2021 East Zone Invitational
Figure Competition
February 21, 2021

SPONSORED BY

Maine Synchro and South Shore Sea Dragons

RULES TO GOVERN

Current United States Artistic Swimming Official Rules
Current East Zone Synchronized Swimming Handbook

MEET MANAGERS

Maria Atkins - Maine.synchro@outlook.com
Kerri Moran - moran.kerri@gmail.com

ELIGIBILITY

Open to all Novices, Intermediates, 12&Under Age Group, 13-15 Age Group, and Junior (15-19) and Senior (15 & Older)

Over qualifications: None

Waivers - we are following USAAS 2021 waivers:
If you have a 19yr old - they can do Jr tech elements
Junior Championship Age Requirements - For the 2021 season only, FINA has changed the definition of the Junior division (ASAG 2.2). Athletes that are 15-19 to years of age for the year 2021 are eligible to compete in the Junior division. As the Junior National Championship is held under FINA rules (TR 1.1) this waiver automatically applies to this Championship as well as the US Junior Open.

If you have an athlete swimming up to 13-15, they may participate in 13-15 figures
13-15 Championships Age Requirement - For 2021 only competitors who do not meet the minimum age requirement under CP 3.4.1 may compete in the 13-15 Championships to complete a routine. At least one competitor in the routine must meet the age requirements under CP 3.4.1.

All competitors must be a registered member of USA Artistic Swimming (Trial Member, Athlete, or Competitive Athlete) by February 21st.

DIVISIONS

Novice 10&Under, 11-12, 13-15, 16&Over
Intermediate 10&Under, 11-12, 13-15, 16&Over
Age Group 12&Under, 13-15
Junior tech elements -single swimmer only- Solo, Duet, Team
Senior tech elements -single swimmer only- Solo, Duet, Team
Athletes with Disabilities (AWD) Tier 1, Tier 2, Tier 3, Tier 4

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OFFICIALS

Please register through the meet entry form by the entry deadline.
Judge certification level 1 and higher are eligible to judge.

Practice judges should also register for this event.
At this time virtual meets cannot be used to fulfill judges' testing requirements, but this may change.

FIGURES - Athletes must complete in both figures

Novice	361. Prawn	DD 1.5
	316. Kipnus	DD 1.4
Intermediate	301. Barracuda	DD 1.9
	311. Kip	DD 1.6
12&UAG	106. Ballet Leg, Straight	DD 1.6
	363. Water Drop	DD 1.5
13-15AG	143. Rio	DD 3.1
	315. Seagull	DD 2.1

Junior and Senior

Tech Elements 1 & 2 of your chosen event(s) (solo, duet and/or team)
One swimmer per element. All tech elements are being judged individually.
Note: athletes can stroke into and out of element with camera panning)

AWD - PHYSICAL AND COGNITIVE FIGURES - Athletes must complete in both figures

Tier 1	100. Bent Knee, Alternate	DD 1.0
	302. Blossom	DD 1.4
Tier 2	101. Ballet Leg, Single	DD 1.6
	306. Barracuda, Bent Knee	DD 1.8
Tier 3	106. Ballet Leg, Straight	DD 1.6
	301. Barracuda	DD 1.9
Tier 4	423. Ariana	DD 2.2
	301d. Barracuda, Spinning 180°	DD 2.1

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COMPETITION FORMAT

There will be no preliminary events. Finals will be held for all events. The figures and elements will be evaluated separately and the results will be combined for an overall score. Technical element swimmers may stroke in and out of their elements. Videos will be submitted, judges will be selected and judging spread out over the course of a week.

ATHLETE ATTIRE

Athletes should wear black swimsuits and white caps.

AWARDS

Ribbons will be given for places 1-12 in each event

ENTRIES

Entries and videos must be filmed, shared and submitted by **Sunday, February 21, 2021 by 11:59pm**
No entries shall be accepted after the entry deadline
Checks should be mailed by the entry deadline

Share meet entries through Google Drive to the following emails:
Maine.synchro@outlook.com - Head Coach of Host Club
moran.kerri@gmail.com - Head Coach of Host Club
jenmachatt@verizon.net - East Zone Chair
gil@sharonim.com - East Zone Scoring Chair
lmehrenreich@gmail.com - East Zone Officials Chair
kayla.parvana@gmail.com – East Zone Education Chair
lpinette@mvymca.org - East Zone Technical Chair
annamontgomery.hhc@gmail.com - East Zone Vice Chair

Entries Fees and Meet Registration

Please note that all the forms are now combined in the Google doc (link below). The first tab includes the instructions, followed by swimmer entries, judges & coaches (only enter judges available) and fee form.

Meet Entry Form:
East Zone Virtual Invitational 2021 - Entry Form for FEBRUARY Competition

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ENTRY FEES

Entry Fee: $12 per athlete per figure category, athletes may enter multiple categories
Mail Fee Form with check payable to "South Shore Synchro" and include the fee form.
Please, mail check to:
Kerri Moran, 26 Union Street, Pembroke MA 02359

VIDEO SUBMISSION

All videos will be uploaded and submitted through the Meet Entry Form in the swimmer entries portion under Video link by February 21st at 11:59pm.

Each figure or element must have its own separate video per athlete. Please submit each video link to each entered event on the registration form. Coaches will copy/paste cloud storage (YouTube, Google Drive, Dropbox, etc.) link on registration form.

All videos must be recorded from the judges' perspective with the athlete's full body in view (above and below the water). Technical elements will be performed with the left or right side to the camera, regardless of the general requirements for the required elements for technical routines. Technical elements may have stroking into element and out. Video may pan with the athlete. **Videos must be filmed on the same side of the pool as the athlete.**

Videos submitted must be of good viewing quality. If the video is deemed to be of poor quality, the athlete will be required to re-submit within a 24 hour period.
Suggested minimum video quality 720p at 30 fps.

Please make sure all videos are named with the following naming conventions:

Use the following naming conventions (see bolded below) when saving files.
Video file names should be hyphen (–) separated.

Divisions and Category Options:
10&UNOV, 11-12NOV, 13-15NOV, 16&ONOV, 10&UINT, 11-12INT, 13-15INT, 16&OINT, 12&UAG, 13-15AG, JR, SR, 1AWD, 2AWD, 3AWD, 4AWD

Division-Event-Club Code-Last Name
E.g. 13-15AG-Rio-CSG-Smith
E.g. Jr-DuetElement1-CSG-Smith