking on "Registration". If you have any technical difficulties or questions, please email or call Jennifer Hawkins at 317-237-5700 x5708 or jennifer@usasynchro.org.
- ENTRY DEADLINE** Entries must be completed by **Tuesday, June 7, 2011 5PM EST** (later than normal 3 week deadline to allow for completion of as many as possible regional qualifiers), and forms must be postmarked or emailed no later than **June 7, 2011**.
- 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.
- SCORING CHAIR** Jackie McDaniel
619-464-7379
Jackiemcd43@hotmail.com
- SCORING** Single scoring for Technical Merit and Artistic Impression will be used for routines.
- OFFICIALS** Register online at www.usasynchro.org for Officials Availability. Contact Linda Loehndorf with any questions at loehndorf@charter.net

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COACHES

All coaches on deck must be 100% certified by USA Synchro. Please check that you are certified on the USASynchro.org website under Education and the Coaching Certification Program. If there are any concerns, please contact Kevin in the National Office, and bring any proof of certifications not shown on the web site to registration.

FEE INFORMATION

- **Entry Fee:** \$25 per competitor per routine, including alternates. Make check payable to USA Synchro. 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)
- **Surcharge:** \$5 per competitor, including alternates. Make check payable to USA Synchro. Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine event shall pay the surcharge. This surcharge is to cover expenses for Officials. (Rulebook, Appendix C)
- **Sponsor Fee:** \$20 per competitor. Make check payable to USA Synchro.
- **Credentials:** Each club will receive credentials for 2 coaches and 1 chaperone per 10 registered athletes. Each club will receive one video camera credential for the meet. Additional coach and chaperone credentials are available for \$10 each. Lost/misplaced credentials will be \$10 for replacement.
- **Spectator Tickets:**

A one-time entry fee is required to watch the competitive events. Tickets can be purchased at the door for \$7 (adults). Seniors (65+) and Youth (6-12) can purchase tickets for \$5. Children 5 and under are free. Only cash will be accepted at the door. Tickets can be ordered in advance on Form C for \$5 and \$3 each. Make check payable to "Pacific Northwest of USS." Life members get free admission into all national events and should complete the ticket order form (Form C).
- **Program:**

Programs can be purchased at the meet or ordered in advance on Form C for \$5 each. Programs at the event will be \$10. Make check payable to "Pacific Northwest of USS."

ATTCHMENTS

The following forms are attached.
A - Program Ads/Photo Submission Form
B - Scoreboard Cheers Form
C - Spectator Ticket and Program Order Form
D - Flower Order Form
E - Collegiate Synchro Opportunities
F - "Sync or Swim"

Mail all forms /payment to the address below:

2011 eSynchro Age Group Championships
PMB# 239
11410 NE 124th St
Kirkland, WA 98034-4305

Form A, Program Ads/Photo Submission Form and Corresponding Fees to:

Attn: Tomomi Inoguchi

2011 eSynchro Age Group Synchronized Swimming Championships

Complete address:
2011 eSynchro Age Group Championships
PMB# 239 Attn: Tomomi Inoguchi
11410 NE 124th St
Kirkland, WA 98034-4305

Form B, Scoreboard Cheers Order Form and Corresponding Fees to:

Attn: Tomomi Inoguchi

Complete address:
2011 eSynchro Age Group Championships
PMB# 239 Attn: Tomomi Inoguchi
11410 NE 124th St
Kirkland, WA 98034-4305

Form C, Pre-Sale Spectator Ticket and Program Order Form and Corresponding Fees to:

Attn: Yan Zhang

Complete address:
2011 eSynchro Age Group Championships
PMB# 239 Attn: Yan Zhang
11410 NE 124th St
Kirkland, WA 98034-4305

Form D, Flower Order Form and Corresponding Fees to:

Attn: Svea Dager

Complete address:
2011 eSynchro Age Group Championships
PMB# 239 Attn: Svea Dager
11410 NE 124th St
Kirkland, WA 98034-4305

EVENTS

Figures – The Figure Competition will consist of the following figures:

Figures 11-12 (Selection Group 1)

101R/L Ballet Leg, Single	1.6 (draw for which leg will be held at the coaches meeting)
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

Figures 13-15 (Selection Group 1)

420 Walkover, Back	2.0
355e Porpoise, Spinning 360°	2.1
342 Heron	2.1
311a Kip, Half Twist	2.2

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Figures 16-19 (Selection Group 1)

313	Kip, Split, Closing 180°	2.5
112f	Ibis, Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.7

Routines

Routine competition will be held in Solo, Duet, Trio and Team for 11-12, 13-15, 16-17 & 18-19 age groups.

AWARDS

USA Synchro medals will be awarded in each group to finalist places 1-3 in routines and 1-3 in figure competition. USA Synchro ribbons will be awarded to places 4-8 in routines and 4-8 in figures.

POOL SPECS

Competition Pool (indoor)

Length: 50 meters (Bulkhead placed at both ends 25 meters apart)
Width: 25 yards
Depth: 9.5 feet to 10 feet
Lane Markings: 8 lanes
Deck to Water:
at both ends: 11 inches
at sides: even with pool deck
Seating Capacity: Athletes 1000
Spectators 2500
Seating right and left of the pool
Required Entry: Enter from a carpeted, 8 foot platform (raised deck and bulkhead combined) between 50-meter pool and diving well.

Practice Pool

25 yards
17 yards
16.5 feet to 17.5 feet
7 lanes
even with pool deck

AIRPORTS

Seattle-Tacoma International Airport is located approximately 15 miles from the Weyerhaeuser King County Aquatic Center.

To help our members, we have an agreement with United Airlines. Call United at 800-841-0460 and tell them you're with "U.S. Synchronized Swimming" and use code 565EG.

VEHICLE RENTAL

Major rental car companies are available at the airport.

DIRECTIONS

From SeaTac Airport to the Pool. Follow signs to I-5 South. Take Exit 142B onto WS-18 West (about 12 miles.) Go west on 348th (becomes Campus Drive after crossing 1st Ave South.) Weyerhaeuser King County Aquatics Center will be on your right at 650 S.W. Campus Drive, telephone 206-296-4444

PARKING

Parking will be free of charge and will be located at the Aquatic Center parking lot.

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HOST HOTELS

Teams are encouraged to stay at a host hotel and not overbook. Please call the hotel as soon as possible should your travel arrangements change. Rates will be held until June 2.

Name	King or Queen Double	Queen/Queen Triple	Queen/Queen/Quad	King with Sofa bed or One Bedroom Suite	Two Bedroom Suite with Sofa bed	Break-fast Included	Contact
Best Western Federal Way	\$ 99	\$ 119	\$ 129	\$ 149	\$ 159	yes	253/529-4000 Group name: US Synchro Swim AG Champ
Best Western Tacoma (10 miles to pool)	\$ 79	\$ 89	\$ 89			yes	253/272-7737 Group name: US Synchronized Swimming
Clarion Federal Way	\$ 120	\$ 120	\$ 120			yes	253/941-6000 Group name: Pacific Northwest Association
Comfort Inn Federal Way	\$ 79	\$ 79	\$ 79			yes	253/529-0101 Group name: #3114
Courtyard by Marriott Federal Way			\$ 129	\$ 129		no	415/229-9443 Traci Krauser
Hampton Inn (Hilton) Federal Way	\$ 109		\$ 109			yes	253/946-7000 Crystal Santa Marina

COACHES MEETINGS

Friday, June 24	5:00 p.m.	11-12s
Sunday, June 26	10:00 a.m.	13-15s
Wednesday, June 29	7:00 a.m.	16-19s

CHAMPIONSHIP REGISTRATION

Club and Officials Registration will be at the pool during the following times:

Friday, June 24	5:00pm – 8:00pm
Saturday, June 25	8:00am – 12:00pm
Sunday, June 26	9:00am – 2:30pm
Monday, June 27	8:00am – 11:00am
Tuesday, June 28	4:00pm – 6:00pm
Wednesday, June 29	8:00am – 11:00am
Thursday, June 30	8:00am – 11:00am

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PRACTICE TIME

The competition pool is available for rental on Friday, June 24 from 10:00 am until 5:00 pm. The cost is \$100 per hour for one hour long blocks. If teams arrange it, two teams may split the cost. Time will be assigned on a first come, first served basis. If you wish to purchase practice time, email Svea Dägel at svea533@YAHOO.com.

PRACTICE WITH MUSIC

Practice time with music will be once in the competition pool for each team routine in the order of draw. Refer to the final meet schedule for practice times and be on deck ready to swim at the appropriate time. Please notify the meet manager if you will not be swimming during the practice.

Friday, June 24	6:00pm – 8:30pm	11-12 Team practice w/music
Sunday, June 26	5:15pm – 8:00pm	13-15 Team practice w/music (approximate time)
Wednesday, June 29	7:00pm – 9:30pm	18-19 Team practice w/music (approximate time)
Thursday, June 30	7:30am – 9:30am	16-17 Team practice w/music (approximate time)

OFFICIALS AND COACHES HOSPITALITY

Food will be available in the hospitality room throughout the competition for Officials and Coaches.

OFFICIALS, COACHES AND ALUMNI RECEPTION

All officials, coaches, sponsors and alumni are invited to a reception Sunday evening June 26, 2011 from 6:00 to 8:00pm at the Aquatic Center Banquet Hall.

SOUND SYSTEM

A Clark Synthesis sound system with a variable speed CD player will be used.

CLUB BANNERS

Club banners will be collected at the registration table. Please do not hang your own banners. Please contact registration to retrieve banners.

GELLING

Gelling is only allowed in designated Gelling area which is outside on the patio. Those gelling outside the designated area will incur a \$100 fine. De-gelling is allowed in the facility in locker room shower area and must be cleaned when finished. Any other de-gelling anywhere in the facility will incur a \$100 fine.

PARADE OF ATHLETES

The Parade of Athletes will be held prior to each Age Group Final Routine competition. All athletes from all clubs are encouraged to participate. Dress for the parade in team warm-up suits or appropriate team uniform.

MEDIA SERVICES

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

FOOD SERVICES

A concession stand is located in the lobby of the aquatic center. Outside food is allowed in the building. Food tables labeled with your team/club name will be assigned to store coolers and food on the sides of the building in the hallway behind the seating area. No cooking or portable tables in the building. No glass containers or food permitted on the pool deck.

CHAMPIONSHIP MERCHANDISE

There will be Championship items available for purchase in addition to USA Synchro items throughout the Championship. Visa and MasterCard will be accepted.

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PHOTOGRAPHER

The official photographer is Northwest Sports Photography. Personal use photography will be allowed by the audience from the stands as long as flash is not used.

VIDEOGRAPHER

Details are being worked out for an official videographer to offer DVDs for sale.

PHOTO/VIDEO REGULATIONS

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator must be used solely for such spectator's personal, non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of U.S. Synchronized Swimming.

FLOWERS

Flowers will be available for pre-ordering using Form D and in the lobby in limited quantity for purchase.

PROGRAM

CLUB PHOTOS

Participating clubs may send digital photos via email for the official championship program. Additional information can be found on Form A.

PERSONAL GREETINGS

Family and friends can submit personal greetings and pictures to be included in the championship program. Personal messages of good luck and a job well done can be submitted along with or without a photo. These photos and messages will be placed randomly in the program and will not be included in the team area of the program. See Form A for details.

SCOREBOARD CHEERS

Wish your routine competitors good luck in lights on our giant 25' scoreboard. Your wishes will flash repeatedly during warm-ups for routine events. You can let your swimmer know that you're thinking of them from far away. Greetings can be pre-purchased or purchased at the meet. See Form B for additional information.

ESYNCHRO CLINICS

USA Synchro in partnership with eSynchro will offer 2 clinics during the 11-12 and 13-15 figure competitions. Pre-register before June 17 and attend the clinic at a discounted rate. Athletes and coaches are welcome to register and attend either clinic.

Clinic #1 –Sunday, June 26, 2:30pm-4:30pm

Clinic #2 - Tuesday, June 28, 12:00pm-2:00pm

Cost: \$20 pre-registered by June 17 deadline/\$30 after June 17 and on site

Pre-registration is available on the USA Synchro website:

http://www.usasynchro.org/Education/Camps_Clinics_Critiques.htm. Please be prepared for dry land and pool portions of the clinic. Contact the Education Director at kevin@usasynchro.org with any questions.

NT PIPELINE TRAINING

This will be for members wanting to become officials for skills competitions or coaches that want to know exactly how the skills are evaluated. The clinic will cover both the General Athletic Skills and Water Skills. It can benefit any coach that wants to become part of the program when it expands to more local competitions and will give the coaches the exact procedure of the tests and how they are scored. The clinic will be \$25.

Clinic #1- Monday, June 27, 10am-2pm

Clinic #2- Wednesday, June 29, 10am-2pm

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Registration is available on the USA Synchro website:

http://www.usasynchro.org/Education/Athletes/NT_Pipeline.htm. Contact the Education Director at kevin@usasynchro.org with any questions.

COLLEGIATE SYNCHRO OPPORTUNITIES SPECIAL SEMINAR

A special seminar for athletes, parents and coaches will be held to overview collegiate synchro, and discuss the overall experience, recruiting process and scholarships. Additional information can be found on attachment E. This will be held on:

Tuesday, June 28, 2pm - 3pm

Friday, July 1, 1pm – 2:00pm

Please also visit the Collegiate Synchro minibooth in the vendor area.

FILM SCREENING

The Director/Producer of the film “*Sync or Swim*,” Cheryl Furjanic, will be present for special screenings and DVD sales. Show times are as follows. Tickets are \$2 each at the door. Please note the Clarion Hotel is next to the Comfort Inn and within a mile of the other Federal Way host hotels.

Sunday, June 26	6:00pm – 7:30pm at the Clarion Hotel, 31611 20th Ave South, Federal Way
Sunday, June 26	8:00pm – 9:30pm at the Clarion Hotel, 31611 20th Ave South, Federal Way
Monday, June 27	10:00am – 11:30pm at the Weyerhaeuser King County Aquatic Center
Monday, June 27	12:30pm – 2:00pm at the Weyerhaeuser King County Aquatic Center
Wednesday, June 29	10:00am – 11:30pm at the Weyerhaeuser King County Aquatic Center
Wednesday, June 29	12:30pm – 2:00pm at the Weyerhaeuser King County Aquatic Center
Thursday, June 30	10:00am – 11:30pm at the Weyerhaeuser King County Aquatic Center
Thursday, June 30	12:30pm – 2:00pm at the Weyerhaeuser King County Aquatic Center

AREA ATTRACTIONS

Dash Point State Park (<http://www.parks.wa.gov/parks/?selectedpark=Dash%20Point>)

Weyerhaeuser Pacific Rim Bonsai Collection (www.weyerhaeuser.com/bonsai)

PowellsWood Garden (www.powellswood.org)

Steel Lake Park and West Hylebos Wetlands (www.cityoffederalway.com/parks)

Helpful Websites:

<http://federalway.org/>

<http://www.traveltacoma.com/>

<http://www.experiencewa.com/>

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TENTATIVE MEET SCHEDULE

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(Times may be revised based on actual entries)

Friday, June 24

5:00pm- 8:00pm

5:00pm- 5:30pm

5:30pm- 6:00pm

6:00pm- 8:30pm

Registration at the pool

11-12 Officials and Coaches meeting at the pool

Lap Swim

11-12 Team practice with music (in order of draw)

Saturday, June 25

6:30am- 7:00am

7:00am-10:30am

8:00am-12:00pm

10:30am- 2:15pm

2:15pm- 7:00pm

Lap Swim/Open pool

11-12 Solo warm-up and competition

Registration at the pool

11-12 Duet warm-up and competition

11-12 Team warm-up and competition

Sunday, June 26

6:30am- 7:00am

7:00am-10:30am

9:00am- 2:30pm

10:00am-10:30am

10:30am- 2:15pm

2:15pm- 5:00pm

2:30pm- 4:30pm

5:15pm- 8:00pm

6:00pm- 8:00pm

6:00pm- 7:30pm

8:00pm- 9:30pm

Lap Swim/Open pool

11-12 Trio warm-up and competition

Registration at the pool

13-15 Officials and Coaches meeting at the pool

13-15 Trio warm-up and competition

11-12 Figures warm up and competition

eSynchro clinic

13-15 Team practice with music (in order of draw)

Reception for officials, coaches, sponsors & alumni

Sync or Swim, Clarion Hotel, 31611 20th Ave South, Federal Way

Sync or Swim, Clarion Hotel, 31611 20th Ave South, Federal Way

Monday, June 27

6:30am- 7:00am

7:00am-11:15am

8:00am-11:00am

10:00am- 2:00pm

10:00am- 11:30am

11:15am- 4:00pm

12:30pm- 2pm

4:00pm- 9:00pm

Lap Swim/Open pool

13-15 Duet warm-up and competition

Registration at the pool

National Team Skills Training Clinic

Sync or Swim

13-15 Team warm-up and competition

Sync or Swim

11-12 Parade of Athletes, Finals, and Awards

Tuesday, June 28

6:30am- 7:00am

7:00am- 10:45am

11:15am- 2:00pm

12:00pm- 2:00pm

2:00pm- 3:00pm

4:00pm- 6:00pm

3:15pm- 8:30pm

Lap Swim/Open pool

13-15 Solo warm-up and competition

13-15 Figures warm-up and competition

eSynchro clinic

Collegiate Synchro Opportunities Special Seminar

Registration at the pool

13-15 Parade of Athletes, Finals and Awards

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TENTATIVE MEET SCHEDULE

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(Times may be revised based on actual entries)

Wednesday, June 29

7:00am- 7:30am	Lap Swim/Open pool
7:00am- 7:30am	16-19 Officials and Coaches meeting at the pool
7:30am-11:45am	16-17 Duet warm-up and competition
8:00am-11:00am	Registration at the pool
10:00am- 2:00pm	National Team Skills Training Clinic
10:00am- 11:30am	Sync or Swim
11:45am- 3:30pm	16-17 Trio warm-up and competition
12:30pm- 2pm	Sync or Swim
3:30pm- 6:30pm	18-19 Trio warm-up and competition
6:30pm- 7:00pm	Lap Swim/Open pool
7:00pm- 9:30pm	18-19 Team practice with music

Thursday, June 30

7:00am- 7:30am	Lap Swim/Open pool
7:30am- 9:30am	16-17 Team practice with music
8:00am-11:00am	Registration at the pool
9:30am- 1:00pm	16-17 Solo warm-up and competition
10:00am- 11:30am	Sync or Swim
12:30pm- 2pm	Sync or Swim
1:00pm- 4:00pm	18-19 Duet warm-up and competition
4:15pm- 8:00pm	18-19 Team warm-up and competition

Friday, July 1

6:30am- 7:30am	Lap Swim/Open pool
7:30am-10:45am	16-17 Team warm-up and competition
10:45am- 1:00pm	18-19 Solo warm-up and competition
1:00pm- 2:00pm	Collegiate Synchro Opportunities Special Seminar
2:15pm- 8:00pm	16-17 & 18-19 Figures warm-up and competition

Saturday, July 2

6:30am- 7:30am	Lap Swim/Open pool
7:30am- 8:15am	16-17 Trio, Duet and Solo warm-up**
8:15am- 8:35am	Parade of Athletes 16-17 & 18-19
8:40am- 2:00pm	16-17 Finals and Awards
2:00pm- 2:45pm	18-19 Trio, Duet and Solo warm-up**
2:50pm- 8:00pm	18-19 Finals and Awards

**Team warm-ups will commence immediately following Solo Final.

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ATTACHMENT A: PROGRAM AD AND PHOTO FORM

CLUB PHOTOS:

Participating clubs are invited to send solo, duet, trio and team photos for the official championship program. Cost per photo is \$20. Only digital photos will be accepted.

Additional information: Save photos as a JPEG (.jpg) digital file. Set JPEG compression for high quality. If prepared correctly the digital JPEG attachment should be between 250 and 400K. Send photos as an attachment to an email. In the email subject line indicate the club name. In the body of the email include the complete name of club, city and state, description of photo, routine age, name and age of the swimmers. (DO NOT send a word text document.) Name your attached photo file a name that describes your team photo (i.e. SST_13/15_trio.jpg). Send one photo and caption per email (i.e. 4 photos = 4 email messages).

See ordering and payment information below.

PERSONAL GREETINGS

Family and Friends can submit personal greetings and pictures to be included in the championship program. Personal messages of good luck and a job well done can be submitted along with or without a photo. These photos and messages will be placed randomly in the program and will not be included in the team area of the program.

SIZE OPTIONS

Full-page \$175

Half-page \$100

1/4 page \$65

Business Card size \$30

One Line Shout-out (100 character limit) \$5.00

See ordering and payment information below.

ORDERING CLUB PHOTOS AND PERSONAL GREETINGS

Club Photos & Personal Greeting are to be received by e-mail by **June 1, 2011**. Send photos as a high resolution JPEG file (.jpg). Send desired size and greeting and as an email message to celestestokes@comcast.net. (DO NOT send a word file attachment.) Include desired size of personal greeting you would like in the email.

See payment information on the next page.

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PAYMENT FOR CLUB PHOTOS AND PERSONAL GREETINGS

Club Name _____

Person Submitting: _____

Phone number: _____

Item	Quantity	Cost	Extended
Club Photo		\$ 20.00	
Greetings			
Full-Page		\$ 80.00	
Half-Page		\$ 45.00	
1/4 Page		\$ 25.00	
Business Card		\$ 15.00	
Shout-Out (100 character limit)		\$ 5.00	
Total			

Send the above information along with payment by check written to “Pacific Northwest of USS” for the full amount to be postmarked by **June 7, 2011** to:

2011 eSynchro Age Group Championships
PMB# 239 Attn: Tomomi Inoguchi
11410 NE 124th St
Kirkland, WA 98034-4305

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ATTACHMENT B: SCOREBOARD CHEERS FORM

Cheer on your favorite synchronized swimmer(s) by ordering messages to be displayed in lights on the giant 25' scoreboard during routine warm-ups. The cost is \$10 per message. The messages will be displayed multiple times during the selected warm-up session.

Send payment by check written to "Pacific Northwest of USS" for the full amount to be postmarked by **June 7, 2011** to:
2011 eSynchro Age Group Championships
PMB# 239 Attn: Tomomi Inoguchi
11410 NE 124th St
Kirkland, WA 98034-4305

Your Name _____ Club _____ Phone _____

Swimmer(s) Names: _____

Circle the desired warm-up session:

Sat, June 25	Sun, June 26	Mon, June 27	Tues, June 28	Wed, June 29	Thurs, June 30	Fri, July 1	Sat, July 2
AG 11-12	AG 11-12	AG 11-12	AG 13-15	AG 16-17	AG 16-17	AG 16-17	AG 16-17
Solo	Trio	Finals	Solo	Duet	Solo	Team	Finals
Duet	AG 13-15	AG 13-15	Finals	Trio	AG 18-19	AG 18-19	AG 18-19
Team	Trio	Duet		AG 18-19	Duet	Solo	Finals
		Team		Trio	Team		

Choose from **either** the two-line or four-line version below. One letter per box with an empty box between words. Scoreboard operator will center each line of text.

TWO LINE

OR FOUR LINE

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ATTACHMENT C: PROGRAM AND TICKET ORDER FORM

Club/Official Name _____

Contact Name _____

Email _____

Mailing address: _____

Contact Phone _____

CHAMPIONSHIP PROGRAMS		
# of programs	Unit price	Total Championship Programs Fee
(a) _____	(b) \$5*	(1) = (a)x(b)= \$ _____
SPECTATOR TICKETS		
# of Adults	Unit price	Total Adult entry Fee
(c) _____	(d) \$5**	(2) = (c)x(d)= \$ _____
# of Youth (6-12) /senior (65+)	Unit price	Total Youth (6-12) /senior (65+) entry Fee
(e) _____	(f) \$3***	(3) = (e)x(f)= \$ _____
TOTAL FEES		= (1) + (2) + (3) = \$ _____

* Price will be increased to \$10 at the door during the event.

** Price will be increased to \$7 at the door during the event.

*** Price will be increased to \$5 at the door during the event.

PAYMENT

Send payment by check written to "Pacific Northwest of USS" for the full amount to be postmarked by **June 7**, 2011 to:

2011 eSynchro Age Group Championships
PMB# 239 Attn: Yan Zhang
11410 NE 124th St
Kirkland, WA 98034-4305

Office Use Only

Order number	
Payment check #	
Ticket delivery	<input type="checkbox"/> on-site pick up

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ATTACHMENT D: FLOWER PRE-ORDER FORM

Beautiful carnations are available in red, pink, or white. Each one carnation bouquet includes greenery and baby's breath in cello wrap tied with a ribbon bow. Pre-ordering is recommended because only a limited number will be sold on site.

Club Name _____

Contact Name _____

Email _____

Mailing address: _____

Contact Phone _____

Carnation Quantity	Sat, June 25	Sun, June 26	Mon, June 27	Tues, June 28	Wed, June 29	Thurs, June 30	Fri, July 1	Sat, July 2	Quantity Total	Total @ \$3 each
Red										
Pink										
White										
Total										

Daily Events:

AG 11-12	AG 11-12	AG 11-12	AG 13-15	AG 16-17	AG 16-17	AG 16-17	AG 16-17
Solo	Trio	Finals	Solo	Duet	Solo	Team	Finals
Duet	AG 13-15	AG 13-15	Finals	Trio	AG 18-19	AG 18-19	AG 18-19
Team	Trio	Duet Team		AG 18-19	Duet Team	Solo	Finals

PAYMENT

Send payment by check written to "Pacific Northwest of USS" for the full amount to be postmarked by **June 7, 2011** to:

2011 eSynchro Age Group Championships
PMB# 239 Attn: Svea Dagel
11410 NE 124th St
Kirkland, WA 98034-4305

Office Use Only

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ATTACHMENT E: Collegiate Synchro Opportunities

Special Seminar for Parents, Athletes, and Coaches

USA Synchro

Collegiate Synchro Opportunities

Presented by: Toby Smith, USA Synchro VP Competitive Operations

At the Weyerhaeuser King County Aquatic Center

Tuesday, June 28, 2pm - 3pm

Friday, July 1, 1pm – 2:00pm

Topics:

Collegiate Synchro Overview

Collegiate Swimming Experience

Recruiting process

Scholarships

Questions



2011 eSynchro Age Group Synchronized Swimming Championships

ATTACHMENT F: “Sync or Swim”



Special Screenings – “Sync or Swim”

All tickets are \$2 at the door

Location: Clarion Hotel, 31611 20th Ave South - directions below, within a mile from other Federal Way host hotels

Sunday, June 26, two showings - 6:00pm and 8pm

Location: Weyerhaeuser King County Aquatic Center

Two showings each

Monday, June 27

10:00am and 12:30pm

Wednesday, June 29

10:00am and 12:30pm

Thursday, June 30

10:00am and 12:30pm

FILM DETAILS: Running Time: 90 minutes, Rating: Not Rated

Description of the Film: Dive into the world of elite synchronized swimming as dedicated young women compete for spots on the 2004 U.S. Synchronized Swimming team and train relentlessly in pursuit of an Olympic medal. Sync or Swim profiles hard-working athletes on a moving journey to fulfill their Olympic dreams. Day after day, these 9 swimmers hone their skills and perfect the split-second timing of their precisely choreographed routines in preparation to face their Olympic competitors. In the midst of their training, they must pull together to support a teammate who attempts to recover from an unthinkable tragedy. Juxtaposing scenes that are intense and emotional, uplifting and mesmerizing, humorous and heart breaking, Sync or Swim offers a candid, intimate look at this misunderstood sport that is so much more than sequins and smiles.

Project History:

While watching the 2000 Summer Games on NBC, award-winning filmmaker Cheryl Furjanic saw synchronized swimming for the first time and realized it was like no sport she had ever seen; a fascinating and mesmerizing blend of aquatic strength and grace made to look effortless. Three years later, production began. For over two years Furjanic and her crew tracked the progress of the team through Olympic Trials and training up to, and including, the Athens Olympic Games. Completed in 2008, *Sync or Swim* was an official selection at over 15 film festivals across the country, including the Slamdance Film Festival, Silverdocs, and the Museum of Modern Art's Documentary Fortnight series.

Awards:

- * Best Director of a Feature Documentary - 2010 New York International Film Festival
- * 2009 Billie Award for Journalism (Broadcast/Cable/Film) from the Women's Sports Foundation
- * Jury Award for Best Feature Film - 2008 Kansas City Film Festival
- * Chris Award Honorable Mention - 2008 Columbus International Film & Video Fest

Sync or Swim was made with the consent of the United States Olympic Committee.

For screening details contact:

Cheryl Furjanic, Director/Producer

cheryl@synchromovie.com

office 212-998-8542

cell 646-361-4544

From WKCAC to Clarion Hotel:

Head southeast on SW Campus Dr toward 6th Ave SW 0.5 mi

Continue onto S 348th St 0.8 mi

Turn left at WA-99 N 2.0 mi

Turn right at S 316th Pl 0.3 mi

Turn left at 20th Ave S Destination will be on the left 98 ft