

## 2009 Rocky Mountain Figure Meet

Date: Saturday, December 5, 2009

Warm Ups start at 12:30

Pool: Hinckley Pool

1250 Chambers Road

Aurora, CO

(Directions at the end of the meet announcement)

Awards: Medals for Novices, ribbons for Intermediate B, certificates for all others.

General Info: An athlete may be entered in a maximum of two events. One event must be designated honorary prior to competition. Age may be based on either their current synchro age or official age for the following season.

USSS Age Groups for Novice Level: 8 and under, 9-10, 11-12, 13-15, 16-17, 18&over.

USSS Age Groups for Intermediate Levels: 10 and under, 11-12, 13-15, 16-17 and 18&over.

USSS Age Groups for Age Group Level: 10 and under, 11-12.

Zone Invitational Age Group: 13-15.

Junior Age Group: 16-17 and 18- 19.

Figures:

### NOVICE

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

### 12 & UNDER AGE GROUP & INTERMEDIATE "B"

101R/L	Ballet Leg, Single	1.6
360	Walkover, Front	2.1
321	Somersub	2.0
315	Kipnus	1.6

### 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

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

Tentative Schedule - Figures will go in the order listed below:

All 16-19 swimmers arrive at Noon for stretching.

12:30 – 12:40 16 – 19 Lap Warm-up  
12:40 – 1:00 16 – 19 Figure Warm-Up  
1:05 – 1:40 Figures

All 13-15 swimmers arrive at 1:00 pm for stretching.

1:40 - 1:50 13 – 15 Lap Warm-Up  
1:50 - 2:10 13 - 15 Figure Warm Up  
2:15 – 2:40 Figures

All 12&Under and Intermediate swimmers arrive at 2:00 pm for stretching.

2:40 – 2:50 Intermediate and 12&Under AG Lap Warm-Up  
2:50 – 3:10 Intermediate and 12&Under AG Figure Warm Up  
3:15 – 3:40 Figures

All Novice swimmers arrive at 3:00 pm for stretching.

3:40 – 3:50 Novice Lap Warm-up  
3:50 – 4:10 Novice Figure Warm Up  
4:15 – 4:40 Figures  
4:50 Awards

\*\* PLEASE NOTE: Every swimmer is expected to stay through awards unless a coach has give permission prior to December 5th. While on deck only Boulder Aquateens gear should be worn (shirt, warm-ups, parkas) by swimmers. Each swimmer will also need their Aquateen cap, warm-up swim suit, black figure suit, and a white cap.

### DIRECTIONS:

Directions from the North: I-25 to I-70 going east. Take 225 south to 6<sup>th</sup> Avenue. Go East to Chambers Road. Go North and Hinkley High School is on your right.

Directions from the South: I-25 to I-225 (exit 200) Merge going towards I-70 (Limon and Airport). Take 6<sup>th</sup> Avenue exit (exit 9) going east to Chambers Road. Turn left (North) and Hinkley High School is on the right.