

New England Synchronized Swimming Association
2008-2009 All Level Figure Meet
Sunday, November 23, 2008
Haas Athletic Center
Wheaton College
Norton, MA

- Sponsored by: Wheaton Synchro
- Sanctioned by: United States Synchronized Swimming, Inc. (USSSI) &
New England Synchronized Swimming Association (NESSA)
- Governing Rules: 2008-2009 USSSI Official Rules
- Eligibility: Swimmers must hold 2008-2009 USSSI membership.
UNREGISTERED SWIMMERS WILL NOT BE ALLOWED TO COMPETE.
- Age Groups: Novice: 8 & under, 9-10, 11-12, 13 & over
Intermediate: 10 & under, 11-12, 13 & over
Age Group 10 & under, 11-12
Age Group 13-15
Age Group 16-17, 18-19
Collegiate: B, C, D
Masters: A, B, C
- Awards: Ribbons for 1st through 8th places
- The awards ceremony for each division will take place at the conclusion of the following event provided the results are ready.
- Food: Breakfast, lunch, dinner and snack choices will be available for athletes and spectators throughout the meet.
- Entries: Entries must be emailed or postmarked by **Monday November 10, 2008 (Email is preferred)**. A certificate of mailing will validate postmark. Mail entries to
Robin Arsenault
41 Lexington Ave
Methuen, MA 01844
marinemutha@verizon.net
- NOTE: A swimmer may participate in and receive awards in the more than one figure category.

- 1) Please fill out spreadsheet completely. Include name, year of birth (as discussed above) and USSSI number. Please use a **separate sheet** for each figure group. Please be sure to put the right swimmers on the right sheet.
- 2) **Entry fee is \$6 per swimmer per event. Sponsor fee is \$6 per swimmer.**
- 3) Checks made payable to “Wheaton College” and sent to:

Rebecca Story
 Haas Athletic Center
 Norton, MA 02766
 508-286-3993
Story_rebecca@wheatonma.edu

Note: Payment must be received by the entry deadline. Please do NOT bring checks to the pool the day of the meet as this causes confusion and slows down the progress of the meet. Rather, mail checks to the meet manager. Thanks!!!

- 4) Send the judges list to:

Becky Bascom
 13 Lothrop Street
 Beverly, MA 01915
rbascom@verizon.net

Tentative Schedule:

10:00	Doors open for Judges/ Coaches
10:15	Judges/ Coaches Meeting (PLEASE BE ON TIME!)
10:30	Doors open for athletes
11:00	Novice, Masters & Collegiate Lap swim
11:10	Warm up Masters, Novice & Collegiate
11:30	Novice Figure Competition
12:10	Masters & Collegiate Figure Competition <i>*Silent lap swimming in the shallow end will be permitted</i>
12:40	12/under Age Group/ Intermediate Lap Swim
12:45	12/under Age Group/ Intermediate Warm up
1:00	Novice, Masters & Collegiate Awards on the track
1:10	12/under Age Group & Intermediate Figure Competition
2:25	13-15 Age Group Lap Swim
2:35	13-15 Age Group Warm up
2:55	13-15 Age Group Competition
3:55	16-19 Age Group Lap Swim
4:05	16-19 Age Group Warm up
4:25	16-19 Age Group Competition
4:30	13-15 Age Group Awards on the track
5:25	Conclude 16-19 Figure Competition
5:40	16-19 Awards on the track

A FINAL SCHEDULE will be produced based on entries received. Please note on your Club Entry Form how you wish to receive this information.

Figures:

INTERMEDIATE	10 & un / 11-12 AG	13-15 AG	16-19 AG
(c) Walkover Front (c) Barracuda (g2) Swordfish (g2) Neptunus	(c) Walkover Front (c) Barracuda (g2) Swordfish (g2) Neptunus	(c) Side Fishtail Split (c) Flamingo, Bent Knee (g2) Barracuda Bent knee spin 180 (g2) Ariana	(c) Porpoise, Cont Spin (c) Eiffel Walk (g4) Nova Twirl (g4) Beluga

COLLEGIATE A - ELEMENTS

	Element	N Value	dd
1. *	Thrust, Twirl	74	2.2
2. – a	Boosts	18	1.2
2. – b	Eggbeater, Double Arms	28	1.4
3. *	Walkover, Front, Half Twist, Open 180	124	3.1
4.	Travelling Ballet legs Combination	40	1.6
5. *	Nova, Dbl Leg vertical, Full Twist, Cont. Sp	104.5	2.8
6. *	Rocket Split, 180 Spin	89	2.5

B – FIGURES – Group 4

	Fig #	Figure Name	dd
1.	355f	Porpoise Continuous Spin	2.4
2.	128	Eiffel Walk	2.6
3.	435c	Nova Twirl	2.8
4.	347	Beluga	2.3

C – FIGURES – Group 1

	Fig #	Figure Name	dd
1.	140	Flamingo, Bent Knee	2.4
2.	305	Barracuda, Back Pike	2.2
3.	316	Kip Split, Walkout	2.4
4.	345	Reverse Catalina	2.1

D – FIGURES – Group 1

	Fig #	Figure Name	dd
1.	303	Somersault, Back Pike	1.5
2.	360	Walkover, Front	2.1
3.	321	Somersub	2.0
4.	311	Kip	1.8

MASTERS

**Please refer to the USSS Official Rules
For Masters' A, B and C Odd Year Figures**

Directions to Wheaton College

From Boston and Northern New England

1. Take Southeast Expressway (I-93) south to I-93/Route 128.
2. Continue to I-95.
3. Take I-95 south to exit 6A (Route 495).
4. Take Route 495 south to exit 10 (123).
5. Follow 123 west to Norton (1.5 miles to Wheaton College).
6. As you come off of the ramp you go to the right for about 1.5 miles.
7. Turn left onto Pine Street (the first street past the fire station).
8. Take the first right; this street has no name. There will be a blue Wheaton sign.
9. The Hass Athletic Center is the only building on your left. Parking across from door.

From Western Massachusetts

1. Take the Mass Pike to exit 11A.
2. Take Route 495 south and continue at step 4 above.

From Southern New England or Cape Cod

1. Take I-95 north and continue at step 6 above but turn left as you come off of the ramp.

or

1. Take Route 495 north and continue at step 4.