



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

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**2011 PACIFIC NORTHWEST ASSOCIATION  
JUNIOR / SENIOR CHAMPIONSHIP AND  
Age Group, Intermediate and Novice Routine Only**

**Saturday, February 25, 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>

**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 (e.g. may not swim both AG16-17 solo and Junior solo).

**ENTRY FEES:** \$10 Sponsor Fee AND \$10 per Routine event entered  
For meets with Routines and Figures, Figures are "free".

**EVENTS:** **Figures for Juniors Only: Junior Selection Group #3 Association**

Compulsory:	313	Kip, Split Closing 180	2.5
	112f	Ibis, Continuous Spin 720	2.8
Group 3 figures:	307	Flying Fish	3.0
	115c	Catalina Twirl	2.8

**Routines:**

Duet, Trio, Solo and Team events for Novice, Intermediate, Age Group & Juniors

**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 and 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 group: Novice, Intermediate, Age Group, Juniors, and Seniors. Email the forms to:

Sandra Bearden

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

Phone: 206-949-1898

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:** MUST BE RECEIVED BY **SATURDAY, February 18th, 2011**

**COMPETITION SCHEDULE:**

8:00 AM	Officials and Coaches Meeting,
8:00	Lap Swim for Junior swimmers only
8:00	<b>Figure volunteers arrive for training</b>
8:15 – 8:30	Junior Figure Warm Up
8:30 – 8:45	Figure Panel Meetings
8:45	Junior Figure Competition
<p>Following Figures, routine competition is estimated to start at 9:30 AM</p> <p>Breaks and warm-ups will be determined by the number of competitors in each routine category</p> <p>Routine rotation: Novices will start each competition, followed by Intermediates then Age groups and Juniors</p>	<p><b>Routine Competition Rotation:</b> Duet Trio Solo Team</p> <p><b>Swimmer Rotation:</b> Novice Intermediate Age groups 10-Under 11-12 13-15 16-17 18-19 Juniors</p> <p>AWARDS FOLLOW COMPETITION AND CLEANUP OF LOCKER ROOMS.</p>

Concessions will be provided