



UNITED STATES ARTISTIC SWIMMING, INC.

Pacific Northwest Association

Winter Invitational

Novice, Intermediate, 12U, Youth, Junior, Senior, Masters

February 4, 2024

7:30am-4:00pm

MEET

The **Winter Invitational** will be held in Puyallup, Washington at Rogers Aquatic Center. It is governed by the 2024 USSS Rules and sanctioned by PNA. Novice will only compete in Routines.

FACILITY

Rogers Aquatic Center
12801 86th Ave E, South Hill, WA 98373

POOL DIMENSIONS :

25-yard pool with six competition lanes; competition and practice water polo courses; a two-board diving well. We will be starting in the dive well.

HOTEL SUGGESTION

ELIGIBILITY All swimmers must be registered athletes with USSS for the 2023-2024 competition year. Canadian participants are welcome as honorary.

REGISTRATION FORMS AND IMPORTANT DATES

Registration Forms	January 21,2024	pwssheadcoach@gmail.com pnatreasurer@gmail.com housegretchen56@gmail.com yuhaitao@gmail.com
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Judges Availability Form	January 21, 2021	jocilysayler@gmail.com
Coach Credential Form	January 21, 2023	info@seattlesynchro.com
Coach Card	January 22, 2024	housegretchen56@gmail.com yuhaitao@gmail.com

FEES

Sponsor Fee - \$25 per competitor

Entry Fee - \$10 per competitor per event

VOLUNTEERS

Please wear a white shirt and black bottoms.

FIGURE COMPETITION

Athletes – wear *plain black one piece swimsuit & a plain white cap*

INTERMEDIATE

101 Ballet Leg, Single 1.6

301 Barracuda 1.9

348 Tower 1.9

420 Walkover, Back 1.9

12 & UNDER AGE GRP

106 Straight Ballet Leg 1.6

301 Barracuda 1.8

363 Water Drop 1.8

401 Swordfish 2.1

Youth

Section B-

#3 356f Whip Continuous Spin 720 3.0

441 Saturn 2.5

#4 352 Venus 3.0

240i Albatross Spin Up 360

ROUTINE COMPETITION

- Novice Free Routine with Required Elements (Duet, Mixed Duet, Solo, Trio, Team)
- Intermediate Free Routines with Required Elements (Duet, Mixed Duet, Solo, Trio, Team)
- Age Group 12 & U Free Routines (Solo, Duet, Mixed Duet, Team & Combo)

- . Youth Free routines with Required Elements (Solo, Duet, Mixed Duet, Team & Combo)
- .15-17 & 18-19 Free & Technical Routines (Duet, Mixed Duet, Solo, Team. 16/19-20 Acrobatic Routine)
- Masters Free Routines (Solo, Duet, Mixed Duet, Trio, Team, Combo)

Gelling & Degelling

A knocking area will be provided. De-knocking is not allowed at pool or in the facility. Any team de-knocking will incur a \$100 fine payable at the time of infraction.

COMPETITION SCHEDULE

A schedule will be available after all entries are received, entered and validated.

Concessions Stand

Provided by Pacific Waves Synchro

DIGITAL MUSIC SUBMISSIONS -There are no minimum time limit penalties

PNA sound equipment will be used including an Ocean Engineering underwater speaker. We will be using DIGITAL MUSIC for routines.

MP3 files are generally much smaller and are better for sending as email attachments. Please indicate in the body of the email how many files are attached; it is also helpful to list the music titles in the email to be sure that all were emailed.

1) We will use a file naming convention, i.e. Youth Duet SST Davis: Youth=routine entered in the meet; Duet = Routine event, SST = USAAS Club Abbreviation, Davis = last name of the first alphabetical member of the routine.

2) ***Music is due on January 28, 2024.*** Minute changes can be made but this will allow plenty of time to have music fully tested and arranged by order of draw.

3) The Sound person will transfer the files from e-mail to a computer file and then import the file to iTunes. The music is tested to ensure it plays.

4) During the week prior to the meet the Scoring Chair e-mails the Start Lists for the Meet to the Technical Chairperson.

5) The Sound person then creates playlists in iTunes for each separate Routine. ***Please send music to Natalie Montgomery: pnasynchro1@gmail.com***

6) At the meet the Sound person uses a laptop and the playlists in iTunes to play the music through the sound system for each Competition.

7) Back up music should still be brought and may be in CD. Back up .mp3 or .wav files may be brought on any standard digital media (memory sticks MP3 Players, etc.)