

OFFICIAL MEET ANNOUNCEMENT

- DATES** May 12-13, 2007
- LOCATION** Schlessman Natatorium
Colorado College
14 E. Cache le Poudre
Colorado Springs, CO
Pool desk: 719-389-6486
- SANCTIONED BY** United States Synchronized Swimming, Inc.
- SPONSORED BY** Rocky Mountain Synchronized Swimming
- MEET MANAGER** Myrna Hagedorn
15478 W. Highway 24
Woodland Park, CO 80863
Home: 719-687-5312
Cell: 719-641-9647
Email: hagedorn@mywdo.com
- RULES TO GOVERN** All swimmers must be registered with USSS as regular athlete members. All judges and officials must also be individually registered with USSS. Only the top three finishers (in each event) from each association are eligible for this competition. Results must be attached with meet entries. All 13 & under routines **MUST** follow the technical requirements or receive a penalty. For other rule information, please refer to the current USSS rulebook.
- ENTRY DEADLINE** **All entries must be postmarked no later than April 28, 2006.** Use Postal Form #3817 to verify mailing date. **A penalty fee of \$25 per club plus double the individual entry fee will be assessed for each event entered late. This amount must be paid in advance or on deck before athletes can swim.**
- HOW TO ENTER** Two entry forms (one for Age Group entries only; one for Intermediate entries only) are supplied separately. List competitors' names with last name first. Include registration number and birth year. For Intermediates, please list the appropriate age group in the A or B figure column. For Age Group competitors, please place a check in the appropriate age group column. Please note the age group of each routine entered, each figure competition entered (if more than one) and any figure events in which the swimmer is honorary. Alternates must be specifically listed. **AT LEAST ONE TEAM CONTACT NAME MUST BE LISTED ON THE ENTRY FORM.** Also, please **include** both phone number and **email address** for each contact.
- FEE INFORMATION** Sponsor fee: \$20.00 PER SWIMMER ENTERED. Entry fee: \$5.00 per routine event entered, including alternates. Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine event shall pay the entry fee. Make all checks payable to **Rocky Mountain Synchro.**
- MAIL ENTRIES AND FEES TO** Myrna Hagedorn (see Meet Manager above)
Postmarked by April 28th, 2006

EMAIL ENTRIES TO

Nancy Abbott, Rocky Mountain Scoring Chair
Abbott7212@msn.com

EVENTS

Figures: 16 & Over Age Group

355f Porpoise Continuous Spin
128 Eiffel Walk
312 Kip, Split
322 Subalina

Figures: 13-15 Age Group & Intermediate A Swimmers

346 Side Fishtail Split
140 Flamingo, Bent Knee
401 Swordfish
355e Porpoise, Spinning 360

Figures: 12-Under Age Group & Intermediate B Swimmers

360 Walkover, Front
301 Barracuda
311 Kip
324 Ballerina

Routine Events

10-U, 11-12, 13-15, 16-17, 18-19 intermediate teams, trios, duets, solos
10-U AG: Technical teams, technical trios, technical duets, technical solos
11-12 AG: Technical teams, technical trios, technical duets, technical solos
13-15, 16-17 and 18-19 AG: Free teams, trios, duets and solos.

HOST HOTEL

We have selected two host hotels. Both hotels are recently remodeled (Quality will be done in April, AmeriSuites in early May) with new furnishings and very clean. Both have continental breakfasts 6:30 - 9:30am. Both are west off of I-25 on Exit 146 and only ~7-10 min from the pool. Call the hotel directly for additional information and to make reservations. There are numerous restaurants with 1 miles(west) of both hotels.

Quality Inn: 555 W Garden of the Gods Rd. 1.800.828.4347
Ask for REGIONAL SWIM MEET to get the discounted \$59.00 rooms; with micro/fridge \$69.00.
Suites available at discount --call for price. No frills but clean. MUST BOOK
BY APRIL 12, 2007

AmeriSuites/Hyatt Place: 503 W Garden of the Gods Rd 719.265.9385
Ask for REGIONAL SWIM MEET to get \$89-double, \$99-triple, \$109 quad. MUST BOOK BY APRIL
23, 2007. Really nice, comfy rooms.

POOL SPECS - see separate diagram of Schlessman Natatorium

Length: 25 yards
Competition Area Width: 6 Lanes
Depth: Mostly all deep (8-17ft) except for lane 6 which is 5.5-~7ft in depth

The pool has center decking without start blocks. There is a 3M diving board on the decking end but it does not interfere with deck work. The pool facility has two locker rooms. The bleachers are on one

side only. All judges will be seated on one side of the pool. A place will be designated for swimmers and sport bags. Please keep access and seating in the bleachers clear for the audience.

FOOD SERVICES

A concession stand will be open at the pool during competition times. We will be serving healthy meals...at reasonable prices.

MISC.

Action Accents merchandise will be for sale

NO GELLING IN THE LAVATORIES—A GEL STATION WILL BE AVAILABLE.

OTHER INFORMATION

1. Judges please wear white tops and blue bottoms.
2. Black suit is required for figure competition. Costumes are optional for routines.
3. For other rule information, please refer to the current USSS rule book.
4. Swimmers and alternates of all routines placing 1st – 3rd in the 11-12 and up age group categories qualify to compete at the U.S. National Age Group Championships June 22nd – June 30 in Oxford, Ohio. Notifications to the next runner-up should be made as soon as possible if a routine will not be attending the U.S. National Age Group Championships.

TENTATIVE MEET SCHEDULE

*The schedule of events is subject to change. The final schedule will be based upon the number of entries in each event. ALL TIMES ARE APPROXIMATE. The meet will proceed as quickly as possible. **IF WE ARE RUNNING AHEAD, EVENTS WILL START EARLY!***

Saturday, May 12

0:15	7:45- 8:00	Lap Swim
0:20	8:00- 8:20	16-up AG Figure Warmups
1:10	8:20- 9:30	16-up AG Figure Competition
0:25	9:30- 9:55	13-15 AG and Intermediate A Figure Warmups (5min lap, 20min figures)
1:15	9:55-11:10	13-15 AG and Intermediate A Figure Competition
0:25	11:10-11:35	12-under AG and Intermediate B Figure Warmups (5+20)
0:40	11:35-12:15	12-under AG and Intermediate B Figure Competition
0:20	12:15-12:35	Lunch Break
0:20	12:35-12:55	Intermediate and 12-under AG Duet Warmups
1:00	12:55- 1:55	Intermediate and 12-under AG Duet Competition
0:20	1:55- 2:15	13-15 and 18-19 AG Duet Warmups
0:40	2:15- 2:55	13-15 and 18-19 AG Duet Competition
0:20	2:55- 3:15	Intermediate and 12-under AG Solo Warmups
0:50	3:15- 4:05	Intermediate and 12-under AG Solo Competition
0:20	4:05- 4:25	13-up AG Solo Warmups
1:00	4:25- 5:25	13-up AG Solo Competition

Sunday, May 13

0:15	7:15- 7:30	Lap Swim
0:20	7:30- 7:50	Intermediate and 12-under AG Trio plus 16-17AG Duet Warmups
0:25	7:50- 8:20	16-17 AG Duet Comp
1:00	8:20- 9:20	Intermediate and 12-under AG Trio Competition
0:20	9:20- 9:40	13-up AG Trio Warmups
1:00	9:40-10:40	13-up AG Trio Competition
0:20	10:40-11:00	Intermediate and 12-under AG Team Warmups
0:50	11:00-11:50	Intermediate and 12-under AG Team Competition
0:20	11:50-12:10	13-up AG Team Warmups
1:10	12:10- 1:30	13-up AG Team Competition
	1:45	Awards

Please make sure you have listed a phone number and email address for us to reach you with updates.

DIRECTIONS

From Colorado Springs Airport to Quality Inn: Exit from the car rentals and parking area onto Milton E. Proby Parkway (recently renamed from Drennan Rd). Going west on Proby Pkwy is the only option. Go straight for ~1.7miles. At the first stoplight (Powers Blvd), turn right onto northbound Powers Blvd. After ~2miles on Powers, turn left (west) onto Fountain Blvd which becomes US-24 W. After ~1.6miles, merge onto I-25 N toward Denver/Manitou Springs. After 7.2miles, take the Garden of the Gods Rd exit (exit 146) and turn left (west) at the bottom of the ramp onto Garden of the Gods (GOG) Rd. After ~0.3 miles, make a U-turn at Chestnut St to get eastbound on GOG Rd. The Quality Inn is on the right.

From Colorado Springs Airport to AmeriSuites/HYATT: Follow the directions to the Quality Inn up to westbound GOG Rd. After ~0.2 miles, make a U-turn at Hilton Pkwy to get eastbound on GOG Rd. The AmeriSuites is on the right.

From Hotels to Pool (Schlessman Natatorium): Start out going east on Garden of the Gods Rd. Merge onto I-25 South towards the Airport. Take the Uintah St. exit (exit 143) and turn left at the bottom of the ramp onto Uintah St eastbound. After passing underneath the I-25 interchange, take the first right onto Glen Ave. Follow Glen Ave. for approximately ½ mile (it wanders a bit past the duck pond, beside railroad tracks and over the river). At the fork in the road, go left onto Cache le Poudre (right is Monument Ave). The pool entrance is about half-way up the hill on the left.

From Pool to Airport: From the college area, return to Uintah St. westbound to the intersection with I-25. Take the first left after passing underneath I-25 to get onto I-25 southbound. After ~4miles, merge onto US-24 East via Exit 139 toward Limon and the Airport. After ~5miles on US-24, turn right onto S. Powers Blvd. Go ~2miles and turn left (east) onto Milton E Proby Parkway (recently renamed from Drennan Rd). The road ends at the Colorado Springs Airport. Trip time: ~20min.

There is no parking lot for the pool. The facility just east of the pool on Cache le Poudre St is Honnen Ice Arena; hockey games can make parking near the pool difficult. Unmetered street parking can be found on Cache le Poudre St in front of pool, Glen Ave., Monument St., Cascade Ave south of Cache le Poudre and Dale St. (all shown on a separate map of the street area around Colorado College). It might be advisable to drive to the pool entrance, drop off passengers and equipment and then look for parking. A separate detailed map of the Colorado College campus is also supplied; visitors may park in any college lot on weekends.