

UNITED STATES SYNCHRONIZED SWIMMING,INC.

**Pacific Northwest Association**

***Figures Invitational Meet & Grade Level Assessment***

##### Novice, Intermediate, Age Group, Junior, Senior, Masters

 **Sunday January 10th, 2016**

**7:00 am – 2:00 pm**

#### MEET

The ***Figures Invitational Meet*** ***& Grade Level Assessment*** will be held in Olympia, Washington at the Briggs YMCA Pool. It is governed by the 2016 USSS Rules and sanctioned by PNA.

#### FACILITY

**Briggs YMCA Pool**

1530 Yelm Highway SE

Olympia, WA 98501

(360)753-6576

#### HOTEL SUGGESTION

Information to come

#### ELIGIBILITY

All swimmers must be registered athletes with USSS for the 2015-2016 competition year. Canadian participants welcome as honorary.

#### REGISTRATION

Please complete both the ***Athlete Registration Form & the Judges Availability Form*.** ***Entries are due by 12/27/2015.***

**FEES**

*Sponsor Fee* - $15 per competitor

*Entry Fee* - $10 per competitor per event

VOLUNTEERS

#### Please wear a white shirt and black bottoms for volunteer shifts.

FIGURE COMPETITION

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

###### NOVICE

101 Ballet Leg Single 1.6

310 Somersault Back Tuck 1.1

**INTERMEDIATE B / 12 & UNDER AGE GRP**

101 Ballet Leg Single 1.6

301 Barracuda 2.0

Figure 3

Figure 4

**INTERMEDIATE A / 13 – 15 AGE GRP**

423 Ariana 2.2

301 Barracuda Spinning 360 2.2

Figure 3

Figure 4

**16 & Over AGE GRP**

308 Barracuda Airborne Split 2.8

355 Porpoise Twist Spin 2.6

Figure 3

Figure 4

***Note -* Athletes will only compete in the two compulsory figures this meet. Second part of the meet will be used for a Grade Level Assessment. Athletes may want to bring a pair of tight fighting athletic shorts for the assessment.**

**\*\*A *Concession Stand* will be provided by Olympia Synchro\*\***