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2204 Plaza Drive Suite 110

Rocklin, CA 95765

<http://www.playplacer.com>

FOR IMMEDIATE RELEASE

EVENT: Synchronized Swim Age Groups Regional Meet

WHEN: May 17-19, 2013

WHERE: Rocklin, CA

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200 Californian Swimmers Compete for a National Shot

Sierra College Hosts the Synchronized Swimming Age Group Regionals

ROCKLIN, CA – May 7, 2013 – The weekend every aspiring national synchronized swimmer anticipates is coming up; **the Regional Age Group Synchronized Swim Meet commences on the weekend of May 17-19 right here at Placer Valley's Sierra College, in Rocklin Calif.** Around 200 athletes from Northern and Central California will be competing in this qualifying meet that will determine which swimmers will attend the National Age Group Meet in Riverside Calif. in June.

Swimmers from this region (Sacramento and the Bay Area) are expected medal placers in Nationals and typically represent the best teams in the Nation. More often than not, Synchronized Swimming Olympians hail from one of these Northern California synchro programs.

This meet is technically two competitions in one. First, the *Pacific Association*—Sacramento, the Bay Area and Santa Rosa



teams—will compete with the *Central Association* (Cypress and Monterey teams) in a regional meet. Immediately afterward is the Age Group Nationals Qualifying Meet. Can you feel the pressure yet?

Middle and advanced-level competitive synchronized swimmers between the ages of 8 and 19 will compete. The teams that will be represented at this meet include the Sacramento Synchronized Swim Team, the Walnut Creek Aquanuts, the Santa Clara Aquamaids, the San Francisco Marionettes, Redwood Empire Synchronized Swim Team, the Cypress Swim Club, and other teams from the Santa Rosa, Los Gatos and Monterey areas.

Our local Sacramento Synchronized Swimming has a top-ranking 11-12 Trio and Duet Routine starring Noel Song, McKenzie Schoel and Nicole Meza. Rising star Paige Gwaltney just made the 11-12 national team and will be competing later this summer in an International competition. Sacramento's 13-14 team will be vying for a spot in the top three in routine and the 18-19 team is hoping for a shot at Nationals for the fifth time.

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