

# 2017 REGION C JUNIOR OLYMPIC CHAMPIONSHIP AND REGION C INTERMEDIATE CHAMPIONSHIP

## OFFICIAL CHAMPIONSHIP ANNOUNCEMENT

- HOSTED BY:** Stillwater Synchro, St. Paul Stars and Northern Formation Synchro
- DATES:** Friday & Saturday – May 12-13, 2017
- LOCATION:** Humboldt Senior High School  
30 East Baker Street  
St. Paul, MN 55107
- VENUE PARKING:** Note - School is in session on Friday. **Doors open at 4:00 - Parking before 3:30 will be a problem.** After 3:30pm on Friday and all day Saturday, parking is available on street and in the school parking lot.
- EVENTS:** Intermediate, and Age Group Routine and Figure Competition in the age categories below. Routines include Solo, Duet, Trio, Team and Combo events.  
Intermediate: 10 & under, 11-12, 13-15, 16-17, and 18 -19  
Age Group: 10 & Under, 12 & Under, 13-15, 16-17, and 18-19 (Note: 10 & U AG are free routines – if a 10 & Under routine would like to compete at regions to qualify for JO Nationals, they needed to be entered in 12 & Under Age group category at your Association Championship) Trios highest level of competition is the Regional Championship.
- AWARDS:** Medals will be awarded in each event to places 1-3 in routines and figures. Ribbons will be awarded to places 4-7 in routines.
- ELIGIBILITY:** No entries will be accepted unless the athlete is a member as provided in USSSI Official Rules. Please send a listing of registered athletes from the USSSI webpage. Verification will be requested from Association Chair by the entry deadline. Swimmers not registered will not be entered into the meet.
- POOL SPECS:** Humboldt - is a 6.5 lane, 25 yard pool (11 ft. to 3 1/2 ft. deep) with a handicap ramp.
- SOUND SYSTEM:** Computer played music – please provide music to Vicky by April 26th. Also a CD player will be available as a back up- one routine per CD - clearly marked swimmer and routine.
- FOOD AND MERCHANDISE:** A concession stand will be open at the pool – Friday night will be drinks and a few snacks, Saturday will have more food. Hospitality will be provided for coaches and officials. Championship Tee shirts will be available for sale during the Championship and other misc. items.
- GELLING** **No gelling** will be allowed **inside** facility. Please come already gelled.

**DIRECTIONS - Humboldt High School**

Humboldt Senior High Schools is three blocks south of George Street and two blocks west of Robert Street on the "west side" of Saint Paul. Enter the multiple doors facing north at the corner where Gorman Avenue and Baker Street meet. The pool is directly to the right as you enter the school. Parking is available in the lots to the east of the school.

**From Highway 52** - Exit Concord Street and proceed northwest for approximately 5 blocks to the stop light. From the stop light take George Street (middle choice up the hill) approximately 4 blocks to Gorman Avenue. Turn left and go south on Gorman three blocks to the school.

**From Smith Avenue (High Bridge Highway 149)** - Take George Street east 12 blocks to Gorman Avenue. Turn right and go south on Gorman three blocks to the school. Gorman is one block east of Humboldt Av. stop sign next to the library.

**From Robert Street (Highway 3)** go west on Baker Street two blocks to the school.

**From Downtown Saint Paul** cross the Wabasha Street bridge and proceed south on Wabasha. Stay on Wabasha by taking the first right turn past the caves. Continue south on Wabasha until it turns into Humboldt Avenue. Continue south to Elizabeth Street. This is three blocks south of the stop sign at George Street next to the library. Left on Elizabeth one block to Gorman, right on Gorman one block to school entry.

**Figures: The 2 compulsory figures are listed, the other figure group will be drawn on Tuesday, May 9<sup>th</sup> at Humboldt High School at 5:30pm.**

**12 & under AG  
and Intermediate B**  
Ballet Leg, Single  
Barracuda

**13-15 AG and  
Intermediate A**  
Ariana  
Barracuda Spin 360

**16 & over AG**  
Barracuda Airborne Split  
Porpoise Twist Spin

## TENTATIVE SCHEDULE

A more accurate schedule will be distributed after entries have been received.

<b>Friday, Feb 17</b>	<b>4:00p.m.</b>	<b>Doors Open - Coach and Official Meetings</b>
	<b>4:15p.m.</b>	<b>Lap Swim</b>
	<b>4:30pm</b>	<b>Intermediate B &amp; 12&amp;U Warm up</b> Figure Warm up (warm ups prior to each competition) 2 - 7.5 minutes for ½ of team's swimmers
	<b>4:45pm</b>	<b>Intermediate B &amp; 12&amp;U Figure Competition</b>  <b>Inter A &amp; 13-15 Age Group Warm up &amp; Figure Competition</b>  <b>16 &amp; Over Age Group Warm up &amp; Figure Competition</b> When entries are received we'll notify you of approx. start time.
<b>Saturday, Feb 18</b>	<b>7:30am</b>	<b>Doors Open</b>
	<b>7:45</b>	<b>15 Minute Lap Swim</b>
	<b>8:00am</b>	<b>Combo Warm up &amp; Competition – 15 Min Warm up</b> Warmup (All ages & levels) Competition (12 & Under, 13-15, 16 & Over Age Group)
		<b>Trio Competition Warm up &amp; Competition -15 Min Warm up</b> Warmup (All ages & levels – may split warm up into groups) Competition (Intermediate, AG - 10 & U, 12&U, 13-15, 16-17, 18-19)
		<b>Duet Competition Warm up &amp; Competition 30 Min Warm up</b> Warmup (All ages & levels – will split up into groups 2 x15 min) Competition (Intermediate, AG - 10 & U, 12&U, 13-15, 16-17, 18-19)
		<b>Solo Competition Warm up &amp; Competition 30 Min Warm up</b> Warmup (All ages & levels – will split up into groups 2 x15 min) Competition (Intermediate, AG - 10 & U, 12&U, 13-15, 16-17, 18-19)
		<b>Team Competition Warm up &amp; Competition 30 Min Warm up</b> Warmup (All ages & levels – will split up into groups depending on number of teams) Competition (Intermediate, AG - 10 & U, 12&U, 13-15, 16-17, 18-19)
	<b>Approx 5pm</b>	<b>Awards</b>