2019 U.S. Synchronized Swimming
U.S. Collegiate Championship
March 28 – 30, 2019
Palo Alto Aquatic Center – San Antonio, TX

FINAL MEET ANNOUNCEMENT

COMPETITION DATES
U.S. Collegiate Championship: March 28 – 30, 2019 (Training Day - March 27)

MEET MANAGERS
Elizabeth Gerdin enorton@uiwtx.edu
Emily Tucker vanvieck@uiwtx.edu

FACILITY
Palo Alto Aquatic Center (210) 486-3000
1400 W. Villaret Blvd.
San Antonio, TX 78224

POOL SPECS
Length: 75 meters
Width: 25 yards
Depth: 13 ft. at start end, 9 ft. at 25m line
Entry: Bulkhead
Distance from deck to water: approx. 1 ft.
Competition Pool Length: 25m (lane line and banner divider)
Practice space: Area behind banner 25m pool, depth range from 9-7 ft.
Lap Swim Space: 25m, depth range from 4-7 ft.
Spectators: West side of pool

HOST HOTEL INFORMATION
Drury Inn & Suites San Antonio Airport
95 NE Loop 410, San Antonio, TX 78216
(210) 308-8100 or 1-800-325-0720

Room rates, booking links and phone numbers are on the event page online, found here: https://www.teamusa.org/USA-Synchronized-Swimming/Events/2019/March/27/2019-US-Collegiate-Championship

AIRPORT INFORMATION
San Antonio Airport (SAT)
Located 17.7 miles from the pool

United Airlines is a partner of the U.S. Olympic Committee and USA Synchro’s preferred airline carrier. Members of USA Synchro can receive up to 10% off the retail fare price when booking flights through the United Olympic Desk. Book now by calling the United Olympic Desk at 1-800-841-0460.

GROUND TRANSPORTATION
All major car rental companies are available at the San Antonio Airport.

TICKETS
Tickets may be purchased just inside the front gate at Palo Alto Aquatic Center on competition days. Tickets are $15 per day or $30 for an All-Event Pass. Seniors 55 & over and UIW students/employees are $10 for an All-Event Pass. All-Event Passes will include U.S. Collegiate Championship as well as U.S. National Championship.

ENTRY DEADLINE
Entries, forms and fees must be submitted electronically and postmarked no later than Thursday, March 7, 2019 at Midnight PST.
The 2019 Official USA Synchro Rulebook shall govern the Championship.

Appendix A  Register and calculate fees online at www.usasynchro.org
Appendix B  Digital Music Submission Guidelines (Deadline March 7, 2019)
Appendix C  Facility Photo & Parking Map
Appendix D  Pool and Deck Layout Diagram
FORM A Collegiate Athlete of the Year Nomination
FORM B Mary Jo Ruggieri Collegiate Scholarship Nomination
Forms “A” & “B” must be turned in at the conclusion of the first day of competition to Megan Azebu.
FORM C Athlete Affidavit of Eligibility (Must be mailed)
FORM D Technical Event Affidavit (NOT REQUIRED if online version is completed)
FORM E Participating Seniors
FORM F Housing and Transportation / Practice Time Request

LATE FEES
As stated in Appendix C, per USSS Rule CP 5.5.1, any entry to the U.S. Collegiate Championship received between 21 and 7 days prior to the first day of the competition shall pay late fees. Each athlete entered between 21 and 7 days prior to the first day of competition shall be assessed a $25.00 late entry fee for the first event and an additional $10.00 late entry fee for each additional event entered. If a qualifying event is held after the entry deadline for this competition, a provisional entry must be submitted according to the above deadline. Within 72 hours of the completion of the qualifying competition, the proof of qualification must be submitted via email to meet scoring chair Maggie Downey at downeymm@gmail.com or Angie Homoelle at angelahomoelle@gmail.com.
Please declare all entries by 4:00pm on Wednesday (before Collegiate coaches’ meeting).
Questions on electronic entries to: Baylee Robinson at 719-866-2219 or baylee@usasynchro.org

MAIL FORM “C”  Megan Azebu  DEADLINE – March 7, 2019
641 Campus Dr.  mazebu@stanford.edu
Stanford, CA 94305

MAIL OR E-MAIL FORMS “D” TO “E”  Megan Azebu  DEADLINE – March 7, 2019
641 Campus Dr.  mazebu@stanford.edu
Stanford, CA 94305

E-MAIL FORM “F”  Emily Tucker  DEADLINE – March 7, 2019
vanvleck@uiwtx.edu

FEE INFORMATION
Entry Fee
- $15 per competitor per routine, including alternates. If paying by check, make check payable to USA Synchro. 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. (Rulebook, Appendix C)

Surcharges
- $12.70 per competitor, including alternates. This surcharge is to assist in covering travel expenses of scoring personnel. If paying by check, make check payable to USA Synchro. (Rulebook, Appendix C)

Sponsor Fee
- $30 per competitor. Make check payable to USA Synchro.

Credentials
- Each club will receive coach credentials per the chart below. In addition, each club will receive two team personnel credentials. Additional credentials are $30 each. Please make check payable to USA Synchro.
- Only people with SafeSport certification are allowed to receive credentials. Coaches are reminded that they need to carry their USA Synchro proof of certification to be allowed on pool deck.
### Maximum # of free credentials

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<th># of athletes</th>
<th>Coaches</th>
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<td>1 – 10</td>
<td>2</td>
<td>31 - 35</td>
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<td>11 – 15</td>
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<td>26 – 30</td>
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**REGISTRATION**  
Wed., March 27, 2019  
8:00 am – 4pm at the POOL.

**COACHES MEETING**  
Wed., March 27, 2019  
6:00 pm – 8:00 pm at the HOTEL.

**ATHLETES MEETING**  
Wed., March 27, 2019  
6:30 pm – 8:00 pm at the HOTEL.

**OFFICIALS**  
Please register online by the entry deadline. In addition, please e-mail Judges Administrator, Shannon Korpela, with your intent to attend at s_korpela@msn.com. Those wishing to take the National judge’s tests should notify Shannon. Please refer to meet final schedule for testing time on Wednesday, March 27. Judges uniform shall be white top and black bottoms.

**New for 2019:**

FINA and UANA Judges will be allowed to judge at any non-qualifying competitions. FINA and UANA Judges must be on the current FINA/UANA List(s) of Artistic Swimming Officials. Foreign FINA and UANA Judges from Federations not entered in the competition may participate, with priority given to judges whose Federations are entered. In order to participate in any capacity, all Foreign FINA and UANA judges must have passed the most recent FINA Artistic Swimming Judges Certification test.

Note: A FINA Evaluator will only be present at the US Open / Synchro America Open Championship. Names of Foreign FINA and UANA judges should be sent to International Relations Chair, Betty Hazle at bettyhazle@yahoo.com no later than the final entry deadline.

**COACHES, OFFICIALS AND JUDGES HOSPITALITY**  
Hospitality for officials, judges and coaches will be available at the south end of the pool.

**COACH CERTIFICATION AND SAFESPORT**

- **CCP Level 1** - Required for all coaches to be on deck at any meet.
- **CCP Level 2** - Required for all coaches to be on deck at any Regional, Zone and National Championship.
- **CCP Level 3** - Required for all coaches to be on deck at any Zone and National Championship.
- **Background Screening** - Required for all coaches on deck at any competition. (This includes chaperones, trainers, and any other team personnel.)
- **SafeSport** - Required for all coaches and anyone requesting a credential to be on deck at any competition. (This includes chaperones, trainers, and any other team personnel.)
- **Properly submitted safety credentials (Current CPR/First Aid)** - Required for all coaches to be on deck at any competition. Registered coaches will be verified and those holding the required certifications will be granted credentials. If you have any questions, contact Shari Darst at shari@usasynchro.org

**SOUND AND MUSIC**

We will be using digital music for this competition. It is essential all music be sent by email in advance. Email music files to Chris Leahy at leahycm@gmail.com by March 7, 2019. See Digital Music Submission Guidelines, Appendix B, for specifications.
COLLEGE FIGHT SONG

Please also submit your college’s fight song to Chris Leahy for the Parade of Athletes.

SCORING

ISS scoring program will be used. Send questions regarding scoring to the meet scoring chairs: Maggie Downey at downeymm@gmail.com and Angie Homoelle at angelahomoelle@gmail.com.

ROUTINE EVENTS

Routine competition in Solo, Duet, Trio, Team and Mixed Duet (Honorary only). Places 1 - 12 after Preliminaries will progress to Finals. The routine in place 13 shall pre-swim the event. Each student-athlete may compete in no more than 3 different routine events, including Exhibition routines.

TECHNICAL EVENTS

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<tr>
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<tbody>
<tr>
<td>AE1 Barracuda Bent Knee 360</td>
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<tr>
<td>AE2 Vertical Full Twist, 1440 Continuous Spin</td>
<td>2.2</td>
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<tr>
<td>AE3 Cyclone</td>
<td>2.6</td>
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<tr>
<td>AE4 Manta Ray</td>
<td>3.1</td>
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<tr>
<th>Category B Elements</th>
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<tr>
<td>BE1 Barracuda Bent Knee 180</td>
<td>2.3</td>
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<tr>
<td>BE2 Vertical 1/2 Twist, 720 Continuous Spin</td>
<td>1.8</td>
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<tr>
<td>BE3 Cyclone</td>
<td>2.6</td>
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<tr>
<td>BE4 Manta Ray</td>
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<td>423 Ariana</td>
<td>2.2</td>
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<tr>
<td>143 Rio</td>
<td>3.1</td>
</tr>
<tr>
<td>240a Albatross, Half Twist</td>
<td>2.2</td>
</tr>
<tr>
<td>403 Swordtail</td>
<td>2.3</td>
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<tr>
<th>Category D – Group 2</th>
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<tbody>
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<td>106 Ballet Leg, Straight</td>
<td>1.6</td>
</tr>
<tr>
<td>301 Barracuda</td>
<td>1.9</td>
</tr>
<tr>
<td>311 Kip</td>
<td>1.6</td>
</tr>
<tr>
<td>401 Swordfish</td>
<td>2.0</td>
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AWARDS

Routines: Medals 1 - 3, Ribbons 4 – 12
Technical Competition: Medals 1 - 3, Ribbons 4 – 12
The Parade of Athletes and Awards Ceremony will be held after the Team Finals on Saturday, March 30, at approximately 2:30 PM. Please have athletes wear their “official team warm-ups” for the awards.

COLLEGIATE AWARDS

The Overall Institution Award, Individual High Point Trophy, Collegiate Outstanding Synchronized Swimmer of the Year Award and the Mary Jo Ruggieri Scholarship will be announced at the Championship. The USA Synchro Collegiate All-America Team Awards and the USA Synchro All-Collegiate Awards will be announced on the USA Synchro website within a week of the completion of the Championship. Academic award certificates will be sent home with each coach. Coaches be sure to pick them up before leaving Saturday.

VENUE RULES

Gelling and de-gelling is allowed. Please keep areas clean, rinse knox out well, pick up bobby pins, etc.
Athletes are responsible for their own gel. There will be a carafe of hot water available in a specific gelling station area. No food or glass is allowed on the pool deck. No athlete bags are allowed in the bleacher area. There is a gym next door where all athlete bags will be housed.

PARKING

There is plenty of free parking is available on-site. There is parking directly in front of the natatorium. Any spots or lots nearby that are available and free ARE OKAY TO PARK IN. (Even the ones that say “student parking”.)
**DIRECTIONS**

There are two ways to enter campus of Palo Alto College, either from SW Loop 410 access road, turn directly into campus under the big arch on to Camino Real. Then once on campus, take an immediate left onto Concepcion. Concepcion takes you directly to a parking area in front of the Natatorium.

The other entrance onto campus is from Poteet Jourdanton Freeway. Turn onto W. Villaret and take the second entrance on to campus on San Jose Road until it meets Concepcion. Then turn right on Concepcion and follow Concepcion until you’re in the parking lot in front of the Natatorium.

**POOL ENTRANCE**

Immediately entering the lobby, there will be a ticket/registration table. The gymnasium for teams is to the right. Spectators enter doors to the pool immediately to the left, adjacent to concessions. Athletes and coaches will walk down the hallway and enter the second set of doors to the pool, closest to the locker room.

**TEAM BANNERS**

Please drop off your team banner at the registration desk. Staff will hang banners.

**PHOTO REGULATIONS**

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use, and may not be broadcast, published or disseminated or used for any commercial purposes, without the prior written consent of USA Synchro. Personal use photography by the audience will be allowed, from the stands, as long as not obstructing the view of others, with any camera using no flash. Photographs must be for personal, non-commercial use.

**LIVE WEB STREAMING**

While it’s not always possible to make it to an event in person, the good news is Takeitlive.tv will provide LIVE coverage for anyone wanting to watch and be a part of the event. In addition to tuning in LIVE, On-Demand video will be made available at the following link: https://www.teamusa.org/USA-Synchronized-Swimming/Events/Video/2019-Championships/2019-US-Collegiate-and-Senior-National-Championships. We highly encourage friends and family to tune in live.

**MERCHANDISING**

Team IP will be the Official Merchandiser and Online Sales Partner of USA Synchro.

**PHOTOGRAPHY**

Liz Corman Photography will be onsite covering the event for photography. Visit the following website for more information: www.lizcorman.com
Tentative Schedule

This is a tentative schedule which is subject to change. A final schedule with event times will be available 1-2 weeks before the competition on the event page. Collegiate events are in black and US National events are in red.

WEDNESDAY, MARCH 27
COLLEGIATE TRAINING
8am – 4:30pm Collegiate Teams training with music. (Schedule will be posted.)
REGISTRATION
Wed., March 27, 2019 8:00 am – 4:30 pm at the POOL.
COACHES MEETING
Wed., March 27, 2019 6:00 pm – 8:00 pm at the HOTEL.
ATHLETES MEETING
Wed., March 27, 2019 6:30 pm – 8:00 pm at the HOTEL.

THURSDAY, MARCH 28
COLLEGIATE
Duet, Mixed Duet (Honorary), Solo and Trio Prelim Competition

FRIDAY, MARCH 29
COLLEGIATE
D, C, B and A Technical Competition, Team Prelim Competition
Training with Music for noncollegiate teams at competition pool
(approximate time 5:30pm – 8pm.)

SATURDAY, MARCH 30
COLLEGIATES & US NATIONALS
Trio, Duet, Solo and Team Finals Collegiate Parade of Athletes & Awards
3pm Lap Swimming for US Nationals athletes followed by warmups
Senior Tech Solos, Senior Tech Duets, Senior Tech Mixed Duets, Senior Tech Teams

SUNDAY, MARCH 31
US NATIONALS
Senior Free Solos, Senior Combos, Senior Free Duets, Senior Free Mixed
Duets, Senior Free Teams, Awards

NOTES
1). Palo Alto has one 75 meter pool which will be split into 3x25m sections. Competition pool is 13-9ft, warm up pool is 9-7ft, lap swim only pool is 7-4ft.

2). During the competition, the area behind the curtain in the 25m warm up pool and the lap pool will be available for training. Please, no big lifts/throws in the warm up pool during figures, elements or competition. The lap pool should NEVER have any lifts, throws or tapping. (No tapping in any pool.)

3). During figures and finals, the training in the practice area needs to be very quiet.

4). US National athletes are welcome to use the lap pool starting Friday at 2pm. At approximately 5:30pm, the US Nationals athletes will have use of the entire pool and a music schedule will be posted. Prior to Friday at 2pm, US Nationals athletes should not be in any pool. On Saturday during Collegiate Finals, US Nationals athletes are allowed in the lap pool only.

5). The US Nationals competition and awards will be over on Sunday no later than 4pm. We won’t know the exact time until all entries come in and the final schedule is created.

For questions on the schedule or the meet, please email Sheila McNabb, USA Synchro, VP Competitive Operations at smmcnabb@aol.com. All pre-meet and final meet information will be on-line at www.usasynchro.org
Appendix A: CLUB ENTRY AND FEES

To register online, login to your account from the homepage of the USA Synchro website USA Synchro.org, by clicking on “My Account”. See the entry instructions on the site.

If you have any technical difficulties or questions, please email or call Baylee Robinson at 719-866-2219 or baylee@usasynchro.org

Appendix B: DIGITAL MUSIC SUBMISSION GUIDELINES

Digital music files (M4A, MP3) are to be submitted for routines for this competition.
- Email music to Chris Leahy at leahycm@gmail.com by March 7, 2019.
- Music files may be sent as email attachments or shared using a file sharing/ transfer service
  - Dropbox, Google Drive, OneDrive, WeTransfer, etc.
- Files received before the deadline will be transferred from emails to a computer, and then imported to iTunes or a compatible program and each file tested to ensure it plays. You will not be contacted if your music is submitted on time and if the music is correct. You will only be contacted if your music is missing or will not play.
- We recommend submitting 160+ kbit/sec M4A/AAC or higher quality audio for best sound results.
  - If sending MP3 files, 192+ kbit/sec is recommended.
- A minimum one second leader (silence) before the music starts added to all files is recommended.
- A device with a 1/8” TRS (headphone) jack is acceptable as a backup.
- A CD player will NOT be available as backup.
- Contact Chris if you have any questions.
- Use the following naming conventions (see bolded below) when saving files.
  - Routine names should be “space” separated

Duet OSU Smith

- Duet = Routine event
- OSU = Club Abbreviation / Three Letter Code **
- Smith = Last name of the first alphabetical member of the routine
- email Jennifer Hawkins - jennifer@usasynchro.org if you do not know your code
- Optional – If you know how to modify the Artist/Album/Track Title tags of your files, please use the following conventions.
  - Artist = 2019 US Collegiate
  - Album = Routine Event (Solo, Duet, etc.)
  - Album Artist = Three Letter Code **
  - Title = Last name of the first alphabetical member of the routine

Note – if teams want to use different cuts for their practice time they can:
- Email them to Chris, leahycm@gmail.com
- Bring a device that has a 1/8” TRS headphone jack

NOTE - If teams want to use different cuts for their practice time they can:
  1) Email them to Chris, leahycm@gmail.com
  2) Bring a device that has a 1/8” TRS (headphone) jack

COLLEGE FIGHT SONG

- Please also submit your college’s fight song to Chris Leahy for the Parade of Athletes.
[OPTIONAL FORM, deadline at the Conclusion of the First Day of Competition]
(Hand in to Megan Azebu)
FORM A: COLLEGIATE ATHLETE OF THE YEAR NOMINATION

Nominee’s Name: ________________________________________________________________

Institution: ________________________________________________________________

☐ Freshman    ☐ Sophomore    ☐ Junior    ☐ Senior

This award is presented to an athlete who is nominated for contributions to collegiate synchronized swimming and is based equally on athletics, academics and community service. Please highlight the contributions/accomplishments of this swimmer in the sections following:

Athletic Merit:

Academic Merit:

Community Service:

Nominator's Name / Institution: _______________________________________________________

Nomination forms need to be returned at the Conclusion of the First Day of Competition. Copies will be posted and given to the zone athlete representatives so that a vote can be taken at the meet.
FORM B: MARY JO RUGGIERI COLLEGIATE SCHOLARSHIP NOMINATION

The Mary Jo Ruggieri
Collegiate Synchronized Swimming
Scholarship Award

Coaches: Please nominate one member from your team that shows outstanding achievements in the following categories: Swimming Ability, Team Contributions, and Community Leadership. The motivation to help “Synchro” grow at the college level is also a factor in choosing this nominee.

Name ____________________________________________ Phone ________________________________

Address ________________________________________________________________________________

City, State, Zip __________________________________________

University __________________________________________

University Address ________________________________________________________________________

City, State, Zip __________________________________________

Please list the nominee’s achievements in the area of Swimming Ability________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

Please list the nominee’s achievements in the area of Team Contributions___________________________
______________________________________________________________________________________
______________________________________________________________________________________
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Please list the nominee’s achievements in the area of Community Leadership_______________________
______________________________________________________________________________________
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If more room is needed, please continue on the reverse side of this sheet.

[REQUIRED FORM, Deadline - postmarked no later than March 7]
FORM C: Athlete Affidavit of Eligibility

Name of Institution: ___________________________ Date Submitted: ________________

<table>
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<tr>
<th>Complete Information For All Participants</th>
<th>Student ID (Or Social Security Number)</th>
<th>Cumulative GPA</th>
<th>US Citizen (Yes/No)</th>
<th>Year of Collegiate participation in this sport</th>
<th>Total Credit Hours Accumulated</th>
<th>Transfer Student Mo./Yr. Enrolled</th>
<th>Full-Time Student (Yes/No)</th>
<th>Participation in Majority of Season (Yes/No)</th>
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<td>Student Athlete (Name in Full)</td>
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Academic Year: 2019 - 2019

I hereby certify that the information listed herein is complete and correct according to the official records of this institution. In addition, I certify that each person named is a full-time student as defined by this institution, and is making normal progress in an established degree or certified program as defined by this institution.

Name: ___________________________

Director, Women’s Intercollegiate Athletics, Club Recreation Department, or Director for Club Sports

Signature: ___________________________

Phone: ___________________________

Name: ___________________________

Registrar Director, or Director of Student Credentials

*Signature: ___________________________

Phone: ___________________________

*May include official seal or stamp at the bottom of this document.

Name: ___________________________

Coach or Advisor

Signature: ___________________________

Phone: ___________________________

I hereby certify that the Majority of Season information is complete and correct and that all student-athletes competing have met all eligibility requirements at the time they proceed to the first qualifying meet and/or national championships.

Name: ___________________________

Director, Women’s Intercollegiate Athletics, Club Recreation Department, or Director for Club Sports

Signature: ___________________________

Mail form to: Megan Azebu
641 Campus Dr.
Stanford, CA 94305
Form NOT REQUIRED if on-line version is completed
[REQUIRED FORM, deadline - postmarked no later than March 7]

FORM D: Technical Event Affidavit

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Mail OR Email form to: Megan Azebu  
641 Campus Dr.  
Stanford, CA 9430  
mazebu@stanford.edu
The meet hosts will honor each participating senior with a flower. Please list ALL seniors participating in this Championship and the number of years they have competed at the COLLEGIATE level.

**TEAM: ________________________________**

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<th>NUMBER OF YRS (@ Collegiate level)</th>
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**Mail OR Email form to:** Megan Azebu mazebu@stanford.edu
641 Campus Dr. Stanford, CA 94305
FORM F: HOUSING / TRANSPORTATION and PRACTICE AVAILABILITY

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**Arriving by:**  
- □ Air  
- □ Auto  
- □ Other

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No. of Athletes: ____________  
No. of Coaches/Officials: ____________

Please list three on-site emergency contacts for your club (they may be coaches, officials or parents).

1. 
2. 
3. 

**Parking Needs at Competition Site:**  
- # of vans/cars: ____________  
- # of buses: ____________

**Preferred time of practice session on Wednesday, March 27:** ____________

Confirmation of practice time will be made by Email. Please include an Email address below so that we can inform you in advance of your practice time. Every effort will be made to contact you by March 16 of your practice time. If a coach does not have or use an Email address, please include the Email address of an athlete who is an Email user.

**Email address to send practice time confirmation to** (print clearly): ____________

Email this form to:  
Emily Tucker vanvleck@uiwtx.edu

Deadline: March 7, 2019