



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

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**PACIFIC NORTHWEST ASSOCIATION**

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**2012 CHARLOTTE DAVIS  
REGION A INTERMEDIATE AND AGE GROUP  
SYNCHRONIZED SWIMMING CHAMPIONSHIP**

*Intermediate and Age Group Routines & Figures*

**Friday, Saturday, and Sunday, May 18 - 20, 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&ll=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&ll=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**

Any athlete who, within the past year has entered and competed in the Regional Age Group Championship meet in a solo, duet, or trio event shall not be eligible to enter the Region A Intermediate Championships in a solo, duet or trio.

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.

**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 7<sup>th</sup>. **E-Mail Judges' information to: [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.**

**EVENTS:** Compulsory and Optional Figures, Selection Group 1, Regional:

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

101	Ballet Leg Single	1.6
360	Walkover Front	2.1
321	Somersub	2.0
315	Kipnus	1.6

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

420	Walkover Back	2.0
355e	Porpoise, Spinning 360	2.1
342	Heron	2.1
311a	Kip, Half Twist	2.2

**16-19 Age Group / Juniors**

313	Kip, Split Closing, 180	2.5
112f	Ibis, Continuous Spin 720	2.8
336	Gaviata, Open 180	2.8
436	Cyclone	2.7

**ROUTINES:**

Intermediate and Age Group

- Trio
- Duet
- Solo
- Team

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

**ENTRY INFORMATION:** It is absolutely imperative that each club planning to attend strives to be timely with their entries so we can accurately determine the schedule. **Preliminary entries should be submitted by May 1<sup>st</sup>, 2012.**

**ENTRY DEADLINES:** **Final registration, including fee entry checks, must be received by May 7<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)

**ENTRY FORMS AND FEES/CHECKS:**

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

**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.

**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, April 27, 2012** (the “Cutoff Date”). Reservations received after the cut-off date will be accepted on a space and rate available basis.

**Check-in May 18, Check-out May 20    Two (2) Queens            \$79.00/night            One (1) King    \$89.00/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:**

\*\*Finals time schedules will be estimated after receiving preliminary registrations.  
A Final schedule will be sent to all clubs by May 14<sup>th</sup>.

### **FRIDAY, May 18th**

4:15 pm	Judges and coaches meeting
4:45 pm	Lap Swim
5:00 pm	Warm-up / Routine Competition - Solos

### **SATURDAY, May 19th**

7:00 - 7:30	Lap Swim and Open Pool
7:30 - 7:45	Judges and coaches meeting
7:45 - 8:00	Figure Warm-up - Age Group 16 & Over Judges figure panel meetings, volunteer panels set
8:00	Figure Competition – Age Group 16 & Over
TBD	Warm-up / Figure Competition – Age Group 13-15 / Intermediate A
TBD	Warm-up / Figure Competition – Age Group 12 & Under / Intermediate B
Region A Meeting / Lunch Break prior to Trio and Duet Routines	
1:00 PM	Warm-up / Routine Competition - Trios
TBD	Warm-up / Routine Competition - Duets

### **SUNDAY, May 20th**

7:00 - 7:30	Lap Swim and Open Pool
7:15 - 7:30	Judges and coaches meeting
7:30	Warm-up for Intermediate Teams
8:00	Routine Competition - Intermediate Teams
Time TBD	Warm-up for Age Group Teams
Time TBD	Routine Competition - Age Groups Teams

**Award Ceremony for Solos and Teams following clean up of lockers and pool deck areas.**

