



UNITED STATES SYNCHRONIZED SWIMMING, INC.
Pacific Northwest Association

Charlotte Davis Region A Championships

Qualified Intermediate & Age Group Athletes

May 21 – 22nd, 2016 (revised 4/29/16)

MEET

The **Regional Champs** will be held in Tacoma, Washington at the Mount Tahoma High School Pool. It is governed by the 2016 USSS Rules and sanctioned by PNA. The facility will open at 7:00 a.m.

FACILITY

Mount Tahoma High School Pool

4634 South 74th Street
Tacoma, WA 98409
(253) 571-3645

HOTEL SUGGESTION

Holiday Inn Express & Suites

8601 South Hosmer St.
Tacoma, WA 98444
(253)539-2020

Hampton Inn & Suites

8203 South Hosmer St.
Tacoma, WA 98408
(253)539-2288

Best Western Lakewood Motor Inn

6125 Motor Ave SW
Lakewood, WA 98499
(253)584-2212

ELIGIBILITY

All athletes must be registered in the Association in which they swim. Any athlete who has entered and competed in the US Senior Championships, US Junior Championships, US Senior Open, US Junior Open, US Age Group Championships, and/or Zone Senior and Junior Championships, shall not be eligible to enter the Region A Intermediate Championships. Other than as noted above, all registered "Regular" athletes shall be eligible to enter the Region A Intermediate Championships."

REGISTRATION

Athlete Registration Form & the Judges Availability Form are due by 5/7/2016.

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
201 Dolphin	1.4
361 Prawn	1.6

INTERMEDIATE B / 12 & UNDER AGE GRP

101 Ballet Leg Single	1.6
301 Barracuda	2.0
Figure 3 – TBD*	
Figure 4 – TBD*	

INTERMEDIATE A / 13 – 15 AGE GRP

423 Ariana	2.2
301 Barracuda Spinning 360	2.2
Figure 3 – TBD*	
Figure 4 – TBD*	

16 & Over AGE GRP

308 Barracuda Airborne Split	2.8
355 Porpoise Twist Spin	2.6
Figure 3 – TBD*	
Figure 4 – TBD*	

****A DRAW will be done for the other two figures in each age group on Tuesday May 17, 2016. Teams will be notified by email.****

SCHEDULE

SATURDAY: Figure Competition will be held in the morning. Solo, Duet & Trio Routine Competition will commence after the lunch break.

SUNDAY: Team & Combo Routine Competition.

An updated schedule will be available after all entries are received.

DIGITAL MUSIC SUBMISSIONS

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

The Rocky Mountain Association has been using Digital Music for all Routine music at its local meets since the 2007-08 season. We also want to use Digital Music files for our PNA competitions. These instructions come from them, on "how they do it". If you are interested in taking the stress out of the competition, please follow the directions and let's see how it goes. Digital Music is simply taking an MP3, WAV or other comparable music file and putting it on a laptop computer and using iTunes to play the music at our meets. 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. 13-15AG Duet SST Davis: 13-15AG=routine in entered in the 13-15AG invitational; Duet = Routine event, SST = USA Synchro Club Abbreviation, Davis = last name of the first alphabetical member of the routine.
- 2) Music is due on no less than 2 weeks before the competition. 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 routine music to Natalie Montgomery: pwsheadcoach@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 in and may be in CD. Back up .mp3 or .wav files may be brought on any standard digital media (memory sticks MP3 Players, etc.)

CONCESSIONS

There will be food and drinks available for purchase on both Saturday & Sunday.

*****SHIRTS FOR SALE *****

Fine Designs, Inc will be at the meet selling awesome shirts! Don't miss this opportunity to bring home a great souvenir from Regionals!