



UNITED STATES SYNCHRONIZED SWIMMING, INC.
Pacific Northwest Association

NW Elite Invitational

Age Group 13-15, Junior, Senior, Masters

June 6 - 7, 2020

Saturday 7:30 am - 5:00 pm

Sunday 7:30 am – 1:30 pm

MEET

The ***NW Elite Invitational*** meet will be held in Tacoma, Washington at the ***Mt Tahoma High School Pool***. It is governed by the 2020 USSS Rules and sanctioned by PNA.

FACILITY

Mt Tahoma High School Pool

4634 South 74th St.
Tacoma, WA 98409
(253) 305-1022

POOL DIMENSIONS

25y, 6 lanes, 5½f - 11½f depth

HOTEL SUGGESTION

LaQuinta

1425 E 27th Street
Tacoma, WA 98421
Rate \$119.

Please call Laurie Beck at LaQuinta and mention **Synchronized Swimming**
(253) 383-0146 ext #3

HOTEL SUGGESTION

Hampton Inn Tacoma

8203 S Hosmer St
Tacoma, WA 98408

Rate \$133.

1-253-539-2288

Please call in and mention **Synchronized Swimming** or group confirmation # of 91263401 or 93884713

Must book this property by Saturday May 16th

ELIGIBILITY All swimmers must be registered athletes with USSS for the 2019-2020 competition year. Canadian participants welcome as honorary.

REGISTRATION FORMS AND IMPORTANT DATES

Pre Meet Entry Form	May 6, 2020	info@seattlesynchro.com
Registration Forms	May 22, 2020	olga.pastukhova1982@gmail.com tanakajennifer@gmail.com
Fee Calculation Sheet & Payment	May 22, 2020	tanakajennifer@gmail.com
Judges Availability Form	May 22, 2020	princessjackie21@hotmail.com
Coach Credential Form	May 22, 2020	coachkatleen@seattlesynchro.com

FEES

Sponsor Fee - \$15 per competitor

Entry Fee - \$10 per competitor per event

VOLUNTEERS

Please wear a white shirt and black bottoms.

FIGURE COMPETITION

Athletes wear black swimsuit and plain white caps. No logos on caps.

13 – 15 AGE GRP

423 Ariana	2.2
143 Rio	3.1
355 Porpoise Cont. Spin 720	2.1
315 Seagull	2.1

MASTERS -TBD

*A draw will be done on **Wednesday June 3, 2020** for the Masters figures. Teams will be notified by email*

ROUTINE COMPETITION

- Age Group 13-15, 16-17 & 18-19 Free Routines (Duet, Solo, Team, Combo)
- Masters Free Routines (Solo, Duet, Trio, Team)
- Age Group 16-17, 18-19 & Masters Technical Routines (Duet, Solo, Team)

Gelling & Degelling

A knocking area will be provided. De-knocking is not allowed at pool or in the facility. Any team de-knocking will incur a \$100 fine payable at the time of infraction.

Judges & Officials

Judges, level 2 and above, who may be available to judge, should email availability to Jackie Barratt at princessjackie21@hotmail.com. Judges/officials are expected to wear a white top with black pants, shorts, or skirt.

COMPETITION SCHEDULE

A schedule will be available after all entries are received, entered and validated.

Tentative Meet Schedule

Saturday	7:30 am	Lap Swim-Tech Routines (Solos, Duets & Teams) Officials, Judge and Coaches Meeting
	7:45am	Tech Solo Warmup
	8:00 am	Tech Duet Warmup
	8:15am	Tech Solo Competition
	TBD	Tech Duet Competition
	TBD	Tech Team Warmup
	TBD	Tech Team Competition
	TBD	13-15 lap swim
	TBD	13-15 Figure warm up
	TBD	13-15 Figure Competition
	Lunch Break- Open Pool	
	TBD	Lap Swim- (Jr/Sr Solo & Duets)
	TBD	Jr/Sr Solo Warmup
	TBD	Jr/Sr Duet Warmup
	TBD	13-15 Solo Warmup
	TBD	13-15 Duet Warmup

	TBD	Solo Competition
	TBD	Duet Competition
	5:00pm	End of Day (Awards if time allows)
Sunday	7:30 am	Lap Swim- All Teams & Combo's Officials, Judge and Coaches Meeting
	7:45am	13-15 Team Warmup
	8:00am	Jr& Sr Team Warmup
	8:15am	Combo Warmup
	8:30am	13-15 Team Competition
	TBD	Jr & Sr Team Competition
	TBD	Combos
	1:30pm	End of Day- Awards

CONCESSIONS STAND

Provided by SST

DIGITAL MUSIC SUBMISSIONS

PNA sound equipment will be used including an Ocean Engineering underwater speaker. We will be using DIGITAL MUSIC for routines.

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.

- 1) We will use a file naming convention, i.e. 13-15AG Duet SST Davis: 13-15AG=routine in entered in the 13-15AG invitational; Duet = Routine event, SST = USA Synchro Club Abbreviation, Davis = last name of the first alphabetical member of the routine.
- 2) Music is due on no less than 2 weeks before the competition. 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 Sound person 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 Sound person then creates playlists in iTunes for each separate Routine. ***Please send music to Natalie Montgomery: pnasynchro1@gmail.com***

6) At the meet the Sound person 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. Back up .mp3 or .wav files may be brought on any standard digital media (memory sticks MP3 Players, etc.)