



**2013 U.S. Collegiate**  
*Synchronized Swimming Championships*  
March 20 - 23 • Palo Alto, CA.



**FINAL MEET ANNOUNCEMENT**

**DATES:** March 20 - 23, 2013 (Practice Date: March 20)

**FACILITY:** **Avery Aquatic Center**  
235 Sam McDonald Mall  
Stanford, CA 94305

**MEET MANAGER (S):** Sara Lowe/ Megan Azebu      Mailing Address  
(650) 724-2395      Arrillaga Family Sports Center  
[selowe@stanford.edu](mailto:selowe@stanford.edu)      641 E. Campus Drive  
[mazebu@stanford.edu](mailto:mazebu@stanford.edu)      Stanford, CA 94305

**RULES TO GOVERN:** The 2013 Official USA Synchro Rulebook shall govern the Championships.

**ENTRIES:**

<b>Appendix A</b>	Register and calculate fees online at <a href="http://www.usasynchro.org">www.usasynchro.org</a>
<b>FORM B</b>	Collegiate Athlete of the Year Nomination
<b>FORM C</b>	Collegiate Contributor Award Nomination
<b>FORM D</b>	Mary Jo Ruggieri Collegiate Scholarship Nomination
<b>FORM E</b>	Athlete Affidavit of Eligibility
<b>FORM F</b>	Technical Event Affidavit (NOT REQUIRED if on line version is completed)
<b>FORM G</b>	Participating Seniors
<b>FORM H</b>	Housing and Transportation/ Practice Time Request

**ENTRY DEADLINE:** Entries, Forms and Fees must be submitted electronically and postmarked no later than  
**Thursday, February 28, 2013 at Noon ET**

**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%. 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 and Head Scorer, Jackie McDaniel.

**QUESTIONS ON ELECTRONIC ENTRIES TO:**

Jennifer Hawkins, USA Synchro  
Phone: (317) 237-5700; Fax: (317) 237-5705  
[jennifer@usasynchro.org](mailto:jennifer@usasynchro.org)

**MAIL FORMS:** Sara Lowe/ Megan Azebu  
Arrillaga Family Sports Center  
641 E. Campus Drive  
Stanford, CA 94305

**REGISTRATION:** Wed., March 20, 2013 9:00a.m. – 5:00p.m. Will be held at the pool

**COACHES MEETING:** Wed., March 20, 2013 5:30p.m. – 6:30p.m. Will be held at Arrillaga Family Sports Center

2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

**ATHLETES MEETING:** Wed., March 20, 2013 5:30p.m. – 6:30p.m. Will be held at Arrillaga Family Sports Center

**OFFICIALS:** Please register online by the entry deadline. In addition, please e-mail Judges Administrator Pam Edwards with your intent to attend at [pamsync@sbcglobal.net](mailto:pamsync@sbcglobal.net). Those wishing to take the National judge's tests should notify Pam. Please refer to meet schedule for testing time on Wednesday March 20<sup>h</sup>. Judges uniform shall be white top and black bottoms.

**FEE INFORMATION:**

- **Entry Fee** \$15 per competitor per routine, including alternates. If paying by check, 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. This surcharge is to assist in covering travel expenses of scoring personnel. If paying by check, make check payable to USA Synchro. (Rulebook, Appendix C)
- **Sponsor Fee** \$25 per competitor. Make check payable to USA Synchro.
- **Credentials** Each club will receive coach credentials per chart below. In addition, each club will receive 2 team personnel credentials. Additional credentials are \$30 each. Please make check payable to USA Synchro.  
Coaches are reminded that they need to carry their USA Synchro proof of certification to be allowed on pool deck.

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

- **Tickets** Tickets will be sold on-site March 21<sup>st</sup> through 23<sup>rd</sup> only. Tickets will not be sold online or by phone prior to the event. Ticket sales will open 30 minutes prior to the first event start time each day.  
All-Event Pass: \$25, Thursday: \$8, Friday: \$8, Saturday: \$12
- **Parking** Parking on Wednesday will be available in Lot 2 (El Camino Grove Lot). Please see the attached campus map for location.  
Parking Thursday, Friday and Saturday will be available in Lot 1 (Sunken Diamond Lot). Parking will be free. Please see the attached campus map for location.

**POOL SPECS:**

**Outdoor Competition Pool**

- Overall Pool Distance: 37 meters long, 25 yards wide  
Competition Area: Length - Lane line marking off 30 meters  
Bulkhead at entry end of pool  
Pool Depth: 9'7" at entry, slopes to 13'7"  
Total spectator capacity: 3000  
Diving platforms: No platforms at entry end of pool  
No Entry end obstructions

**Practice Pool (adjacent to the competition pool)**

- Overall Pool Distance: 50 meters long, 25 meters wide  
Practice Area: 22 lanes at times, 10 lanes at times

## 2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

### **VENUE RULES:**

Food and coolers will be allowed on the observation decks only. There will be no glass, food or coolers allowed onto the pool deck. This includes the warm up and competition areas.

There will be a designated gelling area on the observation deck of the practice pool. You will only be allowed to gel in this area. De-gelling anywhere in the facility is prohibited and will result in a fine of \$100.

Please see attached rules document for additional venue rules.

### **SOUND SYSTEM:**

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

### **SCORING:**

Six score method for Technical Merit and Artistic Impression will be used for routines. Send questions regarding entries to the meet scoring chair:

Jackie McDaniel  
[\(619\) 464-7379](tel:(619)464-7379) (home)  
[\(619\) 251-5282](tel:(619)251-5282) (cell)  
[jackiemcd43@hotmail.com](mailto:jackiemcd43@hotmail.com)

### **ROUTINES:**

Routine competition in Solo, Duet, Trio and Team. Places 1 - 12 after Semi-Finals will progress to Finals. The routine in 13<sup>th</sup> place shall pre-swim the event.

### **EVENTS:**

#### **TECHNICAL**

##### **Category A Elements:**

See Appendix E for performance criteria.

<b>ELEMENT</b>	<b>DD</b>
1. Thrust to Bent Knee	2.3
2. Nova, 1080° Spin, Spin Up 180°	2.9
3. Porpoise, Full Twist, Split Walkout	2.9
4. Rocket Split, Twirl	2.6

##### **Category B - 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

##### **Category C - Group 1**

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

##### **Category D - Group 1**

101R/L Ballet Leg, Single	1.6
360 Walkover, Front	2.1
321 Somersub	2.0
315 Kipnus	1.6

**Note:** A draw will be held just prior to Figure competition to determine whether 101R, Right leg, or 101L, Left leg will be the figure.

### **AWARDS:**

Routines: Medals 1 - 3, Ribbons 4 - 12 Figures: Medals 1 - 3, Ribbons 4 - 8

## 2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

### **PHASE 1B SENIOR TEAM TRIALS:**

Phase 1B senior team trials will be held on Sun., March 24, 8a.m. - 12 noon (tentative), at Stanford University for those athletes who have qualified from senior team trials 1A and those athletes who have qualified for the World University Games team. **Participation is required for those athletes who qualify for the US World University Games team.** Refer to Appendix E in the 2013 USSS rulebook for eligibility and procedures details.

### **HOST HOTEL (S):**

#### **Courtyard San Jose Cupertino**

10605 North Wolfe Road, Cupertino, CA 95014

(408) 252-9100

\$139/ night on March 19, 2013 through March 20, 2013

\$99/ night March 21, 2013 through March 23, 2013

Cut-off date: February 26, 2013

Teams can use this link to make reservations:

<http://www.marriott.com/hotels/travel/sjccu?groupCode=synsyna&app=resvlink&fromDate=3/19/13&toDate=3/24/13>

The rate will show as \$139 for every night but the reservations will be manually adjusted to reflect the group rates shown above.

#### **Courtyard Newark Silicon Valley**

34905 Newark Boulevard, Newark, CA 94560

(510) 792-5200

\$119/ night

Cut-off date: February 26, 2013

Teams can use this link to make reservations:

<http://www.marriott.com/hotels/travel/SJCFT?groupCode=CNSCNSB&app=resvlink&fromDate=3/19/13&toDate=3/24/13>

### **DIRECTIONS:**

#### **Host Hotel (s) to Pool:**

##### **Courtyard San Jose Cupertino**

- Head south on North Wolfe Road
- Take I-280 North ramp to San Francisco
- Take exit 20 toward Palo Alto
- Merge onto Page Mill Road
- Turn left onto Junipero Serra Boulevard
- Take the 1<sup>st</sup> right onto Stanford Avenue
- Turn left onto Bowdoin Street
- Turn right onto Campus Drive
- Turn right onto Galvez Street
- Take the second right onto Nelson Road

##### **Courtyard Newark Silicon Valley**

- Head southeast on Newark Boulevard
- Make a U-turn
- Continue onto Ardenwood Boulevard
- Turn left onto the CA-84 West ramp
- Merge onto CA-84 West
- Turn left onto Willow Road
- Take the ramp onto US-101 South
- Take the Embarcadero Road/Oregon Expressway exit
- Keep right at the fork, follow signs for Embarcadero Road West and merge onto Embarcadero Road
- Keep left at the fork
- Continue onto Galvez Street
- Turn left onto Nelson Road

## 2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

**AIRPORT:** San Francisco International Airport  
23.9 miles from Stanford University

Norman Y. Mineta San Jose International Airport  
17.2 miles from Stanford University

To help our members, we have an agreement with United Airlines. 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 – **ZNYU60018**

**DIRECTIONS:** **San Francisco International Airport to Pool/ Host Hotel (s):**

### **Avery Aquatic Center**

- Take the ramp onto US-101 South
- Take the Embarcadero Road/Oregon Expressway exit
- Keep right at the fork, follow signs for Embarcadero Road West and merge onto Embarcadero Road
- Keep left at the fork
- Continue onto Galvez Street
- Turn left onto Nelson Road
- Turn right onto Sam MacDonald Mall

### **Courtyard San Jose Cupertino**

- Take the ramp onto US-101 South
- Take exit 398B to merge onto CA-85 South toward Santa Cruz/Cupertino
- Take exit 19A for I-280 South toward San Jose
- Turn right onto I-280 South
- Take exit 10 for Wolfe Road
- Turn left onto North Wolfe Road
- Make a U-turn at Pruneridge Avenue
- Destination on the right

### **Courtyard Newark Silicon Valley**

- Take the ramp onto US-101 South
- Take exit 406 for CA-84 East/Marsh Road toward Dumbarton Bridge
- Turn left onto CA-84 East/Marsh Road
- Turn right onto CA-84 East
- Take the Newark Boulevard/Ardenwood Boulevard exit
- Turn right onto Newark Boulevard

**GROUND  
TRANSPORTATION:**

All major rental car companies are available at the airport.

**FOOD SERVICES:**

A concession stand will be open during competition. No glass, food or cooler is permitted on the pool deck.

**OFFICIALS AND JUDGES HOSPITALITY:**

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

**PROGRAM:**

Participating universities may **EMAIL** photos to the Meet Manager, Megan Azebu at [mazebug@stanford.edu](mailto:mazebug@stanford.edu). Each photo submitted will cost \$30. Please attach a caption listing the order of the swimmers pictured. Programs will be available for purchase during the competition.

## 2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

### **TEAM BANNERS:**

Team banners will not be hung at this competition. Please do not bring a banner or any other material to hang from the railing of the spectator area.

### **ATHLETIC TRAINING STAFF:**

Stanford Athletics will provide a training room staff member and access to the training room Wednesday, March 20, 2013 through Saturday, March 23, 2013.

On Wednesday, March 20, 2013, the athletic training room will be available one hour before the start time of the first practice with music time slotted and one hour after the conclusion of the last practice with music time slotted.

Thursday, March 21, 2013 through Saturday, March 23, 2013, the athletic training room will be available two hours before the start time on the first competition and one hour after the conclusion of the last competition.

Please contact Sara Lowe or Megan Azebu if your athlete(s) have a need for medical care. They will serve as the liaison to the training room staff.

### **PHOTO REGULATIONS:**

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may 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 photography will be allowed by the audience, from the stands, as long as not obstructing the view of others, with any camera using no flash.

### **USADA DRUG TESTING:**

USADA has selected this 2013 USA Synchronized Swimming competition to perform drug testing. More information will be posted with the final schedule and provided at the coaches meeting.

**TOWN MEETING:** Wed., March 20, 2013 4:30p.m – 5:30p.m. Will be held at Arrillaga Family Sports Center

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 Wed., March 20, at 4:30 prior to the coaches/officials and athlete meetings. There will time for questions and answers.

## **Appendix A: Club Entry and Fees**

To register online login to your account from the homepage of the USA Synchro website <http://www.usasynchro.org/> , by clicking on "Registration".

See the entry instructions on the site.

If you have any technical difficulties or questions, please email or call Jennifer at 317-237-5700 x5708 or [jennifer@usasynchro.org](mailto:jennifer@usasynchro.org).

2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

**TENTATIVE SCHEDULE**

*Please consult the FINAL SCHEDULE distributed at Registration for updates or adjustments.*

<b>WEDNESDAY, MARCH 20</b>		
AM 7:30	8:00	Lap swimming only
8:00	5:30	Assigned practice with music
9:00	5:00	Registration at pool
<b>PM 4:00</b>		<b>Exhibition routine declarations due - no exceptions!</b>
4:30	5:30	Town Hall meeting at Arrillaga Family Sports Center
5:30	6:30	Athletes meeting at Arrillaga Family Sports Center
5:30	6:30	Officials and Coaches meeting at Arrillaga Family Sports Center
<b>THURSDAY, MARCH 21</b>		
AM 8:00	8:30	Lap swimming only
8:30	8:50	Warm-up Solo semifinal – First Group
<b>8:55</b>	<b>11:20</b>	<b>Solo semifinal</b>
11:30	11:50	Warm-up Duet semifinal – First Group
<b>11:55</b>	<b>3:20</b>	<b>Duet Semifinal</b>
PM 3:30	3:50	Warm-up Trio semifinal – First Group
<b>3:55</b>	<b>6:30</b>	<b>Trio semifinal</b>
<b>FRIDAY, MARCH 22</b>		
AM 7:00	7:30	Lap swimming only
7:30	8:00	Warm-up “D” Technical
<b>8:05</b>	<b>9:00</b>	<b>“D” Technical competition</b>
9:00	9:30	Warm-up “C” Technical
<b>9:35</b>	<b>10:35</b>	<b>“C” Technical competition</b>
10:35	11:05	Warm-up “B” Technical
<b>11:10</b>	<b>12:20</b>	<b>“B” Technical competition</b>
12:20	12:50	Warm-up “A” Technical
<b>12:55</b>	<b>2:00</b>	<b>“A” Technical competition</b>
2:00	2:30	Open Pool
2:30	3:00	Warm-up Team semifinal – First Group
<b>3:05</b>	<b>5:45</b>	<b>Team semifinal</b>
<b>SATURDAY, MARCH 23</b>		
AM 7:00	7:45	Open Pool
7:15	7:30	DRAW
7:45	8:25	Warm-up Trio & Duet finals
<b>8:30</b>	<b>9:50</b>	<b>Trio finals</b>
<b>9:55</b>	<b>11:05</b>	<b>Duet finals</b>
11:10	12:00	Warm-up Solo & Team finals
<b>12:05</b>	<b>1:05</b>	<b>Solo finals</b>
<b>1:10</b>	<b>2:45</b>	<b>Team finals</b>
3:15	4:15	Parade of Athletes
4:25	5:00	Awards
<b>SUNDAY, MARCH 24</b>		
AM 8:00	12:00	Phase IB Senior Team Trials

2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

**[OPTIONAL FORM, deadline at the Conclusion of the First Day of Competition]**

**FORM B: COLLEGIATE ATHLETE OF THE YEAR NOMINATION**

Nominee's Name: \_\_\_\_\_

Institution: \_\_\_\_\_ Freshman\_\_ Sophomore \_\_ Junior \_\_ Senior \_\_

This award is presented to an athlete who is nominated for contributions to collegiate synchronized swimming and is based equally on athletics, academics and community service. Please highlight the contributions/accomplishments of this swimmer in the sections following:

**Athletic Merit:**

**Academic Merit:**

**Community Service:**

Nominator's Name/Institution: \_\_\_\_\_

Nomination forms need to be returned at the Conclusion of the First Day of Competition. Copies will be posted and given to the zone athlete representatives so that a vote can be taken at the meet.

**[OPTIONAL FORM, deadline at the Conclusion of the First Day of Competition]**

**FORM C: OUTSTANDING COLLEGIATE CONTRIBUTOR NOMINATION**

Nominee's Name: \_\_\_\_\_

Institution or position held: \_\_\_\_\_

This award is presented to an individual or organization that has made a significant impact on the collegiate synchronized swimming program in the United States. Someone who has forwarded the cause of the collegiate program through committee work or through support of the concept of collegiate synchronized swimming.

**Please list the ways that this individual or organization has impacted the collegiate program:**

**Please list committee work done or support shown for the concept of the collegiate program:**

Nominator's Name/Institution: \_\_\_\_\_

Nomination forms need to be returned at the Conclusion of the First Day of Competition. Copies will be posted and given to the zone athlete representatives so that a vote can be taken at the meet.

**[OPTIONAL FORM, deadline at the Conclusion of the First Day of Competition]**

**FORM D: MARY JO RUGGIERI SCHOLARSHIP NOMINATION**

**The Mary Jo Ruggieri  
Collegiate Synchronized Swimming  
Scholarship Award**

**Coaches:** Please nominate one member from your team that shows outstanding achievements in the following categories: Swimming Ability, Team Contributions, and Community Leadership. The motivation to help "Synchro" grow at the college level is also a factor in choosing this nominee.

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Univeristy \_\_\_\_\_

University Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

**Please list your achievements in the area of Swimming Ability** \_\_\_\_\_

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**Please list your achievements in the area of Team Contributions** \_\_\_\_\_

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**Please list your achievements in the area of Community Leadership** \_\_\_\_\_

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*If more room is needed, please continue on the reverse side of this sheet.*







**FORM H: HOUSING/ TRANSPORTATION and PRACTICE AVAILABILITY**

Club/Official Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach Name \_\_\_\_\_

**Arriving: Air          Auto          Other**

Date \_\_\_\_\_ Time \_\_\_\_\_

Flight \_\_\_\_\_ Airline \_\_\_\_\_

Departure Date \_\_\_\_\_ Time \_\_\_\_\_

Hotel/Lodging \_\_\_\_\_ Phone \_\_\_\_\_

No. of Athletes \_\_\_\_\_

No. of Coaches/Officials \_\_\_\_\_

Please list three on-site emergency contacts for your club (they may be coaches, officials or parents).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Preferred time of practice session on Wed. March 20: \_\_\_\_\_**

Confirmation of practice time will be made by Email. **Please include an Email address below so that we can inform you in advance of your practice time. Every effort will be made to contact you by **March 6** of your practice time. If a coach does not have or use an Email address, please include the Email address of an athlete who is an Email user.**

**Email address to send practice time confirmation to (please print clearly):**

\_\_\_\_\_

**Mail form to:** Sara Lowe/ Megan Azebu  
(650) 724-2395  
[selowe@stanford.edu](mailto:selowe@stanford.edu)  
[mazebu@stanford.edu](mailto:mazebu@stanford.edu)

Mailing Address  
Arrillaga Family Sports Center  
641 E. Campus Drive  
Stanford, CA 94305

## 2013 U.S. Collegiate Synchronized Swimming Championships (cont'd)

### **2013 U.S. Collegiate Synchronized Swimming Championships Avery Aquatic Center Facility Rules**

- Anyone with a credential will be allowed to enter through the “Credential Entrance” (on the west side of the venue). Anyone who does not have a credential, including parents traveling with the team, will only be allowed to enter through the “Spectator Entrance” when doors open.
- Please follow the warm-up pool schedule (provided in your packet) each day.
- Teams will not be allowed to hang signs, banners, towels, suits, or any other objects around the pool facility. This includes all fencing, railings, tarping, lane lines, etc.
- Teams will not be allowed to leave items overnight. This includes coolers, pop-up tents, chairs, etc.
- Teams will be allowed to set-up their areas on the grassy area between the fence and Baker Pool only. Each team can have one pop-up set up in this area but please note that they will need to be removed each night. Teams will be allowed to sit in their area on the grass or in the bleachers only. Please **DO NOT** occupy any other areas around the pools.
- There will not be any electrical hook-up in the team area on the grass.
- Team food and cooler are not allowed on deck.
- Please do not remove knox in the changing rooms or warm-up pool. There will be a \$100 fine for any violation.
- Please do not leave items in the changing rooms. The facility and Stanford University are not responsible for any lost or stolen items.
- Changing rooms should not be used as a land drill area.
- Please be respectful of the facility and clean up your area when you leave each day.