

August 25, 2023

Saskatchewan Artistic Swimming

2023-2024 SAS Technical Package

Saskatchewan Artistic Swimming Technical Director



2023-2024 SAS TECHNICAL PACKAGE

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2. COMPETITIONS
3. FIGURE CHART
4. LTAD EVENTS

SAS TECHNICAL BULLETIN – AUG 25, 2023

ADAPTIVE ARTISTIC SWIMMING (AdAS)

FIGURES

- All levels follow CAS defined figures as per CAS Appendix G.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in the SAS chart below.
- Ensure team acrobatics never exceed the safety limit of 2.0.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

| AGE GROUP | TIME (+/-5sec) | ACROBATICS | HYBRIDS | TOTAL ELEMENTS |
|-----------------|----------------|------------|---------|----------------|
| SOLO FREE | SEE CAS | 0 | 3 | 3 |
| DUET FREE | SEE CAS | 1 | 4 | 5 |
| MIXED DUET FREE | SEE CAS | 1 | 4 | 5 |
| TEAM FREE | SEE CAS | 3 | 4 | 7 |

10U

FIGURES

- Use CAS defined figures as implemented during the 2022-2023 season.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in the SAS chart below.
- Ensure team acrobatics never exceed the safety limit of 2.0.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.
- To encourage variety, CAS Technical Leads recommend routines include one from each category (family).

| AGE GROUP | TIME (+/-5sec) | ACROBATIC | HYBRIDS | TOTAL ELEMENTS |
|-----------------|----------------|-----------|---------|----------------|
| SOLO FREE | 1:15 | 0 | 3 | 3 |
| DUET FREE | 1:45 | 1 | 4 | 5 |
| MIXED DUET FREE | 1:45 | 1 | 4 | 5 |
| TEAM FREE | 2:15 | 1 | 4 | 5 |

12U

FIGURES

- Use World Aquatics defined figures as implemented during the 2022-2023 season.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix III.
- Ensure team acrobatics follow World Aquatics safety limits for 12U/Youth.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

YOUTH

FIGURES

- Use World Aquatics defined figures as implemented during the 2022-2023 season.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix III.
- Ensure team acrobatics follow World Aquatics safety limits for 12U/Youth.
- For scoring purposes at SR, Degree of Difficulty (DD) is set for all elements based on World Aquatics Hybrid Difficulty Table.
- For scoring purposes at DLI, SCK and CPC, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

JUNIOR

FIGURES

- No figures.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix III.
- For scoring purposes at SR, Degree of Difficulty (DD) is set for all elements based on World Aquatics Hybrid Difficulty Table.
- For scoring purposes at DLI, SCK and CPC, Technical required elements will use the AQUA defined DD. For additional elements (acrobatic and hybrids), Degree of Difficulty (DD) is set to one. The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

SENIOR

FIGURES

- No figures.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix III.
- For scoring purposes at SR, Degree of Difficult (DD) is set for all elements based on World Aquatic Hybrid Difficulty Table.
- For scoring purposes at DLI, Technical required elements will use the AQUA defined DD. For additional elements (acrobatic and hybrids), Degree of Difficulty (DD) is set to one. The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

MASTERS

FIGURES

- No figures.

ROUTINES

- Coach cards are created and submitted.
- For number of elements and time limits see CAS.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

2023-2024 SAS COMPETITIONS

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1 MARNIE EISTETTER TRAINING MEET AND CAMP

Date: November 25-26, 2023

Location: Estevan, Saskatchewan

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior and AdAS

Athlete Eligibility

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Coaches of interested recreational athletes should contact Technical Director (TD) for more information.

Events

- This event is a combined figure competition on November 25, 2023, and camp day on November 26, 2023.

Figure List

| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
|--------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------|---------------------------------|
| AdAS Level 1 Group 1 | Star 1 Tub turn and reverse in both directions DD 1.0 | Star 2 Sailboat Alternate DD 1.0 | BM3 Front Pike Pull Down DD 1.0 | BP1 Back Layout Position DD 1.0 |
| AdAS Level 2 Group 1 | 310 Somersault Back Tuck DD 1.1 | 101 Ballet Leg Single DD 1.6 | 323 Somersault Front Pike DD 1.4 | BP16 Split Position DD 1.0 |
| 10U Group 1 | 101 Ballet Leg Single DD 1.6 | 301 Barracuda DD 1.8 | 359 Front Ariana Modified DD 2.2 | 344 Neptunus DD 1.7 |
| Novice Group 2 | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 363 Water Drop DD 1.8 | 401 Swordfish DD 2.1 |
| 12U Group 2 | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 363 Water Drop DD 1.8 | 401 Swordfish DD 2.1 |
| Youth Section A Group 1 & Section B Group 3 | 140g Flamingo Bent Knee, Twist Spin DD 2.9 | 437 Cyclone, Open 180 DD 2.6 | 356f Whip Cont. Spin 720 DD 3.0 | 441 Saturn DD 2.5 |
| Junior Team Elements | 1B Flying Fish Hybrid DD 2.3 | 2B Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split – Walkout DD 2.3 | N/A | N/A |

2 SANDRA ROBERTS PROVINCIAL CHAMPIONSHIP

Date: January 27-28, 2024

Location: Saskatoon, SK

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior, Senior, AdAS and Masters – qualification competition for attendance at the National Qualifier.

Athlete Eligibility

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Out of province athletes may compete as exhibition swimmers but are not eligible for awards.

Events

- Figures
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

Figure List

| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
|-----------------------------|----------------------------------------------------------|-------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------|
| AdAS Level 1 Group 2 | Star 1 Tub turn and reverse in both directions DD 1.0 | Star 2 Sailboat Alternate DD 1.0 | BP2 Front Layout DD 1.0 | 310 Somersault Back Tuck DD 1.1 |
| AdAS Level 2 Group 2 | 310 Somersault Back Tuck DD 1.1 | 101 Ballet Leg Single DD 1.6 | BP 14 c) Bent Knee Vertical Position followed by BM 10 Vertical Descent in Bent Knee Position DD 1.0 | Star 2 Sailboat Alternate DD 1.0 |
| 10U Group 2 | 101 Ballet Leg Single DD 1.6 | 301 Barracuda DD 1.8 | 362 Surface Prawn DD 1.3 | 316 Kipnus DD 1.4 |
| Novice Group 3 | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 311 Kip DD 1.6 | 227d Swanita Spinning 180 DD 1.9 |
| 12U Group 3 | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 311 Kip DD 1.6 | 227d Swanita Spinning 180 DD 1.9 |
| Youth | Drawn ONE Week Prior | Drawn ONE Week Prior | N/A | N/A |

3 DIANE LEMON INVITATIONAL

Date: March 2-3, 2024

Location: Regina, SK

Age Groups

- 10U, Novice, 12U, Youth, Junior, Senior, AdAS and Masters

Athlete Eligibility

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Out of province athletes may register for this competition as full competitors.

Events

- Figures
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

Figure List

| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
|--------------------------------|-------------------------------------------------------|--------------------------------------|----------------------------------|---------------------------------|
| AdAS Level 1 Group 1 | Star 1 Tub turn and reverse in both directions DD 1.0 | Star 2 Sailboat Alternate DD 1.0 | BM3 Front Pike Pull Down DD 1.0 | BP1 Back Layout Position DD 1.0 |
| AdAS Level 2 Group 1 | 310 Somersault Back Tuck DD 1.1 | 101 Ballet Leg Single DD 1.6 | 323 Somersault Front Pike DD 1.4 | BP16 Split Position DD 1.0 |
| 10U Group 1 | 101 Ballet Leg Single DD 1.6 | 301 Barracuda DD 1.8 | 359 Front Ariana Modified DD 2.2 | 344 Neptunus DD 1.7 |
| Novice Group 2 | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 363 Water Drop DD 1.8 | 401 Swordfish DD 2.1 |
| 12U Group 1 | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD1.8 | 359 Front Ariana DD 2.2 | 348 Tower DD |
| Youth Section C Group 5 | 144 Rio Straight Leg DD 3.1 | 421 Walkover Back Closing 360 DD 2.4 | N/A | N/A |

4 SADIE CAULDER KNIGHT PROVINCIAL CHAMPIONSHIP

Date: April 12-14, 2023 (Friday competition will be set based on registrations)

Location: Saskatoon, SK

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior, AdAS and Masters

Athlete Eligibility

- Limited Competitive and Competitive Athletes registered with Saskatchewan Artistic Swimming.

Events

- Figures
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

Figure List

| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
|-----------------------------|-------------------------------------------------------|----------------------------------|-------------------------------------------------------------------------------------------|----------------------------------|
| AdAS Level 1 Group 2 | Star 1 Tub turn and reverse in both directions DD 1.0 | Star 2 Sailboat Alternate DD 1.0 | BP2 Front Layout DD 1.0 | 310 Somersault Back Tuck DD 1.1 |
| AdAS Level 2 Group 2 | 310 Somersault Back Tuck DD 1.1 | 101 Ballet Leg Single DD 1.6 | BP 14 c) Bent Knee Vertical Position, BM 10 Vertical Descent in Bent Knee Position DD 1.0 | Star 2 Sailboat Alternate DD 1.0 |
| 10U Group 1 | 101 Ballet Leg Single DD 1.6 | 302 Blossom DD 1.4 | 362 Surface Prawn DD 1.3 | 316 Kipnus DD 1.4 |
| Novice | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | Drawn TWO Weeks Prior | Drawn TWO Weeks Prior |
| 12U | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | Drawn TWO Weeks Prior | Drawn TWO Weeks Prior |
| Youth | Drawn TWO Weeks Prior | Drawn TWO Weeks Prior | N/A | N/A |
| 10U Limited | 101 Ballet Leg Single DD 1.6 | 302 Blossom DD 1.4 | 310 Somersault Back Tuck DD 1.1 | 323 Somersault Front Pike DD 1.4 |
| 12U Limited | 101 Ballet Leg Single DD 1.6 | 301 Barracuda DD 1.8 | BM6 Walkout a) DD 1.0 | 311 Kip DD 1.6 |
| Youth Limited | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 420 Walkover Back DD 1.9 | 355 Porpoise DD 1.8 |
| Junior Limited | 106 Straight Ballet Leg DD 1.6 | 301 Barracuda DD 1.8 | 420 Walkover Back DD 1.9 | 355 Porpoise DD 1.8 |

5 CANADIAN PRAIRIE CHAMPIONSHIP

Host: Saskatchewan Artistic Swimming/Regina Synchro
Date: April 25-28, 2024 (Friday competition will be set based on registrations)
Location: Regina, SK

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior, AdAS and Masters

Athlete Eligibility

- Must have competed at Sadie Caulder Knight Provincials.
- All figures will be pre-drawn on March 28, 2024.

Events

- Figures (pre-drawn in April 2024)
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

6 CANADIAN QUALIFIER

Host: Canada Artistic Swimming
Date: March 12-26, 2024
Location: TBD

Athlete Eligibility

- Youth, Junior, Senior
- Must have qualified at Sandra Roberts Provincial Championship.
- Selection competition for Nationals.

7 CANADIAN CHAMPIONSHIPS

Host: Canada Artistic Swimming
Date: May 6-11, 2024
Location: TBD

Athlete Eligibility

- Youth, Junior, Senior

8 CANADIAN MASTERS CHAMPIONSHIPS

Date: May 10-12, 2024
Location: TBD

Athlete Eligibility

- Competitive Masters

2023-2024 SAS Figure Chart

| Age Group | Figure | | MM | SR | DLI | SCK |
|----------------|------------|-----------------------------------------------------------------------------------------------|----|----|-----|-----------------------|
| AGE GROUPS | | | | | | |
| AdAS-L1 | Compulsory | Star 1 Tub Turn and Reverse | ** | ** | ** | ** |
| | | Star 2 Sailboat Alternate | ** | ** | ** | ** |
| | Group 1 | BM3 Front Pike Pull Down | ** | | ** | |
| | | BP1 Back Layout Position | ** | | ** | |
| | Group 2 | BP2 Front Layout Position | | ** | | ** |
| | | 310 Somersault Back Tuck | | ** | | ** |
| AdAS-L2 | Compulsory | 310 Somersault Back Tuck | ** | ** | ** | ** |
| | | 101 Ballet Leg Single | ** | ** | ** | ** |
| | Group 1 | 323 Somersault Front Pike | ** | | ** | |
| | | BP16 Split Position | ** | | ** | |
| | Group 2 | BP 14 c) Bent Knee Vertical Position followed by BM 10 Vertical Descent in Bent Knee Position | | ** | | ** |
| | | Star 2 Sailboat Alternate | | ** | | ** |
| 10U | Compulsory | 101 Ballet Leg Single | ** | ** | ** | ** |
| | | 301 Barracuda | ** | ** | ** | ** |
| | Group 1 | 359 Front Ariana Modified | ** | | ** | |
| | | 344 Neptunus | ** | | ** | |
| | Group 2 | 362 Surface Prawn | | ** | | ** |
| | | 316 Kipnus | | ** | | ** |
| Novice | Compulsory | 106 Straight Ballet Leg | ** | ** | ** | ** |
| | | 301 Barracuda | ** | ** | ** | ** |
| | Group 2 | 363 Water Drop | ** | | ** | Drawn TWO Weeks Prior |
| | | 401 Swordfish | ** | | ** | |
| | Group 3 | 311 Kip | | ** | | |
| | | 227d Swanita Spinning 180 | | ** | | |
| 12U | Compulsory | 106 Straight Ballet Leg | ** | ** | ** | ** |
| | | 301 Barracuda | ** | ** | ** | ** |
| | Group 1 | 359 Front Ariana | | | ** | Drawn TWO Weeks Prior |
| | | 348 Tower | | | ** | |
| | Group 2 | 363 Water Drop | ** | | | |
| | | 401 Swordfish | ** | | | |
| | Group 3 | 311 Kip | | ** | | |
| | | 227d Swanita Spinning 180 | | ** | | |

2023-2024 SAS Figure Chart

| Age Group | Figure | | MM | SR | DLI | SCK |
|--------------------------------|-----------|----------------------------------------------------------------------------------|----|----------------------------------------|-----|-----------------------------------------|
| Youth | Section A | | | Two Figures Drawn ONE Week Prior | | Two Figures Drawn TWO Weeks Prior |
| | Group 1 | 140g Flamingo Bent Knee Twist Spin | ** | | | |
| | | 437 Cyclone, Open 180 | ** | | | |
| | Group 2 | 308h Barracuda Airborne Split Spin up 180 | | | | |
| | | 407 Swordfish Straight Leg Ariana | | | | |
| | Section B | | | | | |
| | Group 3 | 356f Whip Continuous Spin 720 | ** | | | |
| | | 441 Saturn | ** | | | |
| | Group 4 | 352 Venus | | | | |
| | | 240i Albatross Spin Up 360 | | | | |
| Youth | Section C | | | | | |
| | Group 5 | 144 Rio Straight Leg | | | ** | |
| | | 421 Walkover Back Closing 360 | | | ** | |
| | Group 6 | 440d Ipanema Spinning 180 | | | | |
| | | 311j Kip Combined Spin | | | | |
| Junior Team Elements | 1B | Flying Fish Hybrid | ** | | | |
| | 2B | Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split - Walkout | ** | | | |
| Limited Competitive - SCK ONLY | | | | | | |
| 10U Limited | | 101 Ballet Leg Single | | | | ** |
| | | 302 Blossom | | | | ** |
| | | 310 Somersault Back Tuck | | | | ** |
| | | 323 Somersault Front Pike | | | | ** |
| 12U Limited | | 101 Ballet Leg Single | | | | ** |
| | | 301 Barracuda | | | | ** |
| | | BM6 Walkout a) | | | | ** |
| | | 311 Kip | | | | ** |
| Youth Limited | | 106 Straight Ballet Leg | | | | ** |
| | | 301 Barracuda | | | | ** |
| | | 420 Walkover Back | | | | ** |
| | | 355 Porpoise | | | | ** |
| Junior Limited | | 106 Straight Ballet Leg | | | | ** |
| | | 301 Barracuda | | | | ** |
| | | 420 Walkover Back | | | | ** |
| | | 355 Porpoise | | | | ** |

2023-2024 SAS LTAD TESTING

PROGRAM DETAILS

The 2023-2024 Skills Testing consists of:

- Time Trials

EVENTS

1. Time Trials

- Time Trials testing is mandatory for 10U, 12U, Youth, and Junior athletes.
- Limited Competitive Athletes **do not** participate in time trials events.
- Clubs must submit time trial for all athletes to the SAS as follows:
 1. November 23, 2023
 2. February 15, 2024
- Time trials must be submitted using the Excel document provided by SAS.
- Awards to the two top two athletes in each birth year will be distributed by December 15, 2023, for the first submission and by March 15, 2024, for the second submission.

TIME TRIALS

| AGE GROUP | SUBMISSION #1 - NOV 23, 2023 | SUBMISSION #2 - FEB 15, 2024 |
|------------|-------------------------------------------------------------|-------------------------------------------------------------|
| 10U | Front Flutter Kick 25m Propeller 25m Front Crawl 100m | Front Flutter Kick 25m Propeller 25m Front Crawl 100m |
| 12U/NOVICE | Front Flutter Kick 25m Propeller 25m 100 IM | Front Flutter Kick 25m Propeller 25m 100 IM |
| YOUTH | Front Flutter Kick 25m Propeller 25m 200m IM | Front Flutter Kick 25m Propeller 25m 200m IM |
| JUNIOR | Front Flutter Kick 25m Propeller 25m 200m IM | Front Flutter Kick 25m Propeller 25m 200m IM |