



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

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## **2012 PACIFIC NORTHWEST ASSOCIATION INVITATIONAL FIGURES SYNCHRONIZED SWIM MEET**

**SUNDAY, JANUARY 22, 2012**

Pool building opens at 7:30 AM

**BRIGGS YMCA POOL**

**1530 YELM HIGHWAY SE**

**OLYMPIA, WA 98501**

**360-753-6576**

[http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=1530+Yelm+Hwy.+SE,+Olympia,+WA&ll=47.171978,-122.582703&ssp=0.657229,0.828094&ie=UTF8&hq=&hnear=1530+Yelm+Hwy+SE,+Olympia,+Thurston,+Washington+98501&ll=47.003537,-122.883234&spn=0.041207,0.051756&z=14](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=1530+Yelm+Hwy.+SE,+Olympia,+WA&ll=47.171978,-122.582703&ssp=0.657229,0.828094&ie=UTF8&hq=&hnear=1530+Yelm+Hwy+SE,+Olympia,+Thurston,+Washington+98501&ll=47.003537,-122.883234&spn=0.041207,0.051756&z=14)

- HOSTED BY:** THE PACIFIC NORTHWEST ASSOCIATION
- GOVERNED BY:** 2011-2012 USSS RULES
- SANCTIONED BY:** THE PACIFIC NORTHWEST ASSOCIATION
- ELIGIBILITY:** ALL SWIMMERS MUST BE REGISTERED WITH USSS FOR 2011-2012
- ENTRY FEES:** **\$20.00** PER COMPETITOR (INCLUDES \$10 SPONSOR FEE AND \$10 FIGURE FEE).
- ENTRY DEADLINE:** **MUST BE RECEIVED BY MONDAY, January 16, 2012**
- PAPERLESS ENTRIES:** Email the attached Meet Registration and Fee Calculation form to:

[pnasynchro@hotmail.com](mailto:pnasynchro@hotmail.com)

List the competitors, using one form for each figure category (i.e. Novice, Intermediate B or A, Age Group or Juniors. The form can also be found on the PNA website (<http://www.pnasynchro.com/events.html>) under Events.

Checks should be payable to PNA and mailed to:

PNA  
c/o Sandra Bearden  
11615 91 Lane NE #4  
Kirkland, WA 98034  
Phone: 360-949-1898

**AWARDS:**RIBBONS – 1<sup>st</sup> – 8<sup>th</sup> PLACE**TENTATIVE MEET SCHEDULE:****Times may be adjusted due to the number of competitors.****There will be a 5 minute lap warm up followed by a 15 minute figure warm up for each competing group**

7:45 – 8:00	JUDGES/COACHES MEETING
7:45 – 8:05	Age Group 16-19 & Junior Lap Swim then Figure Warm-up
8:00 – 8:10	Panel meetings
8:15 am	Age Group 16-19 and Junior Figure Competition, followed by...
9:00 am	Intermediate A/Age Group 13 – 15 and Intermediate B/Age Group 12 Under Warm-up and Competition, followed by...
10:15	Novice Warm up & Competition

Awards will follow the completion of meet and clean-up of the locker rooms.

**EVENTS:** Novice, Intermediate A and B, Age Groups & Juniors. Each swimmer will compete in only one figure group. Coaches should choose the appropriate figure group for their swimmer.

**Competition includes the Compulsory and Optional figures for Regional meets: Selection Group 1 in all categories**

**NOVICE FIGURES:**

101	Ballet Leg, Single	1.6
310	Somersault, Back Tuck	1.1
201	Dolphin	1.4
370	Shrimp	1.6

**INTERMEDIATE “B” FIGURES AND AGE GROUP 12 and Under**

101	Ballet Leg Single	1.6
360	Walkover Front	2.1
321	Somersub	2.0
315	Kipnus	1.6

**INTERMEDIATE “A” FIGURES AND AGE GROUP 13-15**

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

**16-19 AGE GROUP AND JUNIOR FIGURES**

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

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 and black bottoms.