



# eSynchro Age Group Synchronized Swimming Championships June 21 - 29, 2013 Riverside Aquatics Complex, Riverside, CA



## OFFICIAL MEET ANNOUNCEMENT

- DATES** 11-12 Team Practice and Competition: June 21 - June 24  
 13-15 Team Practice and Competition: June 23 - June 25  
 16-17 & 18-19 Team Practice and Competition: June 26 - June 29
- LOCATION** Riverside Aquatics Complex Located at Riverside City College.  
 4800 Magnolia Avenue, Riverside, CA 92506. Please check the directions as the pool is a bit difficult to find. It is down the hill from the address listed.
- SPONSORS** The Riverside Aquettes, The City of Riverside and Riverside Convention & Visitors Bureau/Riverside Sports Commission.



City of Arts & Innovation



- POOL SPECS** Length: 65 meters; a lane line will be placed at 25 meters  
 Depth: 17 ft. at start, end sloping to 8 ft.  
 Entry: Start under diving tower on bulkhead. Width: 25 yards  
 Distance from Deck to Water: 12"  
 Spectators: Both sides of pool
- WEBSITE** Information can be found on [www.RAQSynchro.org](http://www.RAQSynchro.org)
- MEET MANAGERS** Sue Nesbitt, 5461 Brockton Ave, Riverside, CA 92506. 951.750.3744 [RAQSynchro@sbcglobal.net](mailto:RAQSynchro@sbcglobal.net)  
 Roxanne Charbonneau co/meet manager 909.580.0573 [roxannecharbonneau@sbcglobal.net](mailto:roxannecharbonneau@sbcglobal.net)
- RULES TO GOVERN** The 2013 Official USA Synchro Rulebook shall govern the Championships.
- ENTRIES** To register online, login to your account from the homepage of the [USASynchro.org](http://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](mailto:jennifer@usasynchro.org)
- ENTRY DEADLINE** Entries must be completed online by Friday, May 31, 2013 Midnight EST and all forms must be postmarked or emailed no later than May 31, 2013

**Late Fees:** As stated in Appendix C, per Technical Rule CP 5.6.1, any entry to a National Championship received between 21 and 7 days prior to the first day of the competition shall pay late fees. Sponsor and Event Entry fees shall be a minimum of \$100 or 10% of the total entry fee, whichever is greater, for first time offenders unless a technology failure can be proven to account for a late entry. For each ensuing offense, within a season, the percentage will increase by 5%.

**Provisional entry:** 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 V.P. of Competitive Operations and the Meet Manager.



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## SCORING CHAIR

Jackie McDaniel 619.464.7379 (home); 619.251.5282 (cell); [jackiemcd43@hotmail.com](mailto:jackiemcd43@hotmail.com)

## SCORING

Single scoring for Technical Merit and Artistic Impression will be used for routines throughout the competition.

## OFFICIALS

Register online at [USASynchro.org](http://USASynchro.org) for Officials Availability. Contact Pam Edwards with any questions at [pamsync@sbcglobal.net](mailto:pamsync@sbcglobal.net). Official's testing will be held on Friday, June 21<sup>st</sup> from 6pm – 8pm and Wednesday, June 26<sup>th</sup> during 18 – 19 team practice with music (5:15pm – 7:15pm). Testing will be located in the team #2 room near the scoring and hospitality area.

## EVENTS

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

## FIGURES

The Figure Competition will consist of the following figures:

### Figures 11-12 (Selection Group 3)

|                           |  |
|---------------------------|--|
| 101R/L Ballet Leg, Single | 1.6 (draw for which leg will be held at the coaches meeting) |
| 360 Walkover, Front       | 2.1  |
| 344 Neptunus              | 1.8  |
| 301 Barracuda             | 2.0  |

### Figures 13-15 (Selection Group 3)

|                              |     |
|------------------------------|-----|
| 420 Walkover, Back           | 2.0 |
| 355e Porpoise, Spinning 360° | 2.1 |
| 301d Barracuda, Spinning 180 | 2.1 |
| 140 Flamingo Bent Knee       | 2.4 |

### Figures 16-19 (Selection Group 3)

|                                   |     |
|-----------------------------------|-----|
| 313 Kip, Split, Closing 180°      | 2.5 |
| 112f Ibis, Continuous Spin (720°) | 2.8 |
| 307 Flying Fish                   | 3.0 |
| 115c Catalina, Twirl              | 2.8 |

## FEE INFORMATION

**Entry Fee.** \$30 per competitor per routine, including alternates. Make check payable to USA Synchrono. 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 Synchrono. 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 Synchrono.



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## FEE INFORMATION (Con't.)

**Credentials.** Each club will receive coach credentials and chaperones per the chart below. Additional coach and chaperone credentials are available for \$15 each. Lost or misplaced credentials will be \$15 for replacement. Please make check payable to USA Synchro.

| # of athletes | Maximum # of free credentials |            |
|---------------|-------------------------------|------------|
|               | Coaches                       | Chaperones |
| 1 - 10        | 2                             | 1          |
| 11 - 15       | 3                             | 2          |
| 16 - 20       | 4                             | 2          |
| 21 - 25       | 5                             | 3          |
| 26 - 30       | 6                             | 3          |
| 31 - 35       | 7                             | 4          |
| 36 - 40       | 8                             | 4          |
| 41 - 45       | 9                             | 5          |
| 46 - 50       | 10                            | 5          |

## CHAMPIONSHIP REGISTRATION

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

|                                       |  |
|---------------------------------------|--|
| Friday, June 21. 4:00 pm – 8:00 pm    | Saturday, June 22. 8:00 am – 11:00 pm  |
| Sunday, June 23. 9:00 am – 2:30 pm    | Monday, June 24. 8:00 am – 11:00 am    |
| Tuesday, June 25. 4:00 pm – 6:00 pm   | Wednesday, June 26. 8:00 am – 11:00 am |
| Thursday, June 27. 8:00 am – 11:00 am |  |

## AIRPORTS

Ontario International Airport (ONT),  
Ontario, California. Distance to Pool: 20 miles  
Other airports: Los Angeles International Airport (LAX / 70 miles) and John Wayne/Orange County (SNA 45 miles).

\*USA Synchro has an agreement with United Airlines for discounted fares. To receive a discount off the lowest available fare, book your travel online through [www.united.com](http://www.united.com). In the Offer Code box, when searching for flights, enter USA Synchronized Swimming Code – **ZNYU600186**

## VEHICLE RENTAL

All major rental car companies are available at the airports.

|                     |                         |
|---------------------|-------------------------|
| Alamo 800.327.9633  | Enterprise 800.325.8007 |
| Alvis 800.831.2847  | National 800.227.7368   |
| Budget 800.214.6094 | Hertz 800.654-3131      |
| Dollar 800.800.4000 | Thrifty 800.367.2277    |

## OTHER AIRPORT TRANSPORTATION

If you are a guest at the Riverside Marriott Hotel you can make your transportation arrangements directly through them. You **MUST** call ahead of time to reserve: 951.784.8000. \$10 each way, per person from/to Ontario International Airport. Please make sure to mention group name when reserving.

Super Shuttle. 909.984.0040. [www.supershuttle.com](http://www.supershuttle.com)  
Prime Time Shuttle. 310.536.7922. [www.primetimeshuttle.com](http://www.primetimeshuttle.com)  
Yellow Cab of Riverside. 800.349.8294  
AA Inland Empire Taxicab & Sedan. 800.800.7821



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## **DIRECTIONS TO THE RIVERSIDE AQUATICS COMPLEX FROM ONTAIRIO INTL AIRPORT (ONT)**

Take the 60 East to 91 West, exit 14<sup>th</sup> Street and make a right. Get into the left lane immediately, and turn left at the first light on Olivewood (if you turn left it's Olivewood, if you turn right it's Lime Street.) There is a Jack-in-the-Box on the corner. Go down the hill and take a right at the light at the bottom of the hill, City College, and another immediate right onto Saunders into Riverside City College's campus grounds. Follow Saunders and at the stop sign turn left into the parking lot. Parking tickets/citations will be given for parking without a pass!

## **DIRECTIONS FROM ONTAIRIO INTL AIRPORT (ONT) TO THE RIVERSIDE MARRIOTT / RIVERSIDE DOWNTOWN**

Start out going east on E Airport Dr toward North Way (1.0 miles). Turn right onto S Haven Ave. If you reach Carnegie Ave you've gone about 0.4 miles too far (2.3 miles). Merge onto CA-60 East via the ramp on the left. If you reach Creekside Drive you've gone about 0.3 miles too far (11.6 miles). Take the Market Street exit toward Downtown (0.3 miles). Keep right to take the ramp toward Downtown (0.03 miles). Merge onto Market St. (1.1 miles). 3400 MARKET STREET is on the left.

**91 FREEWAY PROJECT** The 91 Freeway into and through Riverside has substantial road construction occurring now through 2014. Review the Highway Construction Alert below for details.

## **HIGHWAY CONSTRUCTION ALERT**

In order to improve mobility through the downtown Riverside area, Caltrans, in partnership with the Riverside County Transportation Commission, is constructing one High Occupancy Vehicle (HOV) lane, also called a carpool lane, in each direction of State Route 91 (SR-91) from Adams Street to the 60 / 91 / 215 interchange in the City of Riverside. We encourage you to follow this link for up-to-date information on lane closures and projected traffic delays.

More information can be found at: SR-91/HOV Project or CA Dept. of Transportation Links:  
[www.dot.ca.gov/dist8/projects/riverside/sr91hov/index.htm](http://www.dot.ca.gov/dist8/projects/riverside/sr91hov/index.htm)  
[www.91hovproject.com](http://www.91hovproject.com)  
<http://sv08data.dot.ca.gov/memos/memos.php?f=main&c=&y=&pr=28&ct=&ci=&q=date>

**RCC/RAC PARKING** Look at the campus map to find the RAC (below). Spectators should park in Lots E, F or G. Parking Lots J, K and V are reserved for participants. A parking permit is required to park on the RCC campus.

**PARKING PERMITS** There are 3 ways to purchase a parking permit:

1. APP: Discounted rates with cheap subscriptions; FREE apps for Android and iPhone; Easy management for family or corporate accounts; Convenient value added services
2. WEBSITE: A daily parking permit can be purchased here. Make certain you select the Riverside City Campus Daily Permit when you purchase your parking permit.
3. ON-SITE METERS: Available on the lots if you have not purchased your permit in advance.

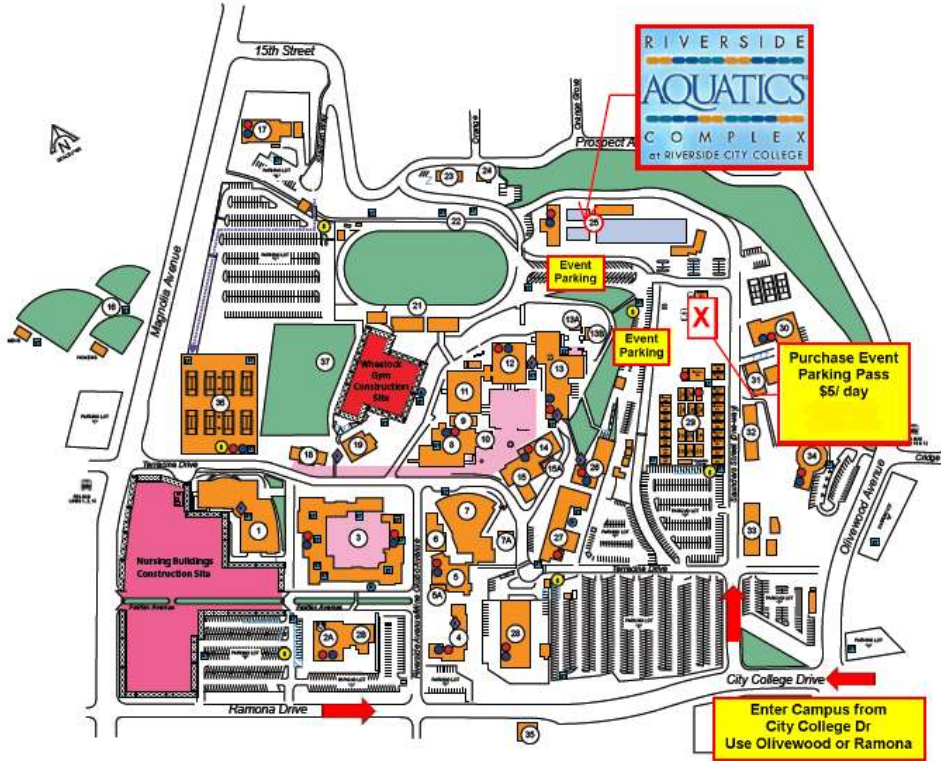


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## Riverside City College



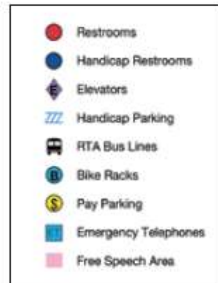
### UPPER CAMPUS

1. DIGITAL LIBRARY & LEARNING RESOURCE CENTER
  - Auditorium
  - Glen Hunt Center for Teaching Excellence
  - Instructional Media Center
  - Tutorial Services
2. ADMINISTRATION (O.W. NOBLE)
  - Section A
    - Board Room
    - Center for Communication Excellence
    - Disabled Services
    - H.O.M.E. Room (The Ujima Project)
    - Learning Disabilities Center
    - Mailroom
    - Veteran's Center
  - Section B
    - Academic Affairs
    - Community for Academic Progress (CAP)
    - Dean of Instruction
    - President's Office
3. QUADRANGLE (ARTHUR G. PAUL)
  - Art Gallery
4. BUSINESS EDUCATION (ALAN D. PAUW)
5. MUSIC
- 5A. MUSIC ANNEX
6. MUSIC HALL (RICHARD M. STOVER)
7. LANDIS PERFORMING ARTS CENTER
- 7A. LANDIS ANNEX
8. MARTIN LUTHER KING, JR. HIGH TECH CENTER
  - Academic Labs
  - STEM Center
9. ASSESSMENT CENTER
  - Viewpoints

10. PLANETARIUM (ROBERT T. DIXON)
11. PHYSICAL SCIENCES
12. LIFE SCIENCES
13. STUDENT CENTER (RALPH H. BRADSHAW)
  - Agular Patio
  - Auxiliary Business Services/ Cashier
  - Bookstore
  - Cafeteria/Food Services
  - Citrus Room
  - Extended Opportunities Programs & Services (E.O.P.S.)
  - Hall of Fame
  - Health Services
  - Heritage Room
  - Matriculation
  - Student Services/Student Activities
- 13A. ASRCC STUDENT GOVERNMENT
- 13B. FINANCIAL AID ANNEX
14. STUDENT FINANCIAL SERVICES
  - Financial Aid
  - Information Services
15. ADMISSIONS & COUNSELING (CESAR E. CHAVEZ)
  - Admissions & Records
  - Career/Transfer
  - Counseling
  - Transcripts
- 15A. OUTREACH ANNEX/Wells Fargo
- LOWER CAMPUS**
16. SPORTS COMPLEX (SAMUEL C. EVANS)
  - Baseball Field
  - Pony League Field (NATE DEFRANCISCO)
  - Softball Field (AB BROWN)
17. EARLY CHILDHOOD STUDIES
18. CERAMICS
19. ART

20. GYMNASIUM (ARTHUR N. WHEELLOCK)
  - Coaches' Office
  - Fitness Room
21. STADIUM (ARTHUR N. WHEELLOCK FIELD)
  - Weight Room
22. NATURE TRAIL (ARLENE & ROBERT F. RICHARD)
23. NORTH HALL
  - Finance & Accounting Services
  - Purchasing & Accounts Payable
24. COLLEGE HOUSE
  - Administration & Finance
  - Risk Management
25. RIVERSIDE AQUATICS COMPLEX
26. TECHNOLOGY B
  - International Students Center
  - Printing & Graphics Center
27. TECHNOLOGY A
  - Air Conditioning & Refrigeration
  - Career/Technical Education
  - Welding
28. AUTOMOTIVE TECHNOLOGY
29. LOVEKIN COMPLEX
  - Athletics (H1)
  - CalWORKs/Resource Center (F2)
  - College Safety and Police (A1, A2)
  - Community Learning in Partnership (CLIP) (D6)
  - CTA & Academic Senate (E4)
  - Gateway to College (GTC) (D5, E1, F1, F5, F6)
  - Independent Living Program (ILP) (E2)
  - Karate/Yoga (A8)
  - Marching Tigers (C6)
  - Photo Lab & Studio (G1, G2)
  - Student Job Placement & Employment Services (F2)
  - Upward Bound (A4)
  - Workforce Preparation (WFP) (E5)

30. GYMNASIUM (CATHERINE S. HUNTLEY)
  - Band
  - PE/Cheer
  - Dance
31. PILATES STUDIO (ELEANOR H. CRABTREE)
32. WAREHOUSE
33. MAINTENANCE & OPERATIONS
34. COSMETOLOGY
35. ALUMNI HOUSE - 3564 RAMONA DRIVE
  - Foundation
36. PARKING STRUCTURE/TENNIS COURTS (FRAN BUSHMAN)
37. PRACTICE FIELD



Updated 1/11



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## HOST HOTEL

Please support the host hotel in order to help house competition officials.

## ALTERNATE HOTELS

If considering other housing options, please support USA Synchrono by using one of the Hilton Hotels, sponsor of USA Synchrono. Use the link on our sponsor page at [www.usasynchro.org](http://www.usasynchro.org) to get a member discount and help our sport.

## HOTEL INFORMATION

### Riverside Marriott / Host Hotel

*located only 9 blocks away from RAC*

3400 Market Street

Riverside, CA 92501

Reservations: (951) 784-8000

\$99.00 flat rate

Rate includes: Breakfast for 2,  
transportation to/from Riverside Aquatic Complex,  
\$10 per person, each way to/from Ontario International Airport.  
Guests must reference: Esynchro Age Group Championships.



### Historic Mission Inn Hotel & Spa

*located only 8.5 blocks away from RAC*

3649 Mission Inn Ave.

Riverside, CA 92501

Reservations: (951) 784-0300

\$99.00 single/double

Restaurants: Bella Tratorria Italian Cuisine & Bistro,  
54 Degrees, Duane's Prime Steaks & Seafood, Mission Inn Restaurant,  
Las Campanas Mexican Cantina & Cuisine, and Casey's Cupcakes



### Hampton Inn & Suites

*located within 8 miles from RAC*

4250 Riverwalk Parkway

Riverside, CA 92505

Reservations: (951) 352-5020

\$84.00 single/double

Rate includes: Hot Deluxe Continental Breakfast Buffet,  
complimentary parking, complimentary high speed internet.





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## Overflow Hotel Information



**Hyatt Place**  
3500 Market Street  
Riverside, CA 92501  
Reservations: (951) 321-3500  
\$114 rate includes breakfast



**Courtyard Riverside**  
1510 University Ave  
Riverside, CA 92507  
Reservations: (951) 276-1200  
\$119.00 rate includes breakfast,  
parking and wireless internet



**Comfort Inn**  
1590 University Ave.  
Riverside, CA 92501  
Reservations: (951) 683-6000  
\$75 rate includes breakfast,  
parking and wireless internet

## OTHER PERTINENT COMPETITION INFORMATION

### SPECTATOR

Daily admission will be charged. \$12.00 Tickets can be purchased at the door for a single day pass, \$6.00 for Seniors and Children ages 6 – 12. Free admission for Children 5 & Under. A multiple day wristband may be purchased for \$25.00. Single day attendees will have their hand stamped if they would like to re-enter. Cash only will be accepted at the door. Tickets can be ordered in advance on the Ticket Order Form (attached) as well as at [www.RAQSynchro.org](http://www.RAQSynchro.org) USA Synchro Life Members will receive a wrist band and should complete the Ticket Order Form.

### VOLUNTEER OPPORTUNITIES

If you are interested in volunteering at the competition please email Julie Vincent [angelmom403@aol.com](mailto:angelmom403@aol.com) Volunteers who work on two separate days for at least a two shift total for the competition will receive a free volunteer t-shirt and a wristband which will give you free admission to the competition. Contact Julie now to get the best jobs!

### PROGRAMS

Can be purchased at the meet for \$10 or ordered in advance on Form C for \$5 each. Make check payable to "RAQ".

### CLUB BANNERS

Club banners will be collected at the registration table. Please do not hang your own banners. Please contact Roxanne Charbonneau 909.580.0573 at the entrance to retrieve your banner when leaving during the meet.

### GELLING

Gelling is only allowed in the designated last call room located on the pool deck level as well as outside of the gates. Please clean the last call area when done. There is NO de-gelling allowed in the facility (including showers). Those de-gelling anywhere in the facility will incur a \$100 fine.



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**ATHLETES PARADE**

The Athletes Parade 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. Sandals or shoes will be recommended as the deck can get very hot.

**COACHES MEETINGS**

Held in the pool hospitality room.

|                    |                  |         |
|--------------------|------------------|---------|
| Friday, June 21    | 5:00pm – 6:00pm  | 11-12's |
| Sunday, June 23    | 9:30am – 10:30am | 13-15's |
| Wednesday, June 26 | 6:30am - 7:30am  | 16-19's |

**PRACTICE SPACE:**

Cutter Pools consist of two 25-yd pools– one 6-lane, all shallow; one 5-lane, 5 –12 ft will be available June 22, 23, 28, and 29<sup>th</sup>. Additionally the opposite end of the competition pool will be available throughout the competition for practice. However, this area may be closed if the swimmers and coaches are distracting the judges. This area may be also closed during the final events. There is no tapping in any pool at any time.

**PRACTICE TIME**

The competition and practice pools are available for rental on Friday, June 21<sup>st</sup> from 8:30 am to 4:30 pm. The cost is \$200 per hour in 1-hour time blocks (\$200). If teams arrange it, two or more teams may share the time and cost. Time will be assigned on a first-come, first-served basis. Payment must be received before May 1<sup>st</sup>. Additionally on Friday June 21<sup>st</sup> from 8:30am to 4:30pm the non-competition area is available for rental for \$100.00 an hour in 1 hr time blocks. Rentals not paid by the deadline will be available for other teams to reserve. Contact Sue Nesbitt for pool availability - email [RAQSynchro@sbcglobal.net](mailto:RAQSynchro@sbcglobal.net) or phone 951.750-3744.

**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. Please note: there will be time to practice in the pool prior to your draw. #1 will start in the pool on the hillside of the pool shallow end, 4 minutes, they will rotate to the deep end of the hillside, 4 minutes, then they will practice their walk on for 4 minutes, then they will swim through, then they will go to the deep end parking lot side of the pool, and then to the shallow end parking lot side of the pool. #2 will follow #1, when #1 moves, #2 takes that space, and so on and so on. See also tentative schedule for another explanation of this rotation.

|                    |                 |  |
|--------------------|-----------------|--|
| Friday, June 21    | 6:00pm – 8:30pm | 11-12 Team practice w/music                    |
| Sunday, June 23    | 6:05pm – 9:05pm | 13-15 Team practice w/music (approximate time) |
| Wednesday, June 26 | 5:15pm – 7:15pm | 18-19 Team practice w/music (approximate time) |
| Thursday, June 27  | 7:00am – 9:15am | 16-17 Team practice w/music (approximate time) |

**COACHES**

All coaches on deck must be 100% certified by USA Synchro. Please check that you are certified on the [USASynchro.org](http://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. Coaches are reminded that they need to carry their USA Synchro proof of certification to be allowed on pool deck.



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## **OFFICIALS AND COACHES HOSPITALITY**

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

## **NATIONAL TEAM FUNDRAISING RECEPTION**

Please join us from 8pm - 10pm on Saturday June 22, under the stars at the Riverside Art Museum. Cocktails and refreshments will be available to celebrate national team members, to honor Synchro philanthropist Carol Valles, and celebrate 35 years as the National Governing Body of Synchronized Swimming. Tickets are \$75 and are tax deductible. All of the money raised will go to the national team programs. Hosted by Provident Bank in Riverside.

## **COACHES AND OFFICIALS RECEPTION**

Sue Nesbitt will be hosting all Coaches and Officials at her house for a reception June 25, approximately 8:30pm to 10:00pm. Address is 5461 Brockton Ave, Riverside CA 92506. The house is approximately two miles from the pool. Directions: Exit the pool, turn left on Magnolia, right on Rosewood. At the next intersection turn right and park. The house is on the other side of the street, the only two story on the block, it is green and on Brockton between Linwood and Bandini. There is no parking in front of the house.

## **SOUND SYSTEM**

A Clark Synthesis sound system with a variable speed CD player will be used. Please have one track (routine) per CD and clearly label with event, age group, club and competitor names.

## **FOOD SERVICE**

A variety of food options will be available throughout the competition. NO food is allowed anywhere in the pool facility. Food is permitted outside the gate, as well as in the hospitality area. NO cooking or portable tables are allowed inside the gates. NO glass containers or food will be permitted on the pool deck. Athletes' coolers may be kept outside the pool area across the street. NO other coolers will be allowed. Teams may also set up tables, chairs and pop-ups in the designated area across the street.

## **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.

## **LIVE WEB STREAMING**

USA Synchro has contracted with Take it Live web company to film the event. You will be able to watch the competition free of charge during the competition. After the competition DVD's will be available for purchase at the Take it live website.

## **PHOTO/VIDEO REGULATIONS**

There will be a photographer on site during the competition taking photos. You will be able to purchase photos. 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. Personal use non-flash photography will be allowed. Please do not obstruct other's views while picture taking.

## **FLOWERS**

Will be available for pre-order purchase at the competition. Pre-order forms are attached in this document.



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## PROGRAM

Participating clubs may send photos for the official championship program. Only digital photos submitted via email will be accepted. Price is \$30 per photo or, \$30 for a quarter page. Submit payment with the attachment A form at end of this packet. Deadline May 31<sup>st</sup>.

## 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.

## 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 14 and attend the clinic at a discounted rate. Athletes and coaches are welcome to register and attend either clinic. Pre-registration is available on the USA Synchro website:

[http://www.usasynchro.org/Education/Camps\\_\\_Clinics\\_\\_Critiques.htm](http://www.usasynchro.org/Education/Camps__Clinics__Critiques.htm)

Please be prepared for dry land.

Contact the Education Director at [kevin@usasynchro.org](mailto:kevin@usasynchro.org) with any questions.

Clinic #1 –Sunday, June 23, 3:00pm – 5:00pm (Hall of Fame, up the hill)

Clinic #2 - Tuesday, June 25, 12:00pm-2:00pm (Hall of Fame, up the hill)

Cost: \$20 pre-registered by June 14 deadline / \$30 after June 14 and on site

## 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 - Monday, June 24, 10am-2pm (Heritage Room, up the hill)

Registration is available on the USA Synchro website:

[http://www.usasynchro.org/Education/Camps\\_\\_Clinics\\_\\_Critiques.htm](http://www.usasynchro.org/Education/Camps__Clinics__Critiques.htm)

Contact the Education Director at [kevin@usasynchro.org](mailto: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 in Room #57 on:

Tuesday, June 25, 2pm - 3pm (after 13-15 figures) (Heritage Room, up the hill)

Friday, June 28, 1pm – 2:00pm ((after 18-19 solo) (Hall of Fame, up the hill)

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

## TOWN MEETING

Monday, June 24, 2013 5:00pm – 6:00p

**On the bleachers in the non-competitive end of pool, hillside.**

Please join USA Synchronized Swimming's new Executive Director Julie Swarts and President Judy McGowan for conversation and an opportunity to learn about the future growth and direction of our organization. All athletes, coaches, officials, Synchro members and family members are invited to attend. There will time for questions and answers.



# eSynchro Age Group Synchronized Swimming Championships

June 21 - 29, 2013 Riverside Aquatics Complex, Riverside, CA



## SHADE STRUCTURE RENTAL

We can provide EZ-UP type rentals. Please fill out the information and return. EZ-UP's will be available at the registration table. Costs: \$60.00 a day, \$160.00 for three days or \$400.00 from June 21<sup>st</sup> until June 29<sup>th</sup>. Please fill out the form attached by May 31stINA.

## ATTACHMENTS

The following forms are attached. Return to Sue Nesbitt; 5461 Brockton Ave; Riverside, CA 92506

- A- Program Ads/ Photo Submission Form.
- B- Shade structure order forms.
- C- Spectator Ticket and Program Order Form
- D- Flower Order Form
- E- Collegiate Synchro Opportunities



# eSynchro Age Group Synchronized Swimming Championships

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## TENTATIVE MEET SCHEDULE

(Times may be revised based on actual entries)

### Friday, June 21

4:00pm- 8:00pm Registration at pool entrance  
5:00pm- 6:00pm 11-12 Officials and Coaches meeting - Hospitality Area at pool  
5:30pm- 6:00pm Open Pool  
6:00pm- 8:30pm 11-12 Team practice with music (in order of draw) **(See Note)**

### Saturday, June 22

6:30am- 7:00am Open pool  
8:00am- 11:00pm Registration at pool entrance  
7:00am- 10:10am 11-12 Solo warm-up and competition  
10:10am- 2:15pm 11-12 Duet warm-up and competition  
2:15pm- 6:25pm 11-12 Team warm-up and competition  
8:00pm- 10:00pm Fundraising Reception for Officials, Coaches, Sponsors and Alumni at Riverside Art Museum – See page 9

### Sunday, June 23

6:30am- 7:00am Open pool  
7:00am- 10:45am 11-12 Trio warm-up and competition  
9:00am- 2:30pm Registration at the pool entrance  
9:30am- 10:30am 13-15 Officials and Coaches meeting - Hospitality Area at pool  
10:45am- 3:20pm 13-15 Duet warm-up and competition  
3:00pm- 5:00pm eSynchro Clinic- Sports Forum Hall of Fame, walk up the stairs  
3:20pm- 6:00pm 11-12 Figures warm up and competition  
6:05pm- 9:05pm 13-15 Team practice with music (in order of draw) **(See Note)**

### Monday, June 24

6:30am- 7:00am Open pool  
7:00am-11:15am 13-15 Trio warm-up and competition  
8:00am- 11:00am Registration at the pool entrance  
10:00am- 2:00pm National Team Skills Training Clinic- Heritage Room, walk up the stairs  
11:15am- 4:55pm 13-15 Team warm-up and competition  
4:55pm- 5:05pm 11-12 Finals Draw at the announcer  
5:00pm- 6:00pm Town Meeting – See page 10 on the hillside bleachers non-competition end  
**5:05pm- 9:45pm Warm ups, 11-12 Parade of Athletes, Finals, and Awards**

### Tuesday, June 25

6:30am- 7:00am Open pool  
7:00am- 10:40am 13-15 Solo warm-up and competition  
10:40am- 10:55am Open pool  
10:55am- 1:40pm 13-15 Figures warm-up and competition  
12:00pm- 2:00pm eSynchro Clinic- Sports Forum Hall of Fame, walk up the stairs  
2:00pm- 3:00pm Collegiate Synchro Opportunities Special Seminar- Heritage Room, walk up the stairs  
2:40pm- 2:50pm 13-15 Finals Draw at the announcer  
4:00pm- 6:00pm Registration at the pool entrance  
**2:50pm- 8:30pm Warm ups, 13-15 Parade of Athletes, Finals and Awards**  
8:30pm- 10:00pm Coaches and officials reception at Sue's house - See page 9



# eSynchro Age Group Synchronized Swimming Championships

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## TENTATIVE MEET SCHEDULE

(Times may be revised based on actual entries)

### Wednesday, June 26

|                 |   |
|-----------------|---|
| 6:30am- 7:00am  | Open pool   |
| 6:30am- 7:30am  | 16-19 Officials and Coaches meeting - Hospitality Area at pool      |
| 7:00am- 10:45am | 16-17 Duet warm-up and competition                                  |
| 8:00am- 11:00am | Registration at the pool entrance                                   |
| 10:45am- 2:05pm | 16-17 Trio warm-up and competition                                  |
| 2:05pm- 4:55pm  | 18-19 Trio warm-up and competition                                  |
| 4:55pm- 5:15pm  | Open Pool   |
| 5:15pm- 7:15pm  | 18-19 Team practice with music (in order of draw) <b>(See Note)</b> |

### Thursday, June 27

|                 |                                    |
|-----------------|------------------------------------|
| 6:30am- 7:00am  | Open pool                          |
| 7:00am- 9:15am  | 16-17 Team practice with music     |
| 8:00am- 11:00am | Registration at the pool entrance  |
| 9:30am- 12:30pm | 16-17 Solo warm-up and competition |
| 12:30pm- 3:40pm | 18-19 Duet warm-up and competition |
| 3:40pm- 7:15pm  | 18-19 Team warm-up and competition |

### Friday, June 28

|                 |   |
|-----------------|---|
| 6:30am- 7:30am  | Open pool   |
| 7:30am- 11:10am | 16-17 Team warm-up and competition  |
| 11:10am- 1:30pm | 18-19 Solo warm-up and competition  |
| 1:00pm- 2:00pm  | Collegiate Synchro Opportunities Special Seminar- Hall of Fame Room, walk up the stairs |
| 2:15pm- 8:00pm  | 16-17 and 18-19 Figures warm-up and competition   |

### Saturday, June 29

|                       |  |
|-----------------------|--|
| 6:30am- 7:30am        | Open pool  |
| 7:00am- 7:10am        | 16-17 Finals Draw at the announcer                     |
| <b>7:30am- 1:00pm</b> | <b>16-17 Warm ups and Finals</b>                       |
| 8:20am- 8:40am        | Parade of Athletes 16-17 and 18-19 (line up at 8:05am) |
| 1:00pm- 1:10pm        | 18-19 Finals Draw at the announcer                     |
| <b>1:15pm- 2:00pm</b> | <b>16-17 Awards</b>                                    |
| <b>2:00pm- 8:00pm</b> | <b>18-19 Warm ups, Finals and Awards</b>               |

### NOTE- TEAM RUN-THRU WITH MUSIC FOR ALL AGES IN THE COMPETITION AREA

Team One will start at the shallow end, hillside of the pool for 4 minutes

Team One will then move to the deep end, hillside of the pool for 4 minutes; Team Two will be in the shallow end, hillside.

Team One will then be on deck for 4 minutes, Team Two will be in the deep end of hillside, Team Three will be in the shallow end of the hillside.

Team One will then swim thru their team, Team Two will be on deck, Team Three deep end of the hillside, Team Four shallow end hillside.

Team One will then move to the deep end, parking lot side for the next team run thru, Team Two will swim thru, Team Three on deck.

Team One moves to shallow end, parking lot side for the next run thru, Team Two is deep end parking lot side, Team Three swimming thru, Team Four on deck... etc.

YOU WILL HAVE A TOTAL OF FIVE ROUTINES IN THE COMPETITION AREA AND ONE ON DECK



# eSynchro Age Group Synchronized Swimming Championships June 21 - 29, 2013 Riverside Aquatics Complex, Riverside, CA



## ATTRACTIONS & LANDMARKS

“Riverside and Southern California Attractions & Landmarks” on bottom right-side of masthead

## RIVERSIDE ATTRACTIONS & LANDMARKS

Riverside is home to a number of historic landmarks and attractions. Ranging from fascinating museums, art galleries and historic landmarks to one-of-a-kind outdoor adventure, spas and a lively downtown, investigate some of the most popular things to do in Riverside here.

## MUSEUMS OF ART

- California Museum of Photography
- University of California (UC) Riverside Sweeney Art Gallery
- Riverside Metropolitan Museum
- Riverside Art Museum
- Barbara and Art Culver Center of the Arts
- March Field Air Museum

## HISTORIC LANDMARKS

- Mission Inn National Historic Landmark Hotel & Spa
- Fox Performing Arts Center
- Heritage House
- Riverside National Cemetery
- Riverside County Courthouse



## OUTDOOR ATTRACTIONS

- Mt. Rubidoux
- Main Street Riverside
- Oak Quarry Golf Club
- California Citrus State Historic Park
- Sycamore Canyon Park
- UC Riverside Botanic Gardens
- Castle Park

## SOUTHERN CALIFORNIA AREA ATTRACTIONS

Many other Southern California attractions are within easy driving distance from Riverside and make for great day trips:

Pacific Ocean and Beaches

[http://www.virtualtourist.com/travel/North\\_America/United\\_States\\_of\\_America/California/Things\\_To\\_Do-California-Pacific\\_Ocean\\_Local\\_Beaches-BR-1.html](http://www.virtualtourist.com/travel/North_America/United_States_of_America/California/Things_To_Do-California-Pacific_Ocean_Local_Beaches-BR-1.html)

Disneyland

<http://disneyland.disney.go.com>

Knott’s Berry Farm

<http://www.knotts.com>

Temecula Wineries

<http://www.temeculawines.org/wineries-vineyards>

San Bernardino Mountains

[http://en.wikipedia.org/wiki/San\\_Bernardino\\_Mountains](http://en.wikipedia.org/wiki/San_Bernardino_Mountains)

Palm Springs Tramway

<http://www.pstramway.com>

Orange Empire Railway Museum

<http://www.oerm.org>

## ADDITIONAL LINKS

Riverside Convention & Visitors Bureau <http://www.riversidecvb.com/activities/default.aspx>

Explore Riverside

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



# eSynchro Age Group Synchronized Swimming Championships June 21 - 29, 2013 Riverside Aquatics Complex, Riverside, CA



## 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 \$30. Only digital photos will be accepted. If a club would like to advertise a camp or other event, please contact Sue Nesbitt [RAQSynchro@sbcglobal.net](mailto:RAQSynchro@sbcglobal.net) for advertising rates.

Additionally: if you would like to create your own personal greeting for your swimmer the cost is \$30.00 for a quarter page.

### 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 to [RAQSynchro@sbcglobal.net](mailto:RAQSynchro@sbcglobal.net). 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:](#)

### ORDERING CLUB PHOTOS AND PERSONAL GREETINGS

Photos & Greetings are to be received by e-mail to [RAQSynchro@sbcglobal.net](mailto:RAQSynchro@sbcglobal.net) by **May 31, 2013**. Send photos as a high resolution JPEG file (.jpg). (DO NOT send a word file attachment.) Include desired size of personal greeting you would like in the email. In the subject line put the item name.

### PAYMENT FOR ORDERING CLUB PHOTOS AND PERSONAL GREETINGS in the official program

Club Name \_\_\_\_\_

Person Submitting \_\_\_\_\_

Phone number \_\_\_\_\_

### PAYMENT

Send the above information along with payment by check. Check is payable to "RAQ" for the full amount and must be postmarked by **May 31, 2013**:

2013 eSynchro Age Group Championships  
Sue Nesbitt; 5461 Brockton Avenue; Riverside, CA 92506

Email information and photos to: [RAQSynchro@sbcglobal.net](mailto:RAQSynchro@sbcglobal.net)

### Office Use Only

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



eSynchro Age Group Synchronized Swimming Championships  
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**ATTACHMENT B: SHADE STRUCTURE RENTAL**

Club: \_\_\_\_\_

Contact person: \_\_\_\_\_

Cell number: \_\_\_\_\_

Email address: \_\_\_\_\_

Date of pickup: Will be available at entrance in the morning

Date of drop off: Drop off at end of day at the entrance

**Cost:** \$60.00 / one day  
\$160.00 / three days  
\$400.00 / entire competition duration

**PAYMENT** Send the above information along with payment by check. Check is payable to "RAQ" for the full amount. Payment must be postmarked by **May 31, 2013** and mailed to:  
2013 eSynchro Age Group Championships  
Sue Nesbitt; 5461 Brockton Avenue; Riverside, CA 92506

Office Use Only

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



eSynchro Age Group Synchronized Swimming Championships  
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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            |
|                                 | \$5*        |  |
| SPECTATOR TICKETS               |             |  |
| # of Adults                     | Unit price  | Total Adult entry Fee                      |
| All event pass                  | \$ 25.00    |  |
| # of Youth (6-12) /senior (65+) | Unit price  | Total Youth (6-12) /senior (65+) entry Fee |
| All event pass                  | (f) \$15*** |  |
| <b>TOTAL FEES</b>               |             |  |

**PAYMENT**

Send payment by check payable to "RAQ" for the full amount. Payment must be postmarked by **May 31, 2013** and mailed to:  
 2013 eSynchro Age Group Championships  
 Sue Nesbitt 5461 Brockton Ave Riverside, CA 92506.

Office Use Only

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



eSynchro Age Group Synchronized Swimming Championships  
 June 21 - 29, 2013 Riverside Aquatics Complex, Riverside, CA



**ATTACHMENT D: FLOWER PRE-ORDER FORM**

Flowers are available for pre-order. 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 22 | SUN, JUNE 23 | MON, JUNE 24 | TUES, JUNE 25 | WED, JUNE 26 | THURS, JUNE 27 | FRI, JUNE 28 | SAT, JUNE 29 | QUANTITY TOTAL | TOTAL @ \$5 EACH |
|--------------------|--------------|--------------|--------------|---------------|--------------|----------------|--------------|--------------|----------------|------------------|
| RED                |              |              |              |               |              |                |              |              |                |                  |
| WHITE              |              |              |              |               |              |                |              |              |                |                  |
| YELLOW             |              |              |              |               |              |                |              |              |                |                  |
| PURPLE             |              |              |              |               |              |                |              |              |                |                  |
| GREEN              |              |              |              |               |              |                |              |              |                |                  |
| TOTAL              |              |              |              |               |              |                |              |              |                |                  |

Please circle the age group and the events:

|                  |              |              |              |              |
|------------------|--------------|--------------|--------------|--------------|
| <b>AGE GROUP</b> | <b>11-12</b> | <b>13-15</b> | <b>16-17</b> | <b>18-19</b> |
|                  | <b>SOLO</b>  | <b>SOLO</b>  | <b>SOLO</b>  | <b>SOLO</b>  |
|                  | <b>DUET</b>  | <b>DUET</b>  | <b>DUET</b>  | <b>DUET</b>  |
|                  | <b>TRIO</b>  | <b>TRIO</b>  | <b>TRIO</b>  | <b>TRIO</b>  |
|                  | <b>TEAM</b>  | <b>TEAM</b>  | <b>TEAM</b>  | <b>TEAM</b>  |

**PAYMENT:** Send the above information along with payment by check. Check is payable to "RAQ" for the full amount and must be postmarked by **May 31, 2013**.

Mail to: 2013 eSynchro Age Group Championships  
 Sue Nesbitt; 5461 Brockton Avenue; Riverside, CA 92506

**Office Use Only**

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



# eSynchro Age Group Synchronized Swimming Championships

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## ATTACHMENT E: Collegiate Synchro Opportunities

Special Seminar for Parents, Athletes, and Coaches  
USA Synchro  
Collegiate Synchro Opportunities

### DATES/TIMES:

Tuesday, June 25, 2:00 pm – 3:00 pm (after 13-15 figures)  
Friday, June 28, 1:00 pm – 2:00 pm (after 18-19 solo)

### TOPICS:

- Collegiate Synchro Overview
- Collegiate Swimming Experience
- Recruiting process
- Scholarships
- Questions

