



UNITED STATES SYNCHRONIZED SWIMMING, INC.  
Pacific Northwest Association

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## ***PNA Association Champs***

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

**Saturday March 5<sup>th</sup>, 2016**

### **MEET**

The **PNA Association Champs** will be held in Des Moines, Washington at the Mt Rainier Pool. It is governed by the 2016 USSS Rules and sanctioned by PNA.

### **FACILITY**

#### **Mt. Rainier Pool**

22722 19<sup>th</sup> Ave. S  
Des Moines, WA 98198  
(206) 824-4722

### **HOTEL SUGGESTION**

Info 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 2/19/2015.***

### **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
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
301e Barracuda Spinning 360	2.2
Figure 3 – TBD*	
Figure 4 – TBD*	

### **16 & Over AGE GRP**

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

### **MASTERS**

301d Barracuda Spinning 180	2.1
140 Flamingo Bent Knee	2.4
Figure 3 – TBD*	
Figure 4 – TBD*	

***\*A DRAW will be done for the other two figures in each age group on Wednesday March 2, 2016. Teams will be notified by email.\****

## **SCHEDULE**

The athletes will compete in the Figure Competition on Saturday morning. Routine Competition will begin after the lunch break and will be done in the following order: Duets, Trios (Novice & Intermediate Level Only), Solos, Team and Combo.

*An updated schedule will be available after all entries are received, entered and validated.*

## **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 music to Lacey Ethier: info@seattlesynchro.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.)**