



UNITED STATES SYNCHRONIZED SWIMMING, INC.  
**Pacific Northwest Association**

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**2012 PACIFIC NORTHWEST ASSOCIATION**

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## ***Blossom Invitational Swim Meet***

*Novice, Intermediate, Age Group, Juniors and Masters Routines, Optional Figures*

**Saturday, June 9 & Sunday, June 10, 2012**

**JUANITA HIGH SCHOOL POOL**

10601 NE 132<sup>ND</sup> STREET

Kirkland, WA

(206) 823-7627

**Google Map:**

[http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=Juanita+High+School,+Kirkland,+WA&sl=37.0625,-95.677068&sspn=41.275297,30.9375&ie=UTF8&ll=47.732858,-122.194061&spn=0.137394,0.12085&z=12&iwloc=A](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=Juanita+High+School,+Kirkland,+WA&sl=37.0625,-95.677068&sspn=41.275297,30.9375&ie=UTF8&ll=47.732858,-122.194061&spn=0.137394,0.12085&z=12&iwloc=A)

**From Edmonds-Kingston Ferry:** Drive off the ferry and turn right onto **WA-104 E/State Route 104**. Continue to follow WA-104 E/State Route 104. Turn right onto **Ballinger Way NE/State Route 104 E**. Turn left onto **WA-522 E/Bothell Way NE**. Turn right onto **96th Ave NE**. Continue onto **Waynita Way NE**. Continue onto **100th Ave NE**. Turn left onto **NE 132nd St**. Turn Right at the **High School**.

**From Portland, Olympia:** Follow **I-5 North** and Take **exit 154** to merge onto **I-405 N** toward **Renton**. Take the **NE 124th St/Totem Lake Blvd** exit. Keep right at the fork to continue toward **Totem Lake Blvd**. Turn left onto **Totem Lake Blvd**. Take the 2nd left onto **NE 132nd St**. Turn Left at the **High School**.

**HOSTED BY: THE PACIFIC NORTHWEST ASSOCIATION**

**GOVERNED BY: 2012 USSS RULES**

**SANCTIONED BY: THE PACIFIC NORTHWEST ASSOCIATION**

**ELIGIBILITY: ALL US SWIMMERS MUST BE REGISTERED AS REGULAR ATHLETES WITH USSS FOR 2012; Canadian participants welcome as honorary**

**JUDGES:** Association Officials Chairs AND Club Representatives are asked to provide the following information: Name of Judge(s), Rating, Affiliation and Availability by Event. Please provide this information to Tori Johnson by May 28th. **E-Mail Judges information to Tori Johnson:** [synchotori@msn.com](mailto:synchotori@msn.com)

**AWARDS:** Medals 1st through-3rd place, ribbons 4th through 8th place for routines.

Ribbons awarded 1st through 8th for figures.

**Concessions for breakfast and lunch will be available on both Saturday and Sunday.**

**Awards for Duets and Trios will be presented after Saturday's competition at the pool!**

**Award Ceremony for Solos and Teams with Ice Cream Social will follow clean-up of lockers and pool deck areas.**

## **EVENTS**

### **Compulsory and Optional Figures, Selection Group 2, National/Invitational:**

#### **Novice**

101	Ballet Leg Single	1.6
310	Somersault, Back Tuck	1.1
201	Dolphin	1.4
370	Shrimp	1.6

#### **Intermediate B & 12 & Under Age Groups**

101	Ballet Leg Single	1.6
360	Walkover Front	2.1
355	Porpoise	1.9
401	Swordfish	2.0

#### **Intermediate A & 13-15 Age Group**

420	Walkover Back	2.0
355e	Porpoise Spinning 360	2.1
240	Albatross	2.2
345	Reverse Catalina	2.1

#### **16-19 Age Group / Juniors**

313	Kip Split Closing, 180	2.5
112f	Ibis Continuous Spin 720	2.8
355b	Porpoise, Full Twist	2.5
150	Knight	3.1

### **ROUTINES:**

Novice, Intermediate, Age Group, Juniors and Masters

- Trio
- Duet
- Solo
- Team

***Swimmers may enter a maximum of three routine events and may swim any routine only once***

### **SOUND EQUIPMENT:**

PNA sound equipment will be used, Ocean Engineering underwater speaker and CD player. Please submit one (1) piece of music per CD, clearly marked with your team, the type of event (solo, duet, trio, or team), and competition category (Novice, Intermediate, Age Group, or Juniors). If using the same piece of music for two different events, please make a separate CD for each one. Bring a backup tape or CD in case there are problems with the original.

Please submit the music as soon as you arrive so the music person can put them in the correct order. Coaches will be able to pick up their music at the announcer's table at the conclusion of the meet.

## **MEET ENTRY INFORMATION / DEADLINES**

It is absolutely imperative that each club planning to attend strives to be timely with their entries so we can accurately determine the schedule.

**ENTRY DEADLINES:** Final registration, including fee entry checks, must be received by May 21<sup>th</sup>, 2012.  
**ENTRY FEES:** \$10.00 Sponsor Fee AND \$10.00 per Event entered (routines and figures)  
**EMAIL ENTRIES:** Email preliminary and final entries to: [pnasynchro@hotmail.com](mailto:pnasynchro@hotmail.com)

Using the Entry Form and Fee Calculation Sheet downloaded from the PNA website under Events (<http://www.pnasynchro.com/events.html>), send a separate list of competitors for each swimmer group (Novice, Intermediate, Age Group, Juniors and Masters). Complete the Fee Calculation form and make checks payable to **PNA**. Mail completed forms and checks to:

PNA  
PO Box 24044  
Federal Way, WA 98093  
Phone: 206-225-7473

**Miscellaneous Info:** Management does not allow swimmers to do underwater swims for the entire 50 meter length of the pool.  
Team coolers will be allowed in the stands  
There will be a concession stand

## **HOTEL ACCOMMODATIONS / HOST HOTEL:**

Courtyard Seattle Kirkland  
11215 NE 124th Street  
Kirkland, WA, 98034-4302  
Phone 425-602-3200  
Fax 425-602-3220

**CONTACT:**  
Sales Coordinator  
Courtyard Marriott  
11215 NE 124th St  
Kirkland, WA 98034  
425-602-3202

## **METHOD OF RESERVATIONS**

Reservations for the event will be made by individual attendees directly with the hotel at 1 (800) 321-2211 or (425) 602-3200. You need to indicate that you are with the PNA Synchronized Swimming group when making reservations.

## **GUARANTEED RESERVATIONS**

All reservations must be accompanied by a first night room deposit or guaranteed with a major credit card. Hotel will not hold any reservations unless secured by one of the above methods.

## **CUTOFF DATE**

Reservations by attendees must be received on or before **5:00pm, Friday, May 18, 2012** (the "Cutoff Date"). Reservations received after the cut-off date will be accepted on a space and rate available basis.

**Check-in Jun 8, Check-out Jun 10    Two (2) Queens    \$99.00/night    One (1) King    \$99.00/night**

Hotel room rates are subject to applicable state and local taxes (currently 12.4%) in effect at the time of check-out.

**AMENITIES:** Guests can enjoy the pool and fitness center, and take advantage on our restaurant and bar, serving breakfast and dinner, including happy hour. Access to high speed wired and wireless internet is free and available throughout the hotel or in the business center. The hotel has offered to put together a sports breakfast for any teams that are interested. Please check details when making reservations.

## **TENTATIVE COMPETITION SCHEDULE:**

\*\*Final time schedules will be estimated after receiving preliminary registrations.

### **SATURDAY, June 9th**

7:15 - 7:30	Lap Swim and Open Pool
7:30	Judges and coaches meeting
7:45 - 8:00	Figure warm-up Judges figure panel meetings, volunteer panels set
8:00	<u>Figure Competition</u>
Lunch Break for Judges prior to Trio and Duet Routines – Open pool during lunch break	
1:00 PM	Lap Swim for Trios and Duets  Judges and coaches meetings/Volunteers assignments set
1:15 PM	Trio Warm-ups (Novice & intermediate followed by Age Group, Juniors, Masters)
1:30 PM	<u>Trio Competition</u>
time TBD	<u>Duet warm-ups &amp; competition</u>

**Awards for Duets and Trios will be presented after Saturday's competition at the pool.**

### **SUNDAY, June 10th**

7:15 - 7:30	Lap Swim and Open Pool
7:45	Judges and coaches meeting
8:00 am	Solo warm up
8:30	<u>Solo Competition</u>
Time TBD	Team Warm up Lap Swim for Novice/Intermediate Teams *there will be a warm up for swimmer groups Novice & Intermediate Compete Novice/Intermediate Teams
Time TBD	Lap Swim for Age Group, Juniors & Masters Teams *there will be a team warm up for swimmer groups Age Groups, Juniors & Masters
Time TBD	<u>Age Groups, Juniors, Masters Teams Competition</u>

**Award Ceremony for Solos and Teams with Ice Cream Social to follow clean-up of lockers and pool deck areas.**

