



UNITED STATES SYNCHRONIZED SWIMMING, INC.  
**Pacific Northwest Association**

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**2012 PACIFIC NORTHWEST ASSOCIATION  
Age Group Championships  
Saturday, March 31th, 2012**

**City of Tukwila Pool**  
4414 South 144th Street  
Tukwila, WA 98168  
Phone: 206-267-2350

**DIRECTIONS:**

<http://maps.google.com/maps?q=Tukwila+Pool+4414+South+144th+Street+Tukwila,+WA+98168+&hl=en&ll=37.0625,-95.677068&sspn=40.817312,107.138672&vpsrc=0&hq=Tukwila+Pool&hnear=4414+S+144th+St,+Tukwila,+Washington+98168&t=m&z=16>

**From Seattle:** On **I-5 Southbound**, take **exit 154B** for **Southcenter Boulevard and Mall/WA-518** toward **Burien/Sea-Tac/Airport**. Keep right at the fork and follow signs for **Southcenter Blvd. and Mall**. Turn right onto **Southcenter Blvd.** Turn right onto **42nd Ave S.** Turn right onto **S 144th St.** The pool will be on your left.

**From Olympia and Tacoma:** On **I-5 Northbound**, take **exit 153** for **Southcenter Parkway and Mall**. Make a **sharp right** onto **Southcenter Pkwy.** Take the **1st right** onto **Klickitat Dr.** **Continue** onto **51st Ave S.** Turn **left** onto **S 144th St.** The pool will be on your right.

**HOSTED BY:** THE PACIFIC NORTHWEST ASSOCIATION

**GOVERNED BY:** 2011 - 2012 USSS RULES

**SANCTIONED BY:** THE PACIFIC NORTHWEST ASSOCIATION

**ELIGIBILITY:** ALL SWIMMERS MUST BE REGISTERED AS **REGULAR ATHLETES** WITH USSS FOR 2011 - 2012

Swimmers may enter a maximum of three routine events and may swim any routine only once

**ENTRY FEES:** \$10 Sponsor Fee per swimmer plus \$10 per Routine event entered  
No additional charge for figures at this meet

**EVENTS:** **Figures:** All Swimmers  
**Routines:** Duet, Trio, Solo and Team events for Age Group

**AWARDS:** Figures and Routines: Ribbons – 1<sup>st</sup> - 8<sup>th</sup> Places.

**FOR FIGURES:** All swimmers must wear a plain black one-piece swimsuit with a plain white cap for figure competition.

JUDGES AND DECK WORKERS ARE ASKED TO WEAR A WHITE TOP BLACK BOTTOM.

**PAPERLESS ENTRIES:** Using the attached PNA Meet Registration form or downloaded from the PNA website under Events (<http://www.pnasynchro.com/events.html>), send a separate form for each age group. Email the forms to:

Sandra Bearden [pnasynchro@hotmail.com](mailto:pnasynchro@hotmail.com) Phone: 360-949-1898

Make checks payable to **PNA** and mail to:

PNA  
c/o Sandra Bearden  
11615 91 Lane NE #4  
Kirkland, WA 98034

Printouts with all competitors' scores will be provided to each coach following the meet.

**ENTRY DEADLINE:** It is absolutely imperative that each club planning to attend strives to be timely with their entries so we can accurately determine the schedule. ENTRIES MUST BE RECEIVED BY **Monday, March 19, 2012**

#### **SOUND EQUIPMENT:**

PNA sound equipment will be used: Ocean Engineering underwater speaker with CD player. CDs must have one routine only per tape (recorded at the beginning of the tape) clearly marked and identified. Bring a backup CD in case there are problems with the original.

Please submit the music as soon as you arrive so the music person can put them in the correct order. Coaches will be able to pick up their music at the announcer's table at the conclusion of the meet.

#### **FIGURES: The optional figures for this competition will be Association Meet, Selection Group 3:**

<u>12 &amp; Under Age Group</u>	<u>Difficulty</u>
101 Ballet Leg, Single	1.6
360 Walkover, Front	2.1
344 Neptunus	1.8
301 Barracuda	2.0
 <u>13-15 Age Group</u>	
420 Walkover Back	2.0
355e Porpoise Spinning 360	2.1
301d Barracuda Spinning 180	2.1
140 Flamingo Bent Knee	2.4
 <u>16 &amp; Over Age Group</u>	
313 Kip Split Closing 180	2.5
112f Ibis Continuous Spin	2.8
307 Flying Fish	3.0
115c Catalina Twirl	2.8

**COMPETITION SCHEDULE: Pool opens for competition athletes at 8:00 AM!**

8:00am	Officials and Coaches Meeting; Call for volunteers
8:15-8:30	Lap Swim: 13 – 15 & 16 – 19
8:30 – 8:45	Figure warm up: 13 – 15 & 16 - 19
8:45 – 9:00	Panel meetings and Volunteer seating at panels
9:00-10:00	Figure competition 13 – 15 & 16 - 19
10:00 – 10:10	Lap Swim: 12 & under
10:10 – 10:25	Figure Warm up: 12 & under followed by competition
	Routine competition will follow figures after an appropriate rest break
	16-19 Team warm up
	Age Group 16-19 competition
TBD	Lap swim for Solo, Duet and Trios
TBD	Duet, Trio & Solo Warm up
TBD	Compete Duet, Trio & Solo
	Break following Duet, Trio & Solo competition
TBD	Team lap warm up
TBD	10 & U, 11 – 12 Team warm up, with deep water pool rotation
TBD	13 – 15, Team warm up, with deep water pool rotation
TBD	<b>Team competition</b>
	<b>Routine Competition Rotation:</b> Age Group 16-19 team Duet Trio Solo Team
	<b>Swimmer Rotation:</b> <b>10 &amp; Under</b> <b>11 – 12</b> <b>13 – 15</b> <b>16 – 19</b>