



# 2025 NATIONAL AND JUNIOR CHAMPIONSHIP AWD INVITATIONAL

GREENSBORO, NC  
APRIL 10 - 14, 2025



HOSTED BY  
**USA ARTISTIC  
SWIMMING**



# MEET AND FACILITY INFORMATION

<b>MEET MANAGER</b>	Emily Burlison: USA Artistic Swimming Events Director <a href="mailto:emily@usaartisticswim.org">emily@usaartisticswim.org</a> , 719-866-2219
<b>FACILITY</b>	Greensboro Aquatic Center 1921 W Gate City Blvd, Greensboro, NC 27403
<b>POOL SPECS</b>	Indoor pool 25 meters by 50 meters Competition area is 25 meters by 30 meters 9' - 10' deep Practice area is 7'0" - 7'6"
<b>WALK ON</b>	Details for walk out and entry level will be added closer to the event.
<b>HOST HOTEL</b>	Please book with the link provided by TEAM Solutions. Click <a href="#">HERE</a> . If you cannot find the rooms you need, please contact Emily for assistance prior to the booking deadline. This is a Stay to Play event. Booking outside of the room block will result in a fee charged to the team per individual that violates the policy.
<b>AIRPORT</b>	Piedmont Triad International Airport (GSO)
<b>TICKETS</b>	\$15.00 day pass for 18 – 65 years of age \$10.00 day pass for 6 – 17 years of age and Seniors 66 and over \$50.00 event pass for 18 – 65 years of age \$30.00 event pass for 6 – 17 years of age and Seniors 66 and over Free admission to Life Members and children 5 years of age and younger
<b>RULES TO GOVERN</b>	The 2025 Official USA Artistic Swimming Rulebook shall govern the championship.



# IMPORTANT DATES AND FEES

[REGISTRATION LINK](#)

[AWD REGISTRATION LINK](#)

## FEB. 6, 2025

EVENT REGISTRATION  
OPENS

## MAR. 12, 2025

ENTRY DEADLINE

### LATE FEES

**ATHLETES** Registration received between 27 and 7 days prior to the first day of the competition shall be assessed a \$25.00 event entry late fee and \$10.00 per routine entry late fee. No entries shall be accepted between 7 and 0 days prior to the first day of competition.

**MUSIC** Music submitted less than 2 weeks (14 days) prior to the first day of the competition will be assessed a \$25.00 late fee per routine. Music changes made less than 2 weeks (14 days) prior to an event will be assessed a \$25.00 change fee per routine/change.

**COACHES CARDS** Coach cards received between 13 and 7 days prior to the first day of the respective competition will be assessed a \$25.00 late fee per routine. Cards will not be accepted or changed after 7 days out (April 2, 2025) from the meet to match CP 5.5.2. The deadline to submit coach cards without fees is 11:59 PM MST on March 26, 2025. A link to an online folder will be sent to the email used during registration to submit cards.

**COACHES, CHAPERONES, TEAM MANAGERS & OTHERS** Registration received between 27 and 14 days prior to the first day of competition will be assessed a \$25.00 late fee per individual.

**CERTIFICATIONS FOR COACHES, CHAPERONES, TEAM MANAGERS & OTHERS** Certifications submitted between 27 and 14 days prior to the first day of competition will be assessed at \$25.00 late fee per certification. This includes Background, SafeSport, CCP and First Aid/CPR. No certifications will be accepted 14 or less days prior to the meet and no refunds will be processed.

### FEE INFORMATION

**ROUTINE FEE:**

**ENTRY FEE:**

# \$30

PER COMPETITOR,  
PER ROUTINE.  
INCLUDING  
RESERVES.

# \$40

PER COMPETITOR



# CREDENTIALS AND CERTIFICATIONS

## CREDENTIALS

Each club will receive coach credentials per the chart. In addition, each club will receive two team personnel credentials. Additional credentials are \$30 each. Only individuals with required certification are allowed to receive credentials. Credentials are required to be on the pool deck. Coaches, chaperones or other staff registrations received after the entry deadline will be charged a Late Fee of \$ 25.00 per person. See Appendix C.

### MAX NUMBER OF FREE CREDENTIALS

ATHLETES	COACHES	CHAPERONES
1 - 10	2	1
11 - 15	3	2
16 - 20	4	2
21 - 25	5	3
26 - 30	6	3
31 - 35	7	4
36 - 40	8	4
41 - 45	9	5
46 - 50	10	5

## REQUIRED CERTIFICATIONS

CREDENTIAL	ELIGIBILITY
CCP LEVEL 1	Required for all coaches to be on deck at any land or water training or sanctioned competition.
CCP LEVELS 1 & 2	Required for all coaches to be on deck at any Regional or Zone Championship. Exception: A one-time emergency waiver may be allowed at the discretion of the Education Director.
CCP LEVEL 3	Required for all coaches to be on deck at any National Championship. Exception: A one-time emergency waiver may be allowed at the discretion of the Education Director.
BACKGROUND SCREEN	Required for all coaches and chaperones on deck.
SAFESPORT	Required for all USAAS Members 18 years of age and older. This includes coaches, chaperones, athletes, trainers, and any other team personnel.
CPR/FIRST AID	Required for all coaches on deck.
MEMBERSHIPS	Professional Membership or Life Membership required for coaches. Athlete Safety Membership required for team staff & chaperones. Competitive Athlete Membership required for all athletes.

Please review the late fee section for any certification not completed by the deadline. Registered coaches will be verified and those holding the required certifications will be granted credentials. Contact [memcoord@usaartisticswim.org](mailto:memcoord@usaartisticswim.org) with questions.





# 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](mailto:leahycm@gmail.com) by March 26, 2025. Copy Emily at [emily@usaartisticswim.org](mailto:emily@usaartisticswim.org) on all submissions. Please review the late fee section for music submitted or changed after the deadline. Music Late Fees are per routine/per change. Routines will be electronically timed in advance. Upon receipt of the music, a report will be sent containing the measured times for each routine.

## SUBMISSION REQUIREMENTS:

Digital music files (M4A, MP3) are to be submitted for routines for this competition. - Music files may be sent as email attachments or shared using a file sharing/ transfer service such as Dropbox, Google Drive, OneDrive, WeTransfer, etc.

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 device with a 1/8" TRS (headphone) jack is acceptable as a backup.

A CD player will NOT be available as back up.

Use the following naming conventions when saving files (routine names should be "space" separated):

12U Duet Free CDY Smith

- Duet Free = Routine event
- CDY = Club Abbreviation / Three Letter Code
- Smith = Last name of the first alphabetical member of the routine

Email Emily Burlison - [emily@usaartisticswim.org](mailto:emily@usaartisticswim.org) if you do not know your code

## MUSIC TIMING WEBSITE

Use this tool to check the timing of your music:

[https://measure-routines.web.app/measure\\_routines.html](https://measure-routines.web.app/measure_routines.html)





# NATIONAL EVENTS

## AGE DIVISIONS

AGE GROUP	FEMALE	MALE	GENDER INCLUSIVE
JUNIOR	15 - 19	15 - 20	15 - 20
SENIOR	15 & OVER	15 & OVER	15 & OVER

## U.S. NATIONAL CHAMPIONSHIPS

Competition in Solo, Boy/Male Solo, Gender Inclusive Solo, Duet, Mixed Duet, Boys/Males Duet, Gender Inclusive Duet and Team, consisting of Technical and Free routines. Technical routines and Free routines are separate events. Neither is mandatory. Each event will be awarded separately.

Qualification for the National Championship, Junior Championship, and Youth Championship is the top 6 routines from each zone for all three championships as well as the bonus entries which can be found on the USAAS website.

Grade Level 6 is required for entry into the National Championship.

## U.S. JUNIOR NATIONAL CHAMPIONSHIPS

Competition in Solo, Boy/Male Solo, Gender Inclusive Solo, Duet, Mixed Duet, Boys/Males Duet, Gender Inclusive Duet and Team, consisting of Technical and Free routines.

Qualification for the National Championship, Junior Championship, and Youth Championship is the top 6 routines from each zone for all three championships as well as the bonus entries which can be found on the USAAS website.

Grade Level 5 is required for entry into the Junior Championship.

## NATIONAL AND JUNIOR CHAMPIONSHIP COMBINED EVENT

Acrobatic Event general rules:

1. When the National and Junior Championships are held together, there shall be one Acrobatic event. Competitors from the National and Junior Championships may be combined in the same Acrobatic routine for this event.
2. All Acrobatic Routines 4-8.
3. Competitors of all ages may participate in the Acrobatic Event.
4. Qualification is not required for this event.
5. Swimmers ages 19/20 and younger must be level 5.
6. Swimmers ages 20/21 and greater must be level 6.





# NATIONAL EVENTS AND AWARDS

## **SCORING CHAIR**

Rebecca Phillips - rebeccasynchro@gmail.com

## **TENTATIVE EVENT SCHEDULE**

Click [HERE](#) for the schedule. The schedule will include all National, Junior and AWD events.

## **FOREIGN FEDERATIONS**

Foreign Federations may enter either Championship in accordance with the information posted in the invitation at the following website [HERE](#).

## **DRAW ENTRIES FOR NATIONAL & JUNIOR EVENTS**

If the event has 12 or fewer entries, we may select, at random, routines registered from the draw. All athletes, coaches and chaperones are required to register before the deadline. All fees will be charged at the time of registration. If the athlete is not drawn, a full refund will be processed. Please select placement as DRAW during event registration as the result place.

## **BONUS ENTRIES**

Bonus entries are posted in the 2025 Tech Talk posted on the Rules Page [HERE](#).

## **AWARDS**

Medals for places 1-3 and ribbons for places 4-8 will be given in the categories listed: Technical Routines, Free Routines, and Acrobatic routines. Foreign Competitors shall receive honorary placements, and if finishing in the top 12, shall swim in Finals and receive honorary awards. Foreign competitors shall not be eligible to be pre-swimmer(s).

## **NATIONAL TEAM TRIALS**

Detailed schedule for trials will be released closer to the start of the event.

Sunday, April 14 - conclusion of the championship till 7:00 PM

Monday, April 15 - 7:00 AM - 12:00 PM

## **POOL PRACTICE SPACE**

Aleksey Tarasenko - aleksey.tarasenko@oakviewgroup.com

Practice space will be available to rent Tuesday from 12 PM - 6 PM and all day Wednesday. Email Aleksey to reserve a time.



# AWD EVENTS

## AWD INVITATIONAL

The 2022 judging and scoring system will apply for all 2025 AWD Invitational. Figures Tier 1-6, cognitive and physical free events in Solo, Duet, Mixed Duet, Trio and Team. Events will be awarded separately.

## ONSITE ACCOMMODATIONS

For any accommodations needed while navigating the pool deck and entry into the water, please complete Form A on the USAAS website.

## AWD AWARDS

Medals will be awarded for 1st - 3rd place finishers and ribbons for 4-12 place finishers.

## ROUTINE TIMES

TIER	SOLO	DUET MIXED DUET TRIO	TEAM
TIER 1	1:00	1:00	1:00
TIER 2	1:00	1:00	1:00
TIER 3	1:45	2:15	2:30
TIER 4	2:00	2:30	3:00
TIER 5	2:15	2:45	3:15
TIER 6	2:15	2:45	3:30



## AWD FIGURES

Tier 1		
BPA	Back Layout Position	0.4
460	Oyster	1.2
475	Tub	1.1
BPO	Split Position	0.6
Tier 2		
100	Bent Knee Alternate	1.1
302	Blossom	1.4
310	Somersault, Back Tuck	1.1
BPO	Split to Close at Ankles	0.8
Tier 3		
101	Ballet Leg, Single	1.6
306	Barracuda, Bent Knee	1.7
316	Kipnus	1.4
360	Walkover, Front	1.9

Tier 4		
106	Ballet Leg, Straight	1.6
301	Barracuda	1.8
311	Kip	1.6
359	Front Ariana	2.2
Tier 5		
140	Flamingo, Bent Knee	2.3
301d	Barracuda, Spinning 180	2.0
154	London	2.0
423	Ariana	2.2
Tier 6		
140	Flamingo, Bent Knee, Spinning 360	2.4
301h	Barracuda, Spin Up 180	2.4
313	Kip Split, Closing 360	2.2
407	Swordfish Str. Leg Ariana Rotation	2.6





# USAAS POLICIES

## 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 Artistic Swimming. 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. USA Artistic Swimming may use photos likeness in a photograph, video, or other digital media, in any/all of its publications, including web-based publications, without payment or other consideration.

## LIVE WEB STREAMING

We will provide live coverage of the event. The livestream can be found on our website the day of the competition. [Click Here.](#)

## MERCHANDISING

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

## PHOTOGRAPHY

James Rokop Photography - Photos will be available for purchase on our website.

## EVENT CANCELLATION POLICY

When a USA Artistic Swimming (USAAS) event is cancelled or interrupted due to acts or threats of war, acts or threats of terrorism, acts of God, or a health risk alert, event entry refunds will be made to individuals or teams on a prorated basis once all of USAAS's out-of-pocket expenditures for the cancelled or interrupted event have been settled from such fees.

## VENUE RULES

Gelling is allowed in a specified area only. Please keep areas clean and pick-up bobby pins. There will be absolutely NO DE GELLING allowed at the facility. A \$100.00 team fine will be placed on the club account if found de gelling. \$100.00 team fine for anyone performing acrobatic movement in practice space.

- No Glass Containers in pool area, lobby, bathrooms or parking lot
- No Shaving/Gelling in the Bathrooms
- No Alcoholic Beverages or Containers in pool area, lobby, bathrooms or parking lot
- No Smoking/Vaping/E-Cigarette in pool area, lobby, bathrooms or parking lot
- No Refunds offered for Vending Machines
- No propping open of any external gates/exits

Teams are permitted to bring in their own coolers, beverage and food. No food is allowed on the pool deck!

## ADVERTISING POLICY

No club or individual is permitted to display signage, flyers or any other advertising materials at the event. Teams are permitted to hang banners with the logo and/or name of the competing club only. At certain events, scoreboard advertisements will be available for purchase upon inquiry. For additional information or to explore other advertising options with USA Artistic Swimming, please contact [Kennedy@usaartisticswim.org](mailto:Kennedy@usaartisticswim.org).

## REFUND POLICY

### NO REFUNDS FOR SCRATCHES.

In the case of extenuating circumstances, USAAS will take the circumstances into account.