

2019 South Zone Jr, Sr & 13-15 Championship

FINAL Meet Announcement

March 1-3, 2019

Clearwater, FL

Hosted by: Suncoast Waterworks Synchronized Swim Team

Facility: Long Center
1501 N Belcher Rd
Clearwater, FL 337665

Rules: The current USSS Rulebook shall govern the event

Sanctioned By: USA Synchro/ Suncoast Waterworks Synchronized Swimming Team

727 512 0439, dianapaulk@me.com

Meet Manager: Diana Wolff,

Eligibility and Events:

- 13-15 Zone Champs:
 - No qualification, any can enter (for solo, MUST be age 13-15 in 2019. For duet/team, at least one competitor MUST 13-15 in 2019. Max age is 15)
 - Figures and Final routines only. Figure group will be drawn by the zone officials chair Wednesday February 27
 - **Final** Free Solo/Duet/Team/Combo routines
 - Routines with swimmers who are not age 13-15 will swim honorary and cannot qualify for US 13-15 Championship
- Junior Zone Champs
 - No qualification, any can enter (for solo, MUST be age 15-18 in 2019. For duet/team , at least one competitor MUST be 15-18 in 2019)
 - **Final** Free Solo/Duet/Team/Combo routines
 - **Final** Tech Solo/Duet/Team routines
 - Routines with swimmers who are not 15-18 (either younger than 15 or older than 18) will swim honorary and cannot qualify for US Junior Championship
- Senior Zone Champs
 - No qualification, any can enter (for solo, MUST be age 15-18 in 2019. For duet/team at least one competitor MUST be age 15 or older in 2019.
 - **Final** Free Solo/Duet/Team/Combo routines
 - **Final** Tech Solo/Duet/Team routines
 - Routines with swimmers who are younger than 15 may swim honorary and cannot qualify for US Senior Championship
 - ***for US Senior Nationals, you can qualify in free...and in tech....you do NOT have to compete in both***
- Free Combination (13-15, Junior, Senior events)
 - To qualify for US nationals all members of the combo must be of age to attend US nationals (13 and older)

* Routines that will not compete at US Nationals (if qualified) will swim honorary
EVERY ROUTINE ONLY SWIMS ONCE, FINALS ONLY ALL ROUTINES

Entries: All entries must be computer generated. Entries and proof of USA Synchro membership must be emailed to Maggie Downey at downeymm@gmail.com AND Diana Wolff at dianapaulk@me.com

BY February 1, 2019.

This email must include

- Entry Form (one per category)
- USA Synchro Club Roster (proof of USA Synchro membership)

Mail checks, postmarked **BY February 8, 2019** to:

Diana Wolff

7109 91st St. E

Palmetto, FL 34221

Send/email entries as follows:

Form A - Club Entry

Form B - Financial Summary

Form C - Officials Availability

Form D - CCP Coaches-Must be current **CCP Level 3**, Proof of USSS Membership

Officials, please just send Form C.

FEES:

Entry Fee:	\$10.00 per competitor per routine
Sponsor Fee:	\$25.00 per competitor (inc. alternates)
Awards Surcharge:	\$4.00 per competitor (inc. alternates)
Unaffiliated Judges Fund	\$1.00 per competitor (inc. alternates)

Note: Any swimmer who is listed as an alternate and not swimming any other routine shall pay the sponsor/awards/Judges fees. Also any pre-swimmers requesting to swim will pay entry, sponsor and judges fees.
Senior Entries Only-Since Tech and Free Routines are separate events, an entry fee is to be paid for each!

Coaches: To be on deck, USA Synchro must show that coaches are fully certified as a **CCP Level 3 coach**. If that's not showing, BY FEB 28, you must provide proof of certification to Carole Mitchell before being allowed on deck. If you have a new coach who is unable to obtain level 3 by the meet, contact Carole at: carole.mitchell.1818@gmail.com ASAP.

Awards: Medals for 1-12 place will be given in each event. Honorary and Non-Honorary routines will compete for the same awards. Special Zone Awards nomination forms attached. Please submit all nominations with your entries or email them to carole.mitchell.1818@gmail.com for processing no later than Feb. 28

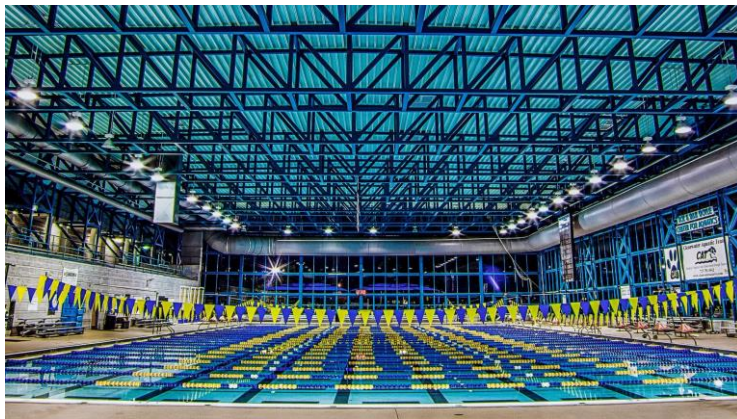
13-15 Age Group Figures

423	Ariana	2.2
143	Rio	3.1

The figure group will be drawn on Wednesday, February 27, 2019 by Officials Chair Victoria Anderson and emailed to the South Zone listserv.

Pool Specs: Indoor 50 meter pool with deep 8 lanes for competition. Depth - There is a slight grade in the four deepest lanes (12 feet 6 inches to 12 feet 3 inches); the next four lanes go from 12 feet 3 inches to 7 feet. Deck has roll out gutters on the competition pool; from the deck to the edge of the water is 20.5 inches.

Pool:



Practice/lap area: Lap swimming will be available throughout the meet in the several lanes next to competition area.

Seating: Bleacher seating upstairs will be available for spectators.

Deck space: Ample room for deck work, walkout, and bag storage.

Hospitality: Coaches and Officials are welcomed to the hospitality room for drinks and snacks throughout the meet.

Concessions: Concessions will be available. Jolyn & Kona Ice will be on site.

Gelling: There will be a gelling station available.
We will not provide knox supplies - please bring your own.

Competitors may NOT wash their gel out at the facility except on Sunday and showers MUST be completed prior to awards that day. There will be a \$100 fine assessed per swimmer for any violation during the meet.

Host Hotels: *La Quinta Inn & Suites (10.2 miles/17 min drive to the Long Center)*
3301 Ulmerton Road
Clearwater, FL 33762
Tel: 727 572-7222
http://www.laquintaclearwaterairport.com/?cid=local_688

20 rooms (2 Double beds) @ \$115/night. Includes breakfast. Please call The Group Reservations Department at 1-800-527-1498 and identify themselves as members of Suncoast Waterworks Reservation Block confirmation #0688357
Please book on or before 2/6/19

Fairfield Inn and Suites Clearwater (3.8miles/6 min drive to the Long Center)
3070 Gulf to Bay Blvd
Clearwater, FL 33759
Tel: 727 724-6223
<https://www.marriott.com/hotels/travel/tpacr-fairfield-inn-and-suites-clearwater/>

50 Rooms (2 Queens) @ \$149/night. Includes breakfast. Please use link below to book your room.
Please book on or before 1/29/19

https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=Suncoast%20Waterworks%5Etpacr%60SWSSWSA%60149.00%60USD%60false%604%602/28/19%603/3/19%601/29/19&app=resvlink&stop_mobi=yes

Holiday Inn Express Clearwater- East- Icot Center (7.7miles/15 mins drive to the Long Center)
13625 ICOT Blvd
Clearwater, FL 33760
Tel: 727 536 7275

https://www.ihg.com/holidayinnexpress/hotels/us/en/clearwater/clwgw/hoteldetail?cm_mmc=GoogleMaps_-_EX_-_US_-_CLGW

20 Rooms (2 Doubles) @ \$139/night. Includes breakfast. Please use the link below to book your room.

[https://www.ihg.com/holidayinnexpress/hotels/us/en/clearwater/clwgw/hoteldetail?newRedi-rect=true&qIta=99801505&icdv=99801505&qSIH=CLGW&qGrpCd=SWM&setPMMCook-ies=true&qDest=13625%20ICOT%20Boulevard,%20Clearwater,%20FL,%20US&srb_u=1](https://www.ihg.com/holidayinnexpress/hotels/us/en/clearwater/clwgw/hoteldetail?newRedirect=true&qIta=99801505&icdv=99801505&qSIH=CLGW&qGrpCd=SWM&setPMCook-ies=true&qDest=13625%20ICOT%20Boulevard,%20Clearwater,%20FL,%20US&srb_u=1)

Please book on or before 2/07/19

Holiday Inn Express & Suites Largo-Clearwater (7.2 miles/17mins drive to the Long Center)

210 Seminole Blvd

Largo, FL 33770

Tel: 727 581-3900

<https://www.ihg.com/holidayinnexpress/hotels/us/en/largo/clwls/hoteldetail>

10 rooms (2 Queens) @ \$179/night. Includes breakfast. Please call the hotel directly 727 581-3900 to make their reservation by asking for the "Suncoast Waterworks Synchronized Swimming" block.

Please book on or before 02/07/19

Airports: St. Pete-Clearwater International Airport
Clearwater, FL 33762 (8.4 miles from facility)

Tampa International Airport
Tampa, FL 33607 (15 miles from facility)

Transportation: Car rental companies are available at both airports. UBER and LYFT both operate in this area.

Area Activities: <https://www.myclearwater.com>



**ST. PETE
CLEARWATER
SPORTS & EVENTS**

TENTATIVE SCHEDULE - SCHEDULE WILL CHANGE BASED ON ENTRIES

Friday March 1

7:00	Doors open/Registration/Lap Swim
7:10	Coaches meeting
7:25 – 7:45 am	13-15 figure warm up
7:50-9:35 am	13-15 figure competition
9:35-9:55 am	Jr/Sr tech solo warm p
9:55-11:15 am	Jr tech solos
11:15 – 11:30 am	Sr tech solos
11:30 – 11:55 am	Lunch Break
11:50 -12:10 pm	Jr/Sr tech duet warm up
12:10 – 1:35 pm	Jr tech duets
1:35 - 1:45 pm	Sr tech duets
1:45-3:00 pm	Jr/Sr tech run through w/music
3:00 -3:45 pm	Jr tech teams
3:45-4:00 pm	Sr tech teams
4:00 – 4:15 pm	13-15 solo warm up
4:20 - 5:45 pm	13-15 solo competition

Tech awards immediately following 13-15 solos

Saturday March 2

7:00 am	Doors Open
7:10 -7:25 am	lap swim
7:30 – 7:45 am	13-15 duet warm up
7:50 – 9:20 am	13-15 duet competition
9:20-9:35 am	Jr free solo group 1 warm up
9:35-11:05 am	Jr free solos group 1
11:05-11:20 am	Jr free solo group 2/All Sr free solo warm up
11:25 am - 12:45 pm	Jr free solo group 2/All Sr free solo

12:55-2 pm	Lunch/meetings
2-3 pm	13-15/Jr/Sr combo run through w/music
3-3:30 pm	13-15 combos
3:30-4:15 pm	Jr combos
4:15-4:30 pm	Sr combos
4:30-5:10 pm	13-15 team run through with music
5:10-6 pm	13-15 teams

Sr free solo, all combo and 13-15 awards

Sunday March 3

7:00 am	Doors Open/lap swim
7:15-7:35 am	Jr duet free group 1 warm up
7:35-8:55 am	Jr duet free group 1
8:55-9:15 am	Jr duet free group 2/Sr duet free warm up
9:15-10:30 am	Jr duet free group 2/Sr duet free
10:30-11:20 am	Jr/Sr free team run through w/music
11:20 am -12:30 pm	Jr/Sr free team

Jr duet/team/solo awards, Sr free duet/team awards

**FORM B
FINANCIAL SUMMARY**

TEAM NAME: _____
Team Contact: _____
Name E-Mail Address

CELL PHONE: _____

SPONSOR FEE: \$25.00 X _____ # OF ATHLETES = _____
ENTRY FEES

Solos (13-15, Junior & Sr Free) \$ 10 x _____ # of Solos = _____

Solos (Sr Tech) \$ 10 x _____ # of Solos = _____

Duets (13-15, Junior & Sr Free) \$ 20 x _____ # of Duets = _____

Duets (Sr Tech) \$ 20 x _____ # of Duets = _____

Team (13-15, Junior & Sr Free) \$ 10 x _____ # of Swimmers = _____

Team (Sr Tech) \$ 10 x _____ # of Swimmers = _____

Combo \$ 10 x _____ # of Swimmers = _____

Unaffiliated Judges Fund \$ 1.00 x _____ # of Swimmers = _____

Awards Fee \$4.00x _____ # of Swimmers = _____

TOTAL DUE: _____ **CHECK PAYABLE TO SUNCOAST WATERWORKS**

Number of Coaches attending _____ (this will help us with hospitality-MUST BE CCP LEVEL 3 to be on deck/in the hospitality area)

FORM C OFFICIALS AVAILABILITY

TEAM NAME: _____

Association: _____

Name	Rating	Fridav	Saturdav	Sundav

If a judge is unavailable for a specific event, please list that here:

REMINDER: All coaches and judges must be registered members of USSS. If you are an unaffiliated official and not a life member of USSS, you must email proof or provide it at check in.

Unaffiliated judges should email this form to Officials Chair Victoria Anderson vkanders@gmail.com and copy Carole Mitchell carole.mitchell.1818@gmail.com

FORM C

CCP COACHES

Coaches must be 100% compliant with Coaches Certification to be on deck at this meet.

You must be a current CCP level 3 to be on deck

Please list all coaches that will attend Zone Championship and list their certified CCP level (this will be verified from the information on the USA Synchro website)

FORM C
SOUTH ZONE SPIRIT AWARD

(email to carole.mitchell.1818@gmail.com by February 28)

- A. Eligibility
 - 1. 15 years or older
 - 2. Current USSS registered athlete
- B. The Award is based on the following items which are weighted equally:
 - 1. Service
 - to synchro
 - to the athlete's community
 - 2. Extra-curricular activities
 - 3. Academic achievement
 - GPA to date
 - special awards/achievements
 - special programs
 - 4. Leadership
- C. Review/selection
 - 1. Each South Zone coach may submit a nomination from their club. Nomination forms to be included in the South Zone Senior Championship information and returned with entry.
 - 2. The Zone Athlete Representative shall receive the nominations, select the review committee of three unaffiliated zone persons, and distribute the nominations to the review committee.
 - 3. The review committee will select the athlete from the nominations and submit the results to the South Zone Chair
 - 4. The award will be presented at the South Zone Senior Championship award ceremony.

Athlete nominated for the Spirit Award:

Please include information that supports your nomination of this person for the award using additional pages as needed.

FORM C
SOUTH ZONE CONTRIBUTOR'S AWARD
(email to carole.mitchell.1818@gmail.com by February 28)

Any individual, excluding athletes, who has served the South Zone in an outstanding manner, will be eligible for nomination. The person can be nominated by any member of USSS South Zone. The award will be presented at the South Zone Senior Championship award ceremony.

Person nominated for the Contributor's Award

Please include information that supports your nomination of this person for the award. Use additional pages if needed.

FORM C
SOUTH ZONE COACH'S AWARD
(email to carole.mitchell.1818@gmail.com by February 28)

Eligibility for nomination:

- A. Currently an active coach
- B. Has coached athletes eligible for Zone, National Age Group or higher
- C. Has contributed to the development of synchro by sharing information, expertise and knowledge
- D. Has respect for the rules and the code of conduct
- E. Is interested in the total personal development of athletes
- F. Has coached a minimum of five years

The person can be nominated by any member of USSS South Zone. The award will be presented at the South Zone Senior Championship award ceremony.

Person nominated for the Coach's Award:

Please include information that supports your nomination of this person for the award using additional pages as needed.