



REGIONAL CHAMPIONSHIPS ANNOUNCEMENT



*Cabin John Ice Rink
Rockville, MD
Hosted by Washington FSC
October 9 - 13, 2009*

U.S. Figure Skating



2010 Qualifying Competition Season

TECHNICAL ANNOUNCEMENT

1. GENERAL

The 2010 U.S. Figure Skating qualifying competition season consists of a total of 14 events. These include 12 qualifying events (nine regional championships, three sectional championships), the 2010 U.S. Junior Figure Skating Championships (juvenile and intermediate) and the 2010 AT&T U.S. Figure Skating Championships (novice, junior and senior). All 14 events are sanctioned by U.S. Figure Skating and conducted according to the most current U.S. Figure Skating rulebook, 2010 edition, with changes and clarifications as posted on the U.S. Figure Skating web site and this announcement. Compliance with these rules as updated or amended is the responsibility of the participants. U.S. Figure Skating reserves the right to incorporate revisions to the international judging system (IJS) made by the ISU for junior and senior events and by U.S. Figure Skating to novice events and below.

The qualifying and national championship competitions are only open to competitors who (1) Are current members of U.S. Figure Skating (2) Meet the eligibility requirements according to U.S. Figure Skating Rule 3035 (3) Meet all age and test requirements pertaining to the event you are entering and (4) Meet the citizen and residency requirements as stated in Rule 3065.

Non-U.S. citizens who have already received a letter of permission from the chair of the Competitions Committee and were accepted to compete in the U.S. Figure Skating qualifying system are eligible to register. All other non-US citizens seeking eligibility must meet the requirements set forth in Rule 3065.

Important Notice for All Coaches

All coaches must comply with the coaches' registration policy in order to be allowed to instruct/coach at all qualifying competitions. Coaches will need to check in at the event registration desk and show proof of registration plus membership in both U.S. Figure Skating and PSA in order to receive a credential. Each local organizing committee (LOC) will ask to see each coach's registration, membership cards and a photo ID at check in. A list of all coaches who have successfully registered will be available at <http://www.usfigureskating.org/Shell.asp?sid=41529>. If they have not registered, they will not be allowed a credential – no exceptions.

Important Notice for All Pairs and Dance Teams

All pairs and dance teams will begin their qualifying at their respective sectional championships (unless they have been notified of a bye advancing them directly to the U.S. Championships). These events will no longer be offered at the regional championships.

For the 2010 competition season, the 12 qualifying events are:

2010 Regional Figure Skating Championships

REGIONAL CHAMPIONSHIPS

South Atlantic Regional Championships

Washington FSC; Rockville, Md.; Oct. 9–13, 2009

North Atlantic Regional Championships

American Academy FSC; Hackensack, N.J.; Oct. 16–20, 2009

New England Regional Championships

Champlain Valley SC; Burlington, Vt.; Oct. 22–26, 2009

Southwestern Regional Championships

Dallas FSC; Grapevine, Texas; Oct. 9–13, 2009

Eastern Great Lakes Regional Championships

ISC of Indianapolis; Carmel, Ind.; Oct. 16–20, 2009

Upper Great Lakes Regional Championships

Skating Council of Illinois; Hoffman Estates, Ill.; Oct. 23–27, 2009

Northwest Pacific Regional Championships

Oregon Skating Council; Medford, Ore.; Oct. 8–12, 2009

Central Pacific Regional Championships

Salt Lake Figure Skating; Salt Lake City, Utah; Oct. 16–20, 2009

Southwest Pacific Regional Championships

Coyotes SC of Arizona; Scottsdale, Ariz.; Oct. 23–27, 2009

SECTIONAL CHAMPIONSHIPS

Eastern Sectional Championships

University of Delaware FSC; Newark, Del.; Nov. 17–22, 2009

Midwestern Sectional Championships

Wichita FSC; Wichita, Kan.; Nov. 17–22, 2009

Pacific Coast Sectional Championships

Jackson Hole FSC; Jackson, Wyo.; Nov. 17–22, 2009

The national championships will be organized for all qualifiers in:

2010 U.S. Junior Figure Skating Championships

Dec. 14–19, 2009

Strongsville, Ohio

2010 AT&T U.S. Figure Skating Championships

Jan. 14–24, 2010

Spokane Arena

Spokane, Wash.

2. REGISTRATION

A. METHOD

Online Electronic Registration (Required)

Online registration is the ONLY method available for entry into the 2010 U.S. Figure Skating qualifying competition season.

To enter online into the 2010 qualifying competition season, proceed in the following manner:

- Log on to www.usfsaonline.org
- Input your username and password
 - Your username is your U.S. Figure Skating membership number.
 - If you do not already have a password, go to www.usfsaonline.org first and follow the online instructions.

If you are experiencing difficulty with online registration, please call the U.S. Figure Skating main number at 719.635.5200 or e-mail the U.S. Figure Skating Member Services Department at memberservices@usfigureskating.org.

B. DEADLINES

The entry deadline for the 2010 qualifying competition season is **11:59 p.m., Sept. 1, 2009**. The time zone of your primary residence/principle training center (juvenile, intermediate) or home club (novice, junior, senior) will determine the entry deadline of 11:59 p.m., Sept. 1, 2009.

**NO EXCEPTIONS WILL BE MADE!
NO LATE REGISTRATIONS WILL BE ACCEPTED AFTER THIS DEADLINE!**

Juvenile and Intermediate Singles Competitors ONLY:

During the online registration process, you will be given the option to input your principle training center if you wish to compete out of the region you train rather than the region in which your primary residence is listed. The following guidelines must be followed:

- You must train at your principle training center at least six (6) months and one (1) day during the calendar year to be eligible
- The region you select is binding (whether it is based on primary residence or principle training center) and cannot be changed.

Age requirements must be met by **Sept. 1, 2009**.

Test requirements must also be met by **Sept. 1, 2009**. Provisional entries based on passing a test after the closing date of entries will not be accepted. Please refer to U.S. Figure Skating Rules 3107, 3108 and 3109 for further testing information and guidelines.

C. BYES

No medical byes will be considered. Competitors awarded a bye to their sectional championships or the U.S. Championships will receive official notification in writing from U.S. Figure Skating. All competitors wishing to compete in the 2010 qualifying competition season, including those who receive a bye, must enter by the Sept. 1, 2009, deadline.

2010 Regional Figure Skating Championships

D. ENTRY FEES

All competitors entering the 2010 qualifying competition season must submit payment of the appropriate entry fee (amounts listed below) to U.S. Figure Skating. All competitors are required to pay both the entry fee into the qualifying competition season (for each event entered) and the administrative fee. All fees are nonrefundable.

2010 Qualifying Competition Season Entry Fees

Entry Fee	Level/Discipline
\$130	Juvenile/Intermediate/Novice/Junior/Senior Singles (First competition at regional championships)
\$150	Juvenile/Intermediate Pairs and Dance Teams (First competition at sectional championships)
\$150	Novice/Junior/Senior Pairs and Dance Teams (First competition at sectional championships)
\$10	Administrative Fee/Entry (All entries subject to payment of administrative fee)

Sectional Championships Qualifying Entry Fees

Those singles skaters advancing, regardless of method, from their regional championships to the sectional championships will incur an additional \$150 entry fee plus \$10 administrative fee. This total will automatically be charged to the credit card that paid the initial entry fee.

ENTRY FEE BREAKDOWN for 2010 QUALIFYING COMPETITION SEASON

	Regional Championships	Sectional Championships	U.S. Junior Championships	U.S. Championships
Singles Skaters	\$130	\$150	N/A	N/A
Juvenile/Intermediate Pairs and Dance	N/A	\$150	N/A	N/A
Novice/Junior/Senior Pairs and Dance	N/A	\$150	N/A	N/A

Your registration is not considered valid until all appropriate entry and administrative fees are paid and all required forms (including the planned program content sheet) are completed online to U.S. Figure Skating.

E. PAYMENT

Online payment via credit card is the **ONLY** accepted form of payment.

For those competitors advancing to their respective sectional championships from their regional championships, the credit card used during the initial entry registration will be automatically charged the additional sectional entry fee. If an alternative card must be used for the payment of the sectional entry fee, contact Lindsay Mulvey, U.S. Figure Skating, at 719.635.5200.

Once entered, all withdrawals are considered final. A skater may not reenter even if the withdrawal occurs prior to the entry deadline on Sept. 1, 2009.

3. TECHNICAL DETAILS

A. CONDUCT OF EVENTS

For the 2010 season, all events and levels at all championship competitions (regional, sectional, U.S. Junior Championships, U.S. Championships) will be conducted in accordance with the international judging system (IJS).

B. AGE and TEST QUALIFICATIONS

All age and test requirements can be found in the U.S. Figure Skating Rulebook starting with Rule 3640 (senior singles) and on the U.S. Figure Skating web site at http://www.usfigureskating.org/New_Judging.asp.

C. TECHNICAL ELEMENTS

The well-balanced program charts for all levels and disciplines are posted on the U.S. Figure Skating web site at http://www.usfigureskating.org/New_Judging.asp. As referenced earlier in this announcement, U.S. Figure Skating will incorporate all changes made by the ISU with regard to well-balanced programs. Please refer to this web site often for continuous updates.

All competitors entering into the 2010 qualifying competition season are required as part of their online registration to submit a planned program content sheet (PPCS) detailing the elements in their program(s). You may update your PPCS at www.usfsaonline.org up to one week prior to the start of your competition.

D. MUSIC

COMPETITION MUSIC INFORMATION (Required component of online registration)

U.S. Figure Skating requires all competitors to fully complete a competition music information form as part of the online registration process.

The following information is required for each piece of music used in the composition of the short program/original dance and free skate/free dance: composer, orchestra, duration of music, record label/number (optional but highly recommended if obtainable).

COMPACT DISCS (CDs)

For all qualifying events during the 2010 season, CDs are the only acceptable media. CDs must be clearly marked with name, event entered and the music length. **Each CD must have only ONE (1) track on it. In the case of a short program and free program, two (2) separate discs must be used.** Any disc with more than one (1) track will NOT be accepted! Lead in time (time before the music begins) on CDs may not exceed two (2) seconds.

New for 2010

Each CD must be in a paper CD sleeve with a see through window (obtainable at any office supply store), also labeled with the skater's name and event. Standard hard plastic jewel cases or other CD holders are no longer acceptable. CDs that are not properly identified will NOT be accepted. **Due to compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs.**

Competition music must be turned in at the registration desk at the time of registration. At the Championships, competitors will not receive their credentials at registration until they turn in their music. The originals used at the Regional Championships will be forwarded to the

2010 Regional Figure Skating Championships

Sectional Championships and the U.S. Junior Championships for those advancing. Those qualifying from the Sectional Championships will have their original music forwarded on to the U.S. Junior Championships/U.S. Championships.

Skaters receiving byes to the U.S. Championships must mail their competition music on CD no later than one (1) month (Dec. 13, 2009) prior to the start of the U.S. Championships to the following address:

Pete Zurlinden
U.S. Championships Music Tech
2950 Los Olivos Lane
La Crescenta, CA 91214-2813

CD's are to be mailed in "CD Mailers", which can be obtained at the post office or any office supply store.

All competitors must have at least one (1) additional copy rinkside at practice sessions and during the actual competition event. The LOC will accept no responsibility for damage or loss.

U.S. Figure Skating will supply current dance music for compulsory dances.

E. OFFICIAL BULLETIN BOARD

The official bulletin board will contain any announcements or changes, and it is the responsibility of the competitors to check it often for official notices. Please refer to the local portion of the announcement for further information regarding the bulletin board.

4. ADVANCEMENT TO SECTIONAL CHAMPIONSHIPS/U.S. JUNIOR CHAMPIONSHIPS

A. QUALIFIERS

SINGLES COMPETITORS

All singles competitors advancing to the sectional championships or the U.S. Junior Championships will receive instructions for downloading the specific event announcement from www.usfsonline.org for the competition to which they have advanced.

For every competitor, all information required to be sent to the sectional championships or U.S. Junior Figure Skating Championships local organizing committees (photos, practice ice requests, etc.) must be postmarked no later than the THURSDAY FOLLOWING YOUR REGIONAL CHAMPIONSHIPS. Any information postmarked after the Thursday following your regional championships will be accepted ONLY at the discretion of the local organizing committee.

For those competitors receiving a bye to the sectional championships, you will receive either instructions for downloading the announcement or your announcement via email and must follow the deadlines set forth by the LOC.

B. ALTERNATES

Skaters placing in fifth and sixth place (unless there are fill-ins) at the regional championships in the novice, junior and senior singles events will be designated as first and second alternates. These competitors will be provided access to an event announcement as they may be selected to compete up to 48 hours before their competition event.

The succeeding two (2) placed skaters not advanced by the percentage system in juvenile and intermediate singles are the first and second alternates respectively and will be provided access to an announcement for the U.S. Junior Championships.

Alternates do not need to mail in any paperwork or required forms unless contacted by U.S. Figure Skating.

5. INSURANCE/LIABILITY

A. LIABILITY

U.S. Figure Skating, the host club(s) and/or interclub association, the organizing committee, and the ice arenas being utilized for these events accept no responsibility for injury or damage sustained by any participant in these championships (U.S. Figure Skating Rule 3222).

5. ANTI-DOPING

Anti-doping tests will be conducted at the 2010 AT&T U.S. Figure Skating Championships, held in Spokane, Wash., Jan. 14-24, 2010. Senior-level competitors only are eligible to be tested. If selected, testing is mandatory.

6. CONTACTS

For further information, requests should be addressed to:

A. U.S. FIGURE SKATING

U.S. Figure Skating
Kevin Leonardo
kleonardo@usfigureskating.org

Chair, Competitions Committee
Rick Kern
eyeskate@att.net

B. LOCAL ORGANIZING COMMITTEE

Please refer to the additional information located on the following pages for detailed contact information for the local organizing committee hosting your specific championships.

General Information

Venue

All competition events will be held at the Cabin John Ice Rink, located in Rockville, Maryland. The rink has two ice surfaces (one measuring 85' X 200' and 100' X 200'). The rink has a snack bar which will be open during the competition, as well as limited wireless internet access and ample seating. The rink is co-located with the Cabin John Regional Park, which features a variety of sports and picnic facilities, in addition to the ice rink. For additional information regarding the facility and directions, please visit <http://www.cabinjohnice.com> or call 301-765-8620.

Unofficial practice ice will be available at the following secondary venues from Friday Oct. 9, 2009 through Sunday Oct. 11, 2009: Wheaton Ice Rink, 11717 Orebaugh Avenue, Wheaton, Maryland (301-649-3640) and Kettler Capitals Iceplex, 627 N. Glebe Road, Arlington, Virginia (571-224-0555). Both secondary venues are located within approximately 15 miles of the competition venue.

Official Announcements

Throughout the competition, the latest updates will be posted on the Official Bulletin Board in the lobby of the Cabin John Ice Rink. The Official Schedule of Events will be posted on the Official Bulletin Board and will supersede all other schedules.

It is the responsibility of the skater, parent, and coach to check to check this board upon arrival and regularly during the competition for changes of schedule or other important information. The skating orders will be posted at the start of the first official practice for the competition.

Registration

All confirmation times and event notifications will be sent via e-mail and be posted on the competition website, <http://www.2010southatlantics.com>. No announcements will be sent through U.S. Mail.

Upon arrival, all skaters should check in at the registration desk located in the lobby of the Cabin John Ice Rink. The registration desk will open on Oct. 8, 2009 at 3:00 p.m. and will be open throughout the duration of the competition. Skater credentials and information packets will be handed to competitors upon receipt of the competitor's music. Coach credentials will be provided to coaches upon presentation of proof of U.S. Figure Skating coach's registration, current U.S. Figure Skating and PSA membership and presentation of a photo I.D.

Practice Ice

Practice Ice will begin on October 8, 2009. All practice ice sessions will be sold in 30 minute increments at a cost of **\$15.00** per practice session.

Official Practice Ice

All OFFICIAL practice ice will be held at Cabin John Ice Rink (competition venue). Reservations for official practice ice must be made in advance. An official practice will be scheduled for each event. Skaters are required to complete the Official Practice Ice form and send payment to reserve their spot on the session. Additional Official Practice Ice will be available for ALL skaters advancing to the next round. This can be paid for at the Competition Practice Ice Desk at the competition.

Unofficial Practice Ice

Unofficial practice ice will be available at Cabin John Ice Rink (competition venue) and at two secondary venues. All reservations for Thursday evening unofficial practice ice sessions must be made and paid for in advance. All other unofficial practice ice reservations will be handled on a first-come, first-serve basis at the Competition Practice Ice Desk. We will do our best to ensure that each competitor purchasing unofficial practice ice gets the times/locations requested, however in cases where this is possible, indicate below whether time slot or location should take precedence. The request for unofficial practice ice form should be completed and mailed to the address below.

All requests for practice ice reservations must be accompanied by a check or money order, payable to: Washington Figure Skating Club. Please mail all practice ice request forms to:

Washington Figure Skating Club
2010 South Atlantic Practice Ice
6107 Swansea Street
Bethesda, MD 20817

NO REQUESTS FOR PRACTICE ICE WILL BE TAKEN OVER THE PHONE! Practice ice reservations must be postmarked no later than Sept. 1, 2009. THERE ARE NO REFUNDS FOR ANY PRACTICE.

Awards

Medals will be awarded to competitors placing first through fourth place in both the qualifying and final rounds of competition. Trophies will be awarded to the overall winners of each qualifying event. Award ceremony schedules will be posted on the Official Bulletin Board. For events with short and free skate programs, awards will only be given for the final combined results, and not for the individual placements in the short or free skate segments. All skaters being presented with awards should be dressed in their competitive costumes with their skates on for the award ceremony.

Tickets and Credentials

All registered competitors will receive (1) coach, (1) chaperone, and (1) competitor credential. Additional credentials for coaches/choreographers (must meet credential requirements) will be available for a fee of \$25.00. Daily admission tickets can be purchased by the public at a rate of \$15.00. All event tickets will be available to the public for a rate of \$45.00. Please use the enclosed order form to purchase additional credentials and tickets.

Photographs and Video

All U.S. Figure Skating Championship Competitions (including regional championships) will be professionally videotaped and photographed. Videotaping of the competition in any form is not permitted. Photographs are permitted for personal use only, but for the safety of the skaters, no flash photography is permitted. Any resale of photography is strictly prohibited.

Air Transportation

There are three airports within a 35 mile radius of the Cabin John Ice Rink: Ronald Reagan Washington National Airport (DCA), Washington Dulles International Airport (IAD) and Baltimore-Washington International Thurgood Marshall Airport (BWI).

2010 South Atlantic Regional Figure Skating Championships

The LOC has arranged for special rental car and shuttle rates available at any of these airports. The special rental car rate is available through Hertz and special rates for shuttle service are available through SuperShuttle. Refer to the competition website (<http://www.2010southatlantics.com>) for more specifics.

Transportation Security Administration (TSA)

The TSA of the U.S. Department of Homeland Security has very strict screening guidelines for transporting sports equipment. It prohibits certain sporting equipment from being brought onboard an aircraft, including equipment determined at the discretion of the security screener to be dangerous, which may include ice skates. While these items may be prohibited from your carry on luggage, they may be transported to your destination in your checked baggage. Any sharp objects in checked baggage should be sheathed or securely wrapped to prevent injury to baggage handlers and security screeners and/or damage to other luggage.

Please reference the link below for an outline of items that are permitted and prohibited in your carryon and/or checked luggage.

<http://www.tsa.dhs.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

Driving Directions

The address for Cabin John Ice Rink is

10610 Westlake Drive
Rockville, MD

For those individuals driving, the address generally maps successfully in recent GPS systems.

For more detailed directions, see below:

Directions from Baltimore-Washington International Thurgood Marshall Airport

Competitors arriving at the Baltimore-Washington International Thurgood Marshall Airport (BWI) should exit the airport and proceed as follows:

1. Start going toward I-195 W - go 0.8 miles
2. Bear Left on I-195 W toward AIRPORT EXIT - go 4.4 miles
3. Take exit #4B/WASHINGTON onto I-95 S - go 19.6 miles
4. Take exit #27/SILVER SPRING/BETHESDA/COLLEGE PARK (US-1) onto I-495 W toward SILVER SPRING - go 10.0 miles
5. Take Right fork onto I-270 N toward FREDERICK - go 1.4 miles
6. Take exit #1A/OLD GEORGETOWN RD onto OLD GEORGETOWN RD(MD-187 N) - go 0.40 miles
7. Turn Left on TUCKERMAN LN - go 1.3 miles
8. Turn Left on WESTLAKE DR - go 0.40 miles
9. Arrive at 10610 WESTLAKE DR, ROCKVILLE, on the Right

Directions from Washington Dulles International Airport

Competitors flying into Washington Dulles International Airport should use the following directions:

1. Follow the signs to exit the airport
2. Turn Left to take ramp onto DULLES AIRPORT ACCESS RD toward I-495/WASHINGTON/VA-28/US-50/VA-7/STERLING/CENTREVILLE - go 11.9 miles
3. Take the EXIT 18-19 (I-495)/BALTIMORE (VA-123)/RICHMOND exit onto VA-267 E (Toll applies) - go 1.1 miles
4. Take exit #18/BALTIMORE/RICHMOND onto I-495 N toward BALTIMORE/BETHESDA MD (Toll applies) - go 7.5 miles
5. Take Left fork onto I-270-SPUR N toward I-270/ROCKVILLE/FREDERICK - go 0.7 miles
6. Take exit #1/DEMOCRACY BLVD toward DEMOCRACY BLVD WEST - go 0.3 miles
7. Turn Left on DEMOCRACY BLVD - go 0.5 miles
8. Turn Right on WESTLAKE DR - go 0.7 miles
9. Arrive at 10610 WESTLAKE DR, ROCKVILLE, on the Left

Directions from the North (Baltimore/Wilmington/Philadelphia areas)

Competitors traveling from points North (Philadelphia/Wilmington areas) and using I-95S should use the following directions:

1. Merge onto I-95 S (Portions toll) – continue to the Washington Capitol Beltway
2. Take exit #27/SILVER SPRING/BETHESDA/COLLEGE PARK (US-1) onto I-495 W toward SILVER SPRING - go 10.0 miles
3. Take Right fork onto I-270 N toward FREDERICK - go 1.4 miles
4. Take exit #1A/OLD GEORGETOWN RD onto OLD GEORGETOWN RD(MD-187 N) - go 0.4 miles
5. Turn Left on TUCKERMAN LN - go 1.3 miles
6. Turn Left on WESTLAKE DR - go 0.4 miles
7. Arrive at 10610 WESTLAKE DR, ROCKVILLE, on the Right

Directions from the South (Richmond and points south)

Competitors traveling from Southern points (Richmond, VA) and using I-95N should use the following directions:

1. Exit onto I-95 N toward WASHINGTON—Continue to the Washington Capitol Beltway
2. Take exit #170B/TYSONS CORNER onto I-495 N - go 18.8 miles
3. Take Left fork onto I-270-SPUR N toward I-270/ROCKVILLE/FREDERICK - go 0.7 miles
4. Take exit #1/DEMOCRACY BLVD toward DEMOCRACY BLVD WEST - go 0.3 miles
5. Turn Left on DEMOCRACY BLVD - go 0.5 miles
6. Turn Right on WESTLAKE DR - go 0.7 miles
7. Arrive at 10610 WESTLAKE DR, ROCKVILLE, on the Left

Please note the following:

1. The Washington DC morning rush hour on weekdays normally begins as early as 5:30a.m. and typically lasts until 8:30 or 9:00 a.m. Please factor this into your travel plans if you plan to arrive on Friday morning, Oct. 9, 2009.
2. The Washington DC afternoon rush hour begins on weekdays by 3 p.m. and often lasts to as late as 7:30 p.m. Please factor this into your travel plans. For those traveling by auto from Washington Dulles International Airport, or from the south, the inner loop of the Washington Capitol Beltway (towards Tyson's Corner and Rockville/Bethesda) is generally extremely congested for the last 7.5-10 miles of the trip before the exit onto I-270 and Democracy Blvd.
3. Current traffic reports for the Washington DC area can be heard on several radio stations, including WTOP (103.5AM), WMAL, and XM Channel 214. All of these are updated approximately every 10 minutes.
4. Cabin John Ice Rink is located in Montgomery County, Maryland. Montgomery County has an extensive network of speed cameras, and there are quite a few in the vicinity of the ice rink. These cameras are active and contribute significant revenue to the county annually.
5. Unofficial practice ice will be available at the following secondary venues from Friday Oct. 9, 2009 through Sunday Oct. 11, 2009: Wheaton Ice Rink, 11717 Orebaugh Avenue, Wheaton, Maryland (301-649-3640) and Kettler Capitals Iceplex, 627 N. Glebe Road, Arlington, Virginia (571-224-0555). Both secondary venues are located within approximately 15 miles of the competition venue.

Sponsorship and Program Advertisements

If you or your company, small business, or figure skating club would like to sponsor the 2010 South Atlantic Regional Championships, please contact Christine Furman at 757-277-2240 or e-mail furman4@yahoo.com.

Program advertising may be purchased in a variety of sizes and prices. Information regarding advertising in the Official Program book can be found on the attached form.

Program Photograph Information

Each skater is asked to submit two duplicate 5"x7" color or black and white photographs for inclusion in the Official Program book. The photographs should be composed in a head and shoulders portrait format. There will be a link on the official website to submit the photograph electronically. There will be NO CHARGE either for including your skater's photograph in the Official Program book or for a copy of the Official Program book.

Please submit all photographs electronically via e-mail to the following e-mail address: photos@2010southatlantics.com.

Skaters advancing to the Sectional Championships will have their photographs forwarded by the South Atlantic LOC to the Sectional LOC.

Contact Information

For the latest information regarding the competition, please check the competition website at <http://www.2010southatlantics.com> . For further questions, please contact one of the following chairs:

Jennifer Lyon
Day: 703-961-3234
Evening: 703-338-6665
jslyon@2010southatlantics.com

Dina Gold
Mobile: 301-908-8722
dgold@2010southatlantics.com

2010 South Atlantic Regional Hotel List

Please call the following hotels for housing during this event or use the direct links on the event website (<http://www.2010southatlantics.com>). All of the hotels listed have a block of rooms set up with an event rate. Please make sure you mention South Atlantic Regionals with the Washington Figure Skating Club when making your reservation in order to get the negotiated rate.

Crowne Plaza Rockville (<http://www.cprockville.com>)
1-877-2CROWNE (1-877-227-6963) or 301-840-0200

Rate: \$99/night (Standard) or \$129/night (Suite)

Use the following link to book directly with the Crowne Plaza:

https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=1441426

Competitors staying at the Crowne Plaza will have access to a free shuttle service (4 times daily) between the hotel and the ice rink.

Chase Suites Hotel Rockville (<http://www.chasehotelrockville.com/>)
1380 Piccard Drive
Rockville, MD
1-888-433-9407

Rate: \$119/night (1 Bedroom Suite (King or 2 Doubles) with Sleeper Sofa)

Use the following link to book directly with Chase Suites Hotel Rockville.

<https://reservations.synxis.com/gc/rez.aspx?Hotel=22255&Chain=8897&group=WFSC09>

Additional Information Transmittal Form 2010 South Atlantic Regional Championships

Competitor Name: _____ Sex: M / F

USFSA #: _____ Event: _____

Phone # (Home): _____ (Cell): _____

E-mail (Please PRINT Clearly): _____

Address: _____

City: _____ State: _____ Zip: _____

Please return the following forms completed. Use the following grid to be sure that you have completed all of the necessary documents and remit payment as outlined below.

Summary of Form	Amount Due
Advance Ticket Purchase Form (Form A)	
Volunteer Form (Form B)	
Competitor's Party Registration Form (Form C)	
Credential Request Form (Form D)	
Practice Ice Request Form (Form E)	
Program Advertising Form (Form F)	
Total Due (Forms A-F)	

Please make checks payable to 2010 South Atlantics and mail with the enclosed completed forms to the address listed below. A \$50.00 fee will be assessed for returned checks. The Washington Figure Skating Club will not issue refunds. Deadline for postmark is no later than midnight, Sept. 8, 2009.

Dina Gold
c/o South Atlantic Regionals
6107 Swansea Street
Bethesda, MD 20817

FORM A
Advance Ticket Purchase Form
2010 South Atlantic Regional Championships

Tickets to the 2010 South Atlantic Regional Championships will be sold in advance and at the door. There will be no discount for advance purchase—however the advance purchase tickets will be placed in each competitor's registration packet and available for immediate use by family members.

Advance purchase is by check only, whereas tickets purchased at the door may be paid for via cash or credit card.

Prices are:

- Adults (13+): \$15 per day or \$45 for a 5 day pass
- Seniors (55+) and Youth (3-12) \$7 or \$21 for a 5 day pass
- Family Pass (good for admission of up to 4 people) \$35 per day
- Current learn to skate participants w/ skate card or other official document: \$5/day
- 2 years and under free

Competitor's Name: _____ USFSA # _____

Phone #: (Home) _____ (Cell) _____

E-mail (Please Print Clearly): _____

Category	Price per Ticket	# of Tickets	Total Price
Adult (13+) Single Day Ticket	\$15		
Adult (13+) 5-Day Pass	\$45		
Senior (55+) or Youth (3-12) Single Day Ticket	\$7		
Senior (55+) or Youth (3-12) 5-Day Pass	\$21		
Family Pass (Single Day Only)	\$35		
Current LTS Participant (Single Day Only)	\$5		

Grand Total for Tickets: \$ _____

**MAKE CHECKS FOR THE FULL AMOUNT PAYABLE TO
2010 SOUTH ATLANTICS.**

Deadline for postmark is no later than midnight, Sept. 1, 2009.

Dina Gold
c/o South Atlantic Regionals
6107 Swansea Street
Bethesda, MD 20817

FORM B
Volunteer Form
2010 South Atlantic Regional Championships

A successful competition takes many enthusiastic and hard-working volunteers. The Washington Figure Skating Club appreciates help from all who would be willing to volunteer to make the 2010 South Atlantic Regional Championships a huge success. If you are interested in volunteering your time and talents, please fill out the following information and our Volunteers Coordinator will contact you. Thank you in advance!

Volunteer Name: _____ Age (may approximate): _____

Phone #: (Home) _____ (Cell) _____

E-mail (Please print clearly): _____

Address: _____

City: _____ State: _____ Zip: _____

Please indicate area of interest:

___ Registration Desk

___ Practice Ice

___ Music and Announcing

___ Hospitality

___ Wherever

If you have a skater in the competition, please indicate the event:

Would you prefer to work a shift in the Morning / Afternoon / Evening
(Please circle your preference).

Please mail form no later than Sept. 1, 2009.

Dina Gold
c/o South Atlantic Regionals
6107 Swansea Street
Bethesda, MD 20817

FORM C
Competitor Party Registration Form
2010 South Atlantic Regional Championships

The 2010 South Atlantic Regional Championships Competitors' Party will be held on Saturday, Oct. 10, 2009 in the evening. Exact location and time will be posted on the event website and on the Official Bulletin Board. Festivities will include refreshments and dancing.

The party is open to all competitors and their guests. Tickets are \$5 in advance and \$10 at the registration desk throughout the competition. All ticket sales are final and are on a first come, first serve basis. Pre-ordered tickets will be handed out at the registration desk.

Competitor's Name: _____ USFSA#: _____

Phone #: (Home) _____ (Cell) _____

E-mail (Please print clearly) _____

Number of Tickets: _____ X \$5.00 = Total Due \$ _____

Names of Guests:

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Dina Gold
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FORM D
Credential Request Form
2010 South Atlantic Regional Championships

Please complete the following form to request credentials. All skaters will receive (1) each of the following: (1) skater's credential, (1) chaperone credential, (1) coach/choreographer credential.

Additional coach/choreographer credentials can be purchased for \$25 each.

Skater's Name: _____

Skater's Level: _____ Skater's Club: _____

Names for Credentials:

Skater's Credential: _____

Coach/Choreographer Credential: _____

Chaperone Credential: _____

Additional Coaches/Choreographers Credentials:

of Additional Credentials: _____ X \$25.00 each = _____

ALL Coaches/Choreographers MUST check in at the event registration desk and show proof of registration plus membership in both U.S. Figure Skating and PSA in order to receive a credential.

**MAKE CHECKS FOR THE FULL AMOUNT PAYABLE TO
2010 SOUTH ATLANTICS.**

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Dina Gold
c/o South Atlantic Regionals
6107 Swansea Street
Bethesda, MD 20817

FORM E

Practice Ice Request Form

2010 South Atlantic Regional Championships

Practice ice will be available at the Cabin John Ice Rink and two secondary venues for all competitors beginning on Thursday, Oct. 8, 2009. All sessions will be \$15.00 per person for a 30 minute session. A practice ice schedule will be forwarded to each competitor as soon as it becomes available. Second round and final round practice ice will be available at the competition on a first come first serve basis, once qualifying round results have been posted. **ONE FORM IS REQUIRED PER ENTRANT!**

Competitor's Name: _____ USFSA#: _____
 Address: _____
 City: _____ State: _____ Zip: _____

Unofficial Practice Ice Sessions

Unofficial practice ice will be available at Cabin John Ice Rink (competition venue) and at two secondary venues. All reservations for Thursday evening unofficial practice ice sessions must be made and paid for in advance. All other unofficial practice ice reservations will be processed on a first-come, first-serve basis at the Competition Practice Ice Desk. We will do our best to ensure that each competitor purchasing unofficial practice ice gets the times/locations requested, however in cases where this is not possible, indicate below whether time slot or location should take precedence.

Complete the following chart with the number of unofficial practice ice sessions per discipline/day.

	Thurs. 10/8	Fri. 10/9	Sat. 10/10	Sun. 10/11	Mon. 10/12	Tues. 10/13
# of Sessions						

Total # of unofficial practice ice sessions: _____ X \$15.00/session = _____

Circle Preference: Time Slot Location

2010 South Atlantic Regional Figure Skating Championships

Official Practice Ice Sessions

Please check the level at which you wish to purchase official practice ice.

	Juvenile Freestyle (\$15.00)		Junior Freestyle (\$15.00)
	Intermediate Freestyle (\$15.00)		Senior Freestyle (\$15.00)
	Novice Freestyle (\$15.00)		

Total \$ for unofficial practice ice _____ +

Total \$ for official Practice ice _____

Grand Total = _____

**MAKE CHECKS FOR THE FULL AMOUNT PAYABLE TO
2010 SOUTH ATLANTICS.**

Return by Sept. 1, 2009 to
Dina Gold
c/o South Atlantic Regionals
6107 Swansea Street
Bethesda, MD 20817


Form F
2010 South Atlantic Regional Championships

\$5 per Advertisement

A

Skater's Name


We are so PROUD of you!



From: _____

B

Skater's Name



SKATE GREAT!

From: _____


C

Skater's Name

Your Message

D

Skater's Name




From: _____

E

Skater's Name

Dream
Believe
Achieve



From: _____

F

Skater's Name

Dream
Believe
Achieve



From: _____

Choose from one of five six pre-designed ads, or add your own message to option C.

Select Your Ad Type (circle one): A B C D E F

Skater's Name: _____

From: _____

Message (for option C only):

Please use separate sheets for more than one ad.

Number of ads placed: _____ Cost per ad: \$5 Total Cost: _____

Please Make Checks Payable to: 2010 South Atlantic
Contact Robin Maizlish at rbmaiz@comcast.net with any questions.