



Olympic Games

Gold Medalists

1996 Team
1992 Solo, Duet
1984 Solo, Duet
Silver Medalists
1988 Solo, Duet

World Championships

Gold Medalists

1994 Solo, Duet, Team
1991 Duet, Team
1982 Solo
1978 Team
1975 Solo, Duet, Team
1973 Solo, Duet, Team

Silver Medalists

1991 Solo
1986 Solo, Duet, Team
1982 Duet, Team
1978 Solo

World Cup

Gold Medalists

1995 Solo, Duet, Team
1993 Solo, Duet, Team
1991 Duet, Team
1989 Solo, Duet, Team
1987 Team
1983 Team

Silver Medalists

1991 Solo
1987 Solo, Duet
1983 Solo, Duet

Pan American Games

Gold Medalists

1995 Solo, Duet, Team
1991 Solo, Duet, Team
1987 Solo, Duet, Team
1983 Solo, Duet
1979 Team
1975 Solo, Duet, Team
1971 Solo, Duet, Team
1963 Solo, Duet, Team
1955 Solo, Duet, Team

Silver Medalists

1999 Duet, Team
1983 Team
1979 Solo, Duet

Goodwill Games

Gold Medalists

1990 Solo, Duet
1994 Duet

Silver Medalists

1994 Solo
1998 Duet, Team

U.S. Synchronized Swimming *Press Release*

April 22, 2004

Contact: Amy McClintock, 317-237-5700

2004 Olympic Team to Swim at U.S. Nationals

Santa Clara vies for 13th consecutive overall title

The 2004 Olympic Team for synchronized swimming will perform an exhibition at the U.S. National Championships held in Stanford, Calif., April 28-May 1. The team will swim on Saturday, May 1 after the team final competition at approximately 5:30 p.m.

Last month, the U.S. Team captured bronze at the Olympic Qualification Tournament in Athens, Greece earning a berth to the Olympic Games in August. The team held its third place standing in the world edging Spain by 0.333 points. The United States scored a final composite 96.750 to win the bronze. Finishing ahead of the U.S. Team was Russia and Japan.

The 2004 U.S. National Synchronized Swimming Championships will be held at the Avery Aquatic Center in Stanford, Calif. More than 140 athletes will vie for national titles in the solo, duet and team events in the nation's most prestigious competition. The U.S. National Championships is hosted by Stanford University Synchronized Swimming.

The Santa Clara Aquamaids enter this year's U.S. National Synchronized Swimming Championships with a record 12 consecutive overall titles and 11 consecutive team titles. They look to continue that streak in Stanford. The Aquamaids are led by the sport's lone male elite athlete, Bill May, and Junior National triple gold medal winner, Christina Jones. Walnut Creek, Ohio State, Stanford, Riverside, and others will look to challenge Santa Clara for the team event title.

The competition for the 2005 National Team Trials Phase I competition will get underway at 3:20 p.m. Wednesday, April 28 and continue with Phase II the following day. Phase III of the 2004 National Team II Trials will take place the morning of April 29.

The National competition begins at 11:05 a.m. on Thursday, April 29 with technical routines in all events, followed by free routine preliminaries on Friday. Finals in all events begin at 12:00 noon on Saturday, May 1.

Tickets will be available at the door the day of the events. For media information, contact Amy McClintock, USSS Media Relations Director at (317) 237-5700 or on-site at (317) 417-2961.

-30-

To receive future releases by email, send email to mediadir@usasynchro.org.

WWW.USASYNCHRO.ORG

201 S. Capitol #901
Indianapolis, IN
46225



Olympic Games

Gold Medalists

1996 Team
1992 Solo, Duet
1984 Solo, Duet
Silver Medalists
1988 Solo, Duet

World Championships

Gold Medalists

1994 Solo, Duet, Team
1991 Duet, Team
1982 Solo
1978 Team
1975 Solo, Duet, Team
1973 Solo, Duet, Team
Silver Medalists
1991 Solo
1986 Solo, Duet, Team
1982 Duet, Team
1978 Solo

World Cup

Gold Medalists

1995 Solo, Duet, Team
1993 Solo, Duet, Team
1991 Duet, Team
1989 Solo, Duet, Team
1987 Team
1983 Team
Silver Medalists
1991 Solo
1987 Solo, Duet
1983 Solo, Duet

Pan American Games

Gold Medalists

1995 Solo, Duet, Team
1991 Solo, Duet, Team
1987 Solo, Duet, Team
1983 Solo, Duet
1979 Team
1975 Solo, Duet, Team
1971 Solo, Duet, Team
1963 Solo, Duet, Team
1955 Solo, Duet, Team
Silver Medalists
1999 Duet, Team
1983 Team
1979 Solo, Duet

Goodwill Games

Gold Medalists

1990 Solo, Duet
1994 Duet

Silver Medalists

1994 Solo
1998 Duet, Team

U.S. Synchronized Swimming *Press Release*

April 22, 2004

Contact: Amy McClintock, 317-237-5700

2004 U.S. Nationals Schedule

START	END	EVENT
WEDNESDAY, APRIL 28		
PM 3:20	6:00	2005 Team Trials Phase I
THURSDAY, APRIL 29		
AM 8:50	10:30	2004 Team Trials Phase III & 2005 Phase II
	10:30	Solo Technical warm-up
11:05	12:30	Solo Technical competition
PM 12:30	1:00	Duet Technical warm-up
1:05	2:30	Duet Technical competition
	2:30	Team Technical warm-up
3:20	4:30	Team Technical competition
FRIDAY, APRIL 30		
AM 8:30	10:30	Team Free Routine practice with music
	10:30	Solo Free Prelim warm-up
11:15	2:00	Solo Free Prelim competition
PM 2:00	2:45	Duet Free Prelim warm-up
3:00	5:30	Duet Free Prelim competition
	5:30	Team Free Prelim warm-up
6:20	8:00	Team Free Prelim competition
SATURDAY, MAY 1		
AM 10:30	11:00	Solo Finals warm-up
	11:00	Duet Finals warm-up
PM 12:00	1:00	Solo Final competition
	1:15	Duet Final competition
	2:15	Team Final warm-up
	3:45	Parade of Athletes
4:00	5:30	Team Final competition
	5:30	2004 Olympic Team Exhibition
	6:00	Routine Awards

To receive future releases by email, send email to mediadir@usasynchro.org.

WWW.USASYNCHRO.ORG

201 S. Capitol #901
Indianapolis, IN
46225



Olympic Games

Gold Medalists

1996 Team
1992 Solo, Duet
1984 Solo, Duet
Silver Medalists
1988 Solo, Duet

World Championships

Gold Medalists

1994 Solo, Duet, Team
1991 Duet, Team
1982 Solo
1978 Team
1975 Solo, Duet, Team
1973 Solo, Duet, Team

Silver Medalists

1991 Solo
1986 Solo, Duet, Team
1982 Duet, Team
1978 Solo

World Cup

Gold Medalists

1995 Solo, Duet, Team
1993 Solo, Duet, Team
1991 Duet, Team
1989 Solo, Duet, Team
1987 Team
1983 Team

Silver Medalists

1991 Solo
1987 Solo, Duet
1983 Solo, Duet

Pan American Games

Gold Medalists

1995 Solo, Duet, Team
1991 Solo, Duet, Team
1987 Solo, Duet, Team
1983 Solo, Duet
1979 Team

1975 Solo, Duet, Team
1971 Solo, Duet, Team
1963 Solo, Duet, Team

Silver Medalists

1999 Duet, Team
1983 Team
1979 Solo, Duet

Goodwill Games

Gold Medalists

1990 Solo, Duet
1994 Duet

Silver Medalists

1994 Solo
1998 Duet, Team

U.S. Synchronized Swimming *Press Release*

April 22, 2004

Contact: Amy McClintock, 317-237-5700

Synch ... Or Sink!

Synchro offers "clips-on" challenge to ambitious media!

Do you have a hands-on sports reporter who doesn't mind getting his or her feet wet?

Perhaps she's an aggressive sports veteran who will go to great lengths for the inside scoop on a local sporting event? Maybe you've got a *macho man* who likes to show off on the links and can't turn down a chance to put his athletic talents to the test.

Then consider this a bare-bones, knockdown, drag-out challenge! To the buoyant media member goes a great experience and even greater story. To the unsuccessful reporter ... a visit to the bottom of the pool.

U.S. Synchronized Swimming, in conjunction with the 2004 U.S. National Synchronized Swimming Championships, issues a formal challenge to any and all media outlets to **try synchronized swimming** (under the close supervision of lifeguards, of course).

Even the most cocky reporter who scoffs at any athletic event that doesn't involve helmets or physical contact will become a new person after swallowing a few gallons of water. Just ask Olympic gold medalists Mary Lou Retton, Keri Strug or Summer Sanders, or syndicated columnist Dave Barry, who took the challenge and were born-again aquanauts after getting the synching feeling. The experience prompted Barry to exclaim in the *Miami Herald*, "**This is the hardest sport in the world!**"

The Synchro Challenge will take place by appointment at the Avery Aquatic Center in Stanford, Calif. Wear your swimsuit and water wings. We'll provide a nose clip, cap, goggles, and ... CPR.

The challenge is held in conjunction with the 2004 U.S. National Synchronized Swimming Championships, being held April 28 – May 1. More than 140 elite athletes will be vying for national titles in the nation's most prestigious synchronized swimming competition.

To RSVP for "The Synchro Challenge," or for more information on the 2004 U.S. Nationals, contact Amy McClintock at (317) 237-5700.

Come see why *Inside Sports* named
Synchronized Swimming
one of the world's five TOUGHEST sports!

To receive future releases by email, send email to mediadir@usasynchro.org.

WWW.USASYNCHRO.ORG