

**2010 NORTH ZONE SENIOR CHAMPIONSHIP
AND
13-15 AGE GROUP INVITATIONAL
FINAL MEET ANNOUNCEMENT**

- Dates:** March 4-7, 2010
- Sanctioned by:** U.S. Synchronized Swimming, Inc.
- Hosted by:** The Rocky Mountain Association of U.S. Synchronized Swimming, Inc.
- Meet Manager:** Myrna Hagedorn; hagedorn@mywdo.com
(H) 719-687-5312; (C) 719-641-9647.
- Rules to Govern:** 2010 USSS Official Rulebook
- Entry deadline:** All entries including Forms A-E must be postmarked by **February 18, 2010** and must include documentation from qualifying events and proof of registration for all competitors. If a qualifying event is held after the entry deadline for this competition, a provisional entry must be submitted by the deadline. Within 72 hours of the completion of the qualifying competition, proof of qualification must be submitted by email to the meet manager. *Routines in the Senior Zone Championship that have swimmers who are 13 or 14 years of age (by birth year) must be noted as honorary on entries.*
- Qualifying Scores:** Scores must have been obtained from Senior Association, Regional, Zone or higher level competition within the two previous competitive seasons.
- 13-15 Meet:** No qualifying scores required
Senior Zone: Solo--66.5 Duet--65.5 Trio-- 64.5 Team—Open
- Entry Forms:**
- Form A** Club Entry Form: Qualifying documents and proof of membership must be included with entries.
 - Form B** Athlete Qualifying Form
 - Form C** Entry Fee Summary
 - Form D** Housing, Transportation and Club Coach List
 - Form E** Officials and Availability
 - Form F** Photo and Greetings for the Championship Program: Submission Form
ALL PROGRAM MATERIALS ARE DUE TO SHARI DARST BY FEB. 15
See Form F for more details.
- Email/Mail All Forms & Fees to:** Myrna Hagedorn, Meet Manager
15478 W. Highway 24
Woodland Park, CO 80863
hagedorn@mywdo.com
- Email Official Entry Forms to:** Lisa Mooney, NZ Scoring Chair
l.mooney@charter.net

Entry Fees: Sponsor Fee--\$25 per competitor; Event Fee--\$10 per competitor per routine, including alternates (Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine shall pay the entry fee). Checks should be made payable to: **Rocky Mountain Synchro**

Additional Entry/Eligibility Information:

A swimmer may only enter three different routine events plus the Combination event during the course of both championships.

13-15 Zone Invitational

- May be 13 (birth year) or younger, but swimming up to complete a 13-15 routine. (No swimmer younger than 13 may swim solos.)
- Swimmers may compete in both meets (the 13-15AG Invitational and the Senior Zone Championship) but not in the same event.

Senior Zone Championships

- Must be 15 (birth year) to compete in Sr. Zone Meet. However, 13 and 14-year-old swimmers may compete to complete a routine.
- Scores for senior zones may be used to qualify for US Juniors or Junior Open Championships if all swimmers are eligible age. Routines with 13 and 14-year-old competitors will not be eligible to advance to US Nationals. *Routines in the Senior Zone Championship that have swimmers who are 13 or 14 years of age(by birth year) must be noted as honorary on entries.*

Free Combination Routine Event

- A single combination event will be held. Places 1 – 8 will be awarded based on routine score only. Entries may have a combination of 13-15AG Invitational and Senior Zone eligible competitors.

Figures: All swimmers shall perform figures appropriate to the section(s) of meet in which they are competing.

13-15 Invitational Meet—Group 1

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

Senior Zone Championship—Group 1

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

Finals: **13-15 Invitational Meet:** The top eight combined routine and figure scores from each event will place 1-8. No final event will be held.

Senior Zone Championship: The top 10 solos, duets, trios and teams (by routine score) will advance to finals with combined figure and semi-final score determining places 1-8 and preswimmers 9 and 10.

- Awards:** Medals will be awarded to places 1-8 in each event in both meets and in the Combination event. Honorary entries will be included in the awards.
- Schedule/ Meetings:** The final schedule is attached. To ease travel time from the Hinkley High School pool to the Carmody Recreation Center after figures on Saturday morning, the annual Athletes Meeting and North Zone Annual Meeting will be held on Friday, March 5, between the Combination competition and team practice with music.
- Sound System:** Music should be submitted as mp3 files attached to email, preferably by February 18 (see attached document on how to prepare digital music files). Music files should be emailed to:
- Larry Nash, Rocky Mountain Technical Chair
Lordlarry2226@netscape.net
- Changes to music files may be made at any time via email prior to the start of the meet and at the meet if brought on standard digital storage media. A CD player and cassette player will be available for backups. CDs and tapes should have one selection per CD/Tape clearly labeled with the competitors names, event and team name.
- Registration:** Registration will be available Wednesday evening at the Hampton Inn Denver and LaQuinta Inn SW (host hotels) as well as Thursday and Friday, 8 am-Noon at the Carmody pool.
- Venue Rules:** The following rules will be in place throughout practice and competition.
- No glass containers of any kind in the facility.
 - No outside hot pots will be allowed in the locker rooms. A gelling station will be set up for athlete use in the locker room.
 - Athletes may gel and rinse out gel in the locker rooms; however, the facility must be well maintained or those privileges can be withdrawn. **Please be considerate of the facility and its other patrons!**
 - Locker rooms contain changing areas, showers, sinks and toilets; but no lockers for storage. Designated bag areas will be noted for athlete bags and belongings. All bags and belongings should be kept in these areas and not in the changing rooms. Other patrons will be using the locker rooms for non-aquatic center activities. The athletic equipment in the gym may not be used by North Zone attendees unless they pay the center admission fees.
- Banners:** Club banners should be presented at the registration table at Carmody.
- Admission:** Admission to all events will be free. Badges will be not be needed to enter the facilities.
- Coaches:** All club coaches must be listed by name on Form D. Please remember that all coaches must be fully CCP Level 1 certified in order to coach on deck at this competition. Badges will be issued to coaches on the CCP Level 1 list on the USASynchro website. Badges must be worn when coaching at the competition pools.

Officials: Please return Forms D and E. Officials are to wear white tops, navy blue bottoms (no shorts) and white shoes for all events. Officials will be issued badges which should be worn for access into the competition area. **Please note that we will be using the 3-score system of judging at this competition.**

Hospitality: A hospitality area that will have light meals and snacks will be provided for officials and coaches.

Concessions & Vendors: Ice water will be free and available for all near the hospitality area. Non-carbonated beverages and athletic drinks will available for purchase but we will not be able to provide food concessions. A corridor will be designated where coolers may be placed. Cooking is not permitted in the facility. There will be an area very near the competition pool where food and drink may be consumed.

Championship tees and hoodies will be printed on-site and may be personalized with team and swimmer names. Shirt Prices:

T-Shirt	\$15
Long Sleeve T-Shirt	\$20
Tie Dye (short-sleeve)	\$24
Tie Dye (long-sleeve)	\$25
Hooded Sweatshirt	\$40

Note: The costs listed above are base prices and includes either a full front or left chest event logo. Additional charges may apply to include the list of participant names to shirt backs as well as other customizing that will be made available.

The championship program will be available for purchase for \$2 during registration times and in the hospitality area throughout the meet.

Airport and Transportation: Denver International Airport (DIA) with all major car rental companies. Please be sure to allow an hour between the Carmody Recreation Center in Lakewood and DIA on Sunday afternoon. Also, given the probability of new security procedures, it would be worth checking on the DIA website or with your airline for time allowances for security checks.

Host Hotels: **La Quinta Inn**
7190 W Hampden Ave
Lakewood, CO
303-969-9700
Block name: North Zone Championships; reservations may be made with any La Quinta front desk agent.
Room rate: \$59 per night not including tax, two double beds per room (includes continental breakfast; does not include in-room fridge or microwave)
Last date for block reservations: Feb. 4, 2010

Hampton Inn Denver

3605 S Wadsworth Blvd

Lakewood, CO

303-989-6900

Block Name: MFS; reservations may be made with any Hampton front desk agent.

Room rate: \$69 per night not including tax, two double beds per room (includes continental breakfast).

Last date for block reservations: Feb. 21, 2010

Pool Locations:

Carmody Recreation Center (for all but Saturday morning figures)

2200 S Kipling St

Lakewood, CO 80227-2126

(303) 988-3068

www.lakewood.org/comres/page.cfm?ID=178

Hinkley High School (Saturday morning figures)

1250 Chambers Rd.

Aurora, CO 80011

Parking at Pools:

There is ample space in the parking lots of both pools.

Pool

Specifications:

All routine warmups and competitions will be held at the Carmody Rec. Center:

Competition Area Dimensions at the Carmody Pool:

Length: ~28yds of a 50M long pool

Width: 7 lanes = 50ft

Depth: From the entry (deep) end, 0 to ~12 yds @ 12ft

From the ~12 yds to 14yds, a rise from 12ft to 7ft

From ~14 yds to the end of the competition area (~28yds.), a gentle slope from 7ft to 6ft.

Preparation for High Altitude:

The following information was provided to the National Team Coaches by Randall L. Wilber, PhD, FACSM; Senior Sport Physiologist, USOC Athlete Performance Lab; U.S. Olympic Committee with additional suggestions from Nathalie Bartleson, National Team Coaches Pool.

From Randy - On proactive training measures to prepare for high altitude:

The most important thing you can do in advance is to conduct a blood test on all your athletes. The goal of the blood test will be to evaluate the athletes' serum ferritin (stored Fe [Iron]). When athletes come up to altitude, their Fe stores drop dramatically in the first two weeks. This is because the body is using the Fe to make more red blood cells, which serve to supply the additional oxygen needed in the altitude/hypoxic environment. The production of more red blood cells is a "good thing" because your athletes will feel stronger/fitter when they return to sea level. However, if the athletes' Fe stores are not normal when they arrive in Colorado Springs, then they will be very susceptible to "Fe-deficient anemia". Young female athletes are

especially susceptible to Fe-deficient anemia due to gender-specific avenues of Fe loss such as menstrual flow. In summary, the pre-altitude blood test is the most important thing that you can do in advance to help ensure that none of your athletes develop any problems related to Fe-deficient anemia.

On how to combat altitude sickness:

Truth be told, it is almost unheard of for anyone to develop acute mountain sickness (AMS) at the elevation of Colorado Springs (Colorado Springs is at 6200 ft; Zone pools ~5400). AMS becomes a health issue when humans venture above 12,000 ft. Not to say that you cannot get sick, but I am quite certain that it was not what we would categorize as AMS, but responses are more likely due to a moderate hypoxic response and/or hypo-hydration. Attached below is a table containing several recommendations regarding things that you and your athletes can do during training and “away from training” to reduce the likelihood of getting ill or having adverse reactions to the altitude. Please note that some of the recommendations involve dietary modifications.

From Nathalie:

The most important preparation is 1-3 weeks before competition. Diligently eat foods rich in iron. Try to boost hemoglobin by 2 points. Use supplements at your own risk, but she recommends folic acid and a multivitamin. See USADA.org for information on supplements. While at high altitude for competition, drink lots of water and replace electrolytes. Check all beverage ingredients. “Fuse”, for example, does not contain electrolytes. To help prepare physically, do lots of under laps; such as eight 25’s on the minutes; 3rd to 5th under could add a hybrid in the middle or end with or without coming up.

Recommendations for Effective Training and Competing at Altitude

	Effect of Altitude	Recommendation
Heart rate	May be higher versus sea level at rest and during submaximal exercise. May be similar or lower versus sea level during maximal exercise.	Adjustments to heart rate-based “training zones” may be necessary in order to avoid undertraining or overtraining.
Hydration level	Increased respiratory and urinary water loss at altitude. Potential dehydration.	A concerted effort should be made to increase fluid intake by 4 to 5 liters per day. Restrict intake of caffeinated beverages.
Carbohydrate metabolism	Increased carbohydrate utilization at altitude. Potential glycogen depletion.	A concerted effort should be made to replace carbohydrate prior to, during and after workouts via carbohydrate replacement drinks and solid carbohydrate.
Iron	Decrease in iron stores (ferritin) upon altitude exposure. Potential iron deficiency. Potential non-erythropoietic response.	Have iron status evaluated via a blood test several weeks prior to altitude. Normal iron status: serum ferritin > 20 ng · ml ⁻¹ females, > 30 ng · ml ⁻¹ males. If iron status is abnormally low prior to altitude, consult your physician regarding iron supplementation.
Immune system	Potential for immunosuppression and increased chance of illness.	Ensure adequate rest and recovery. Ensure adequate postexercise carbohydrate intake to modulate training-induced stress hormone response. Ensure adequate dietary intake of the vitamins (folate, B ₆ , B ₁₂) and minerals (zinc, selenium, copper) that affect the immune system.
Oxidative stress	Increased versus sea level.	Anti-oxidant supplementation (Vitamin A, C or E)
Ultraviolet radiation	Increased versus sea level.	Ultraviolet sunscreen and sunglasses. Anti-oxidant (Vitamin E)
Body composition	Potential decrease in muscle mass at altitude, but not very common at elevations that athletes typically train at (1800-3050 m) (6000-10,000 ft).	Adequate nutrition with possible increase in caloric intake. Regular monitoring of body composition.
Sleep/Recovery	May be disturbed and irregular at altitude, especially the first few nights.	Afternoon naps may help until the nighttime sleep disturbances subside. Make sleeping environment as comfortable and similar to home as possible.
Acute Mountain Sickness (AMS)	Potential for symptoms of headache and nausea, but not very common at elevations that athletes typically train at (1800-3050 m) (6000-10,000 ft).	Prescription acetazolamide or aspirin in combination with adequate rest and recovery. Elimination or significant modification to training until recovery.

Directions:

Denver International Airport to Hampton Inn Host Hotel	Mileage
Start out going NORTH on PENA BLVD	0.2
Turn SLIGHT RIGHT toward TERMINAL EAST	2.1
Stay STRAIGHT to go onto PENA BLVD.	9.8
Merge onto I-70 W via the exit on the LEFT.	10.4
Take the I-25 S exit, EXIT 274, toward COLO SPRINGS.	1.2
Merge onto I-25 S/US-87 S via the exit on the LEFT toward COLO SPGS.	5.6
Merge onto US-85 S via EXIT 207B toward SANTA FE DR.	3.8
Merge onto US-285 S.	4.1
Take the WADSWORTH BLVD/CO-121 exit.	0.2
Turn LEFT onto S WADSWORTH BLVD/C-121.	0.2
End: 3605 S WADSWORTH BLVD is on the RIGHT. (48 minutes / 37.73 miles)	

Denver International Airport to La Quinta Inn SW Host Hotel	
Same as directions from DIA to Hampton Inn up through the LEFT onto S WADSWORTH BLVD/C-121.	0.2
Turn LEFT onto W JEFFERSON AVE.	0.1
Turn LEFT onto S VANCE ST.	0.2
Stay STRAIGHT to go onto W. HAMPDEN AVE.	0.2
End: 7190 W HAMPDEN AVE is on the LEFT. (49 minutes / 38.08 miles)	

Denver International Airport to Carmody Recreation Center	
Start out going NORTH on PENA BLVD	.2
Turn SLIGHT RIGHT toward TERMINAL EAST	2.1
Stay STRAIGHT to go onto PENA BLVD.	9.8
Merge onto I-70 W via the exit on the LEFT.	10.4
Take the I-25 S exit, EXIT 274, toward COLO SPRINGS.	1.2
Merge onto I-25 S/US-87 S via the exit on the LEFT toward COLO SPGS.	5.6
Take the US-6 W/6TH AVE exit, EXIT 209B, toward LAKEWOOD.	0.2
Take the CO-88/FEDERAL BLVD exit on the LEFT toward US-287 N.	0.3
Merge onto US-6 W/W 6TH AVE via the exit on the LEFT toward IDAHO SPRINGS.	4.7
Merge onto S. KIPLING Parkway/CO-391 S.	3.4
Turn LEFT onto W JEWELL AVE.	0.6
Turn RIGHT onto OLD KIPLING ST/CR-25.	0.3
2200 S. Kipling St. (48 minutes, 37.02 miles)	

La Quinta Inn SW Host Hotel to Carmody Recreation Center	
Start out going WEST on W HAMPDEN AVE toward S TELLER ST.	0.2
W HAMPDEN AVE becomes S VANCE ST.	0.2
Turn RIGHT onto W JEFFERSON AVE.	0.1
Turn RIGHT onto S WADSWORTH BLVD/CO-121.	0.2
Merge onto US-285 S via the ramp on the LEFT toward FAIRPLAY.	1.3
Take the KIPLING STREET/CO-391 exit.	0.2
Turn RIGHT onto S KIPLING PKWY/CO-391 N.	1.0
Turn RIGHT onto W MORRISON RD/CO-8.	0.2
Turn LEFT onto OLD KIPLING ST/CR-25.	0.6
2200 S KIPLING ST. (8 min / 4.04 mi.)	

Hampton Inn Host Hotel to Carmody Recreation Center

Start out going NORTH on S WADSWORTH BLVD/CO-121 toward W JEFFERSON AVE.	0.3
Merge onto US-285 S via the ramp on the LEFT toward FAIRPLAY.	1.3
Take the KIPLING STREET/CO-391 exit.	0.2
Turn RIGHT onto S KIPLING PKWY/CO-391 N.	1.0
Turn RIGHT onto W MORRISON RD/CO-8.	0.2
Turn LEFT onto OLD KIPLING ST/CR-25.	0.6
2200 S KIPLING ST. (6 min. / 3.54 mi.)	

La Quinta SW Host Hotel to Hinkley High School Pool

Start out going NORTH on S WADSWORTH BLVD/CO-121 toward W JEFFERSON AVE.	0.1
Merge onto US-285 N toward ENGLEWOOD.	8.8
Merge onto I-25 S/US-87 S.	1.1
Merge onto I-225 N via EXIT 200 toward I-70/AURORA/LIMON/AIRPORT.	9.1
Take the CO-30/6TH AVENUE exit, EXIT 9.	0.3
Turn RIGHT onto CO-30/E 6TH AVE	0.7
Turn LEFT onto N CHAMBERS RD.	0.6
1250 CHAMBERS RD is on the RIGHT. 30 minutes / 20.63 miles	

Hampton Inn Host Hotel to Hinkley High School Pool

Start out going WEST on W HAMPDEN AVE toward S TELLER ST.	0.2
W HAMPDEN AVE becomes S VANCE ST.	0.2
Turn RIGHT onto W JEFFERSON AVE.	0.1
Turn RIGHT onto S WADSWORTH BLVD/CO-121.	0.1
Merge onto US-285 N toward ENGLEWOOD.	8.8
Merge onto I-25 S/US-87 S.	1.1
Merge onto I-225 N via EXIT 200 toward I-70/AURORA/LIMON/AIRPORT.	9.1
Take the CO-30/6TH AVENUE exit, EXIT 9.	0.3
Turn RIGHT onto CO-30/E 6TH AVE	0.7
Turn LEFT onto N CHAMBERS RD.	0.6
1250 CHAMBERS RD is on the RIGHT : 32 minutes / 21.09 miles	

Hinkley High School Pool to Carmody Recreation Center

Start out going NORTH on N CHAMBERS RD toward E 12TH AVE.	0.4
Turn LEFT onto I-70 BL W/E COLFAX AVE/US-287 W/US-40 W.	1.8
Merge onto I-225 N toward I-70.	8.3
Take the I-25 S exit, EXIT 274, toward COLO SPRINGS.	1.2
Merge onto I-25 S/US-87 S via the exit on the LEFT toward COLO SPGS.	3.9
Take the US-6 W/6TH AVE exit, EXIT 209B, toward LAKEWOOD.	0.2
Take the CO-88/FEDERAL BLVD exit on the LEFT toward US-287 N.	0.3
Merge onto US-6 W/W 6TH AVE via the exit on the LEFT toward IDAHO SPRINGS.	4.7
Merge onto S. KIPLING Parkway/CO-391 S.	3.4
Turn LEFT onto W JEWELL AVE.	0.6
Turn RIGHT onto OLD KIPLING ST/CR-25.	0.3
2200 S KIPLING ST. (35 minutes / 25.86 miles)	

Carmody Recreation Center to La Quinta SW Host Hotel

Start out going SOUTH on OLD KIPLING ST/CR-25 toward W WARREN DR.	0.6
Turn RIGHT onto W MORRISON RD/CO-8.	0.2
Turn LEFT onto S KIPLING PKWY/CO-391 S. Continue to follow CO-391 S.	1.0
Merge onto US-285 N via the ramp on the LEFT toward ENGLEWOOD.	1.3
Merge onto S WADSWORTH BLVD/CO-121.	0.3
Turn LEFT onto W JEFFERSON AVE.	0.1
Turn LEFT onto S VANCE ST.	0.2
Stay STRAIGHT to go onto W HAMPDEN AVE.	0.2
End: 7190 W HAMPDEN AVE is on the LEFT. (7 minutes / 3.97 miles)	

Carmody Recreation Center to Hampton Inn Host Hotel

Start out going SOUTH on OLD KIPLING ST/CR-25 toward W WARREN DR.	0.6
Turn RIGHT onto W MORRISON RD/CO-8.	0.2
Turn LEFT onto S KIPLING PKWY/CO-391 S. Continue to follow CO-391 S.	1.0
Merge onto US-285 N via the ramp on the LEFT toward ENGLEWOOD.	1.3
Merge onto S WADSWORTH BLVD/CO-121.	
Turn LEFT onto S WADSWORTH BLVD/C-121.	0.2
End: 3605 S WADSWORTH BLVD is on the RIGHT. (6 min. / 3.49 mi)	

Carmody Recreation Center to Denver International Airport

Start out going NORTH on OLD KIPLING ST/CR-25 toward W EVANS AVE.	0.3
Turn LEFT onto W JEWELL AVE.	0.5
Turn RIGHT onto S KIPLING PKWY/CO-391 N. Continue to follow CO-391N.	3.0
Merge onto US-6 E/6TH AVE.	4.9
Merge onto I-25 N/US-87 N toward FT COLLINS	3.9
Merge onto I-70 E via EXIT 214A toward LIMON.	10.4
Merge onto PENA BLVD via EXIT 284 toward DENVER INTERNATIONAL AIRPORT.	11.4
8500 PENA BLVD. (43 minutes / 34.49 miles)	

2010 North Zone Championships and 13-15AG Invitational Schedule

Note the early start time on Thursday morning and the rescheduling of the NZ meetings to Friday after the Combination event!

Thursday, March 4

8:00-10:00am	13-15 Solo Warm Up/Competition
10:00-12:30	Sr. Zone Solo Warm Up/Competition
12:30-3:30pm	13-15 Duet Warm-up/Competition

Friday, March 5

7:30-10:30am	Sr. Zone Duet Warm Up/Competition
10:30-12:3	13-15 Trio Warm-up/Competition
12:30-2:30	Sr. Zone Trio Warm-up/Competition
3:00-4:30	Combo Warm-up/Competition
4:30-5:30	North Zone Meetings
5:30-8:00	Team Run Throughs with music

Saturday, March 6

7:30 – 9:30am	13-15 Figures Warm Up/Competition - HINKLEY POOL
9:30 – 1:00	Sr. Zone Figures Warm Up/Competition - HINKLEY POOL
1 – 2:30	Travel between Hinkley Pool and the Carmody Rec. Center plus Lunch
3:30 – 4:30	Team Warm Up
4:30 -7:30	Team Competition
7:30-8:00	Awards for 13-15 Events & Combo

Sunday, March 7 - Carmody Pool

8:00-9:00am	Warm-ups Trio-Duet-Solo
9:00-11:30	Trio-Duet-Solo Competition
11:30-12:00	Team Warm-up
12:00-1:00	Team Competition
1:00-2:00	Awards

FORM A: Club Entry Form- 2010 North Zone Championships

Club _____ Club Code _____ Meet: **13-15 Invitational** or **Senior Zone (Underline One)**

Please complete a separate form for the 13-15 meet and the senior zone championships.

No	Athlete Name	Registration#	BirthYr	Fig	Solo ID #	Solo Group Name	Duet ID #	Duet Group Name	Trio ID #	Trio Group Name	Team ID #	Team Group Name	Comments
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
	Totals												

Please indicate as **honorary** those routines in the Senior Zone Championships that may have 13-14 year old athletes completing the routine.

Team contact(s) Name _____ Phone: Days _____ Evenings _____ Email _____
 Name _____ Phone Days _____ Evenings _____ Email _____

FORM A: Club Entry Form- 2010 North Zone Championships

Club _____ Club Code _____ Meet: **13-15 Invitational** or **Senior Zone (Underline One)**

Please complete a separate form for the 13-15 meet and the senior zone championships.

No	Athlete Name	Registration#	BirthYr	Fig	Solo ID #	Solo Group Name	Duet ID #	Duet Group Name	Trio ID #	Trio Group Name	Team ID #	Team Group Name	Comments
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
	Totals												

Please indicate as **honorary** those routines in the Senior Zone Championships that may have 13-14 year old athletes completing the routine.

Team contact(s) Name _____ Phone: Days _____ Evenings _____ Email _____
 Name _____ Phone Days _____ Evenings _____ Email _____

FORM C: ENTRY FEE SUMMARY

CLUB NAME: _____

COACH : _____

SOLOS 13-15 _____ (#) x \$10.00 = \$ _____
ZONE _____ (#) x \$10.00 = \$ _____

DUETS 13-15 _____ (#) x \$20.00 = \$ _____
ZONE _____ (#) x \$20.00 = \$ _____

TRIOS 13-15 _____ (#) x \$30.00 = \$ _____
ZONE _____ (#) x \$30.00 = \$ _____

TEAMS # of Competitors in entered in:
13-15 TEAM event _____ x \$10.00 = \$ _____
ZONE TEAM event _____ x \$10.00 = \$ _____

COMBOS
of Competitors in entered in COMBO event _____ x \$10.00 = \$ _____

ALTERNATES ONLY - ENTRY FEES
of Competitors entered as ALTERNATES only _____ x \$10.00 = \$ _____

SPONSOR FEE
Total number of competitors including alternates entered _____ x \$25.00 = \$ _____

TOTAL OF ENTRY AND SPONSOR FEES \$ _____

Make check payable to Rocky Mountain Synchro – No refunds will be given.

FORM D: HOUSING AND TRANSPORTATION

CLUB NAME: _____

COACH/OFFICIAL/CONTACT NAME: _____

Cell Phone # _____

ARRIVING: AIR AUTO OTHER

DATE: _____ TIME: _____

FLIGHT: _____ AIRLINE: _____

DEPARTURE DATE: _____

HOTEL/
LODGING: _____ PHONE: _____

LIST ALL COACHES ATTENDING THE CHAMPIONSHIPS:

Total No. of ATHLETES: _____

Total No. of COACHES: _____

FORM E: OFFICIALS AVAILABILITY

NAME : _____

CELL PHONE : _____

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO JUDGE: (circle all that apply):

THURSDAY PM – FRIDAY AM – FRIDAY PM – SATURDAY AM – SATURDAY PM –
SUNDAY AM

NAME : _____

CELL PHONE : _____

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO JUDGE: (circle all that apply):

THURSDAY PM – FRIDAY AM – FRIDAY PM – SATURDAY AM – SATURDAY PM –
SUNDAY AM

NAME : _____

CELL PHONE : _____

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO JUDGE: (circle all that apply):

THURSDAY PM – FRIDAY AM – FRIDAY PM – SATURDAY AM – SATURDAY PM –
SUNDAY AM

Form F



Support the 2010 North Zone Championships
with an Official Program Ad!
Business Ads or Good Luck Wishes are Accepted!



Yes, I would like to support the championships with a program ad:

- _____ Full page ad, \$40
- _____ Half page ad, \$25
- _____ One quarter page ad, \$15
- _____ Bronze Business Card Ad & Friend of Championship Listing, \$10
- _____ Business card ad, \$8
- _____ Friend of the Championship Listing, \$5
- _____ Team Picture, \$15/each
- _____ Solo, Duet or Trio Picture, \$10/each *(all pictures will be 1/4 page)*

Business/Team Name: _____

Business/Team Contact Name: _____

Address: _____

City: _____ State _____ ZIP _____

Phone: _____ FAX _____

E-mail _____



Ads & Good Luck Wishes: Please make checks payable to Rocky Mountain Synchronized Swimming. Return the form along with the check, business card or ad to Shari Darst, syncbear@pcisys.net. If you'd like help with your ad, please ask Shari for assistance. Forms, ads, checks and requests for information can also be mailed/emailed to:

Shari Darst
Rocky Mountain Synchronized Swimming
19814 E. Caley Drive
Centennial, CO 80016
Phone: 303-693-4330 or E-mail: syncbear@pcisys.net

Pictures: Please make checks payable to Rocky Mountain Synchronized Swimming. Return the form & check with your meet entries. With the emailed picture, please send the team name and names of athletes. Please email your picture(s), in .jpg format, to Shari at syncbear@pcisys.net

ALL MATERIALS ARE DUE TO SHARI BY FEBRUARY 15!

*Rocky Mountain Synchronized Swimming is a 501(c)(3) non-profit corporation, dedicated to the education and development of athletes at all levels of synchronized swimming.
EIN 01-0663760, Colorado Tax # 98-15496-0000*

SUBMITTING DIGITAL MUSIC:

The Rocky Mountain Association has been using computer files (Digital Music) for all Routine music at its local meets since the 2007-08 season. We also want to use computer (Digital Music) files for the 2010 North Zone Championships

Digital Music is simply taking an MP3, WAV or other comparable music file and putting it on a laptop computer and using *iTunes* to play the music at our meets. MP3 files are generally much smaller and are better for sending as email attachments. Please indicate in the body of the email how many files are attached; it is also helpful to list the music titles in the email to be sure that all were emailed successfully.

Procedure:

- 1) We use a file naming convention, i.e. **13-15AG Trio RMS Davis**: 13-15AG=routine entered in the 13-15AG invitational; Trio = Routine event, RMS = USA Synchro Club Abbreviation, Davis = last name of the first alphabetical member of the routine. Similarly, for the Senior Championships, Senior Trio RMS Davis. You may add version numbers after the basic information.
- 2) For the NZ Championships, music is due by email to the Rocky Mountain Technical Chair by **February 18, 2010**. Last minute changes can be made but this will allow plenty of time to have music fully tested and arranged by order of draw.
- 3) The Technical Chairperson will transfer the files from e-mail to a computer file and then import the file to *iTunes*. The music is tested to ensure it plays.
- 4) During the week prior to the meet the Scoring Chair e-mails the Start Lists for the Meet to the Technical Chairperson.
- 5) The Technical Chairperson then creates playlists in *iTunes* for each separate Routine competition.
- 6) At the meet the Technical Chairperson uses a laptop and the playlists in *iTunes* to play the music through the sound system for each Competition.
- 7) Back up music should still be brought and may be in CD (preferred) or tape form. Back up .mp3 or .wav files may be brought on any standard digital media (memory sticks, etc.)

If you have any questions, contact Larry Nash, Rocky Mountain Technical Chairperson at Lordlarry2226@netscape.net.