

September 3, 2024

# Saskatchewan Artistic Swimming

2024-2025 SAS Technical Package

Saskatchewan Artistic Swimming Technical Director



## **2024-2025 SAS TECHNICAL PACKAGE**

1. TECHNICAL BULLETIN
2. COMPETITIONS
3. FIGURE CHART
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# SAS TECHNICAL BULLETIN – September 3, 2024

## 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.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- **PENDING CAS UPDATES!**

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.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- To encourage variety, CAS Technical Leads recommend routines include one from each category (family).
- **PENDING CAS UPDATES!**

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/NOVICE

### 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, the value of the failed part is deducted from the declared Degree of Difficulty (DD). For example, if an R7 is missed in a hybrid, its value is removed from the declared DD, as opposed to automatically reducing to the basemark value of 0.5. If another part is missed, its value is deducted as well, down to a minimum basemark value of 0.5. Note that this will only apply to hybrids. TRE will still be liable to go to zero, and Acros will also go to basemark when failed.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- **PENDING CAS UPDATES!**

## 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, the value of the failed part is deducted from the declared Degree of Difficulty (DD). For example, if an R7 is missed in a hybrid, its value is removed from the declared DD, as opposed to automatically reducing to the basemark value of 0.5. If another part is missed, its value is deducted as well, down to a minimum basemark value of 0.5. Note that this will only apply to hybrids. TRE will still be liable to go to zero, and Acros will also go to basemark when failed.

- No major or obvious errors deductions for synchronization at DLI and SCK. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- **PENDING CAS UPDATES!**

## 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, the value of the failed part is deducted from the declared Degree of Difficulty (DD). For example, if an R7 is missed in a hybrid, its value is removed from the declared DD, as opposed to automatically reducing to the basemark value of 0.5. If another part is missed, its value is deducted as well, down to a minimum basemark value of 0.5. Note that this will only apply to hybrids. TRE will still be liable to go to zero, and Acros will also go to basemark when failed.
- No major or obvious errors deductions for synchronization at DLI and SCK. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- **PENDING CAS UPDATES!**

## 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, the value of the failed part is deducted from the declared Degree of Difficulty (DD). For example, if an R7 is missed in a hybrid, its value is removed from the declared DD, as opposed to automatically reducing to the basemark value of 0.5. If another part is missed, its value is deducted as well, down to a minimum basemark value of 0.5. Note that this will only apply to hybrids. TRE will still be liable to go to zero, and Acros will also go to basemark when failed.
- No major or obvious errors deductions for synchronization at DLI and SCK. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- **PENDING CAS UPDATES!**

## MASTERS

### FIGURES

- No figures.

### ROUTINES

- Coach cards are created and submitted.
- For scoring purposes, the value of the failed part is deducted from the declared Degree of Difficulty (DD). For example, if an R7 is missed in a hybrid, its value is removed from the declared DD, as opposed to automatically reducing to the basemark value of 0.5. If another part is missed, its value is deducted as well, down to a minimum basemark value of 0.5. Note that this will only apply to hybrids. TRE will still be liable to go to zero, and Acros will also go to basemark when failed.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- **PENDING CAS UPDATES!**

# 2024-2025 SAS COMPETITIONS

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# 1 MARNIE EISTETTER TRAINING MEET AND CAMP

**Date:** November 23-24, 2024

**Location:** Yorkton, 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.
- For the 2024-2025 season, SAS is running a pilot project where Limited Competitive athletes will have the option to compete at Marnie's Meet in addition to Sadie Caulder Knight.

## Events

- This event is a combined figure competition on November 23, 2024, and camp day on November 24, 2024.

## Figure List

	Figure 1	Figure 2	Figure 3	Figure 4
<b>AdAS Level 1 Group 2</b>	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
<b>AdAS Level 2 Group 2</b>	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
<b>10U Group 2</b>	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	362 Surface Prawn DD 1.3	316 Kipnus DD 1.4
<b>Novice Group 3</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	311 Kip DD 1.6	227d Swanita Spinning 180 DD 1.9
<b>12U Group 3</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	311 Kip DD 1.6	227d Swanita Spinning 180 DD 1.9
<b>Youth Section A Group 2 &amp; Section B Group 4</b>	308h Barracuda Airborne Split Spin up 180	407 Swordfish Straight Leg Ariana	352 Venus	240i Albatross Spin Up 360



<b>Junior Team Elements (Canada Games Trials)</b>	Flying Fish Hybrid Spinning 180°	Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180 -Walkout	From Bent knee VP - Join to VP - Unbalanced Full Twist on the side - Unbalanced VP to VP - Continuous Spin 720	Butterfly Hybrid
	Rocket Split Bent Knee Twirl Hybrid			
<b>10U Limited</b>	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
<b>12U Limited</b>	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	BM6 Walkout a) DD 1.0	311 Kip DD 1.6
<b>Youth Limited</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8
<b>Junior Limited</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8

## SANDRA ROBERTS PROVINCIAL CHAMPIONSHIP

**Date:** January 25-26, 2025

**Location:** Regina, 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

	<b>Figure 1</b>	<b>Figure 2</b>	<b>Figure 3</b>	<b>Figure 4</b>
<b>AdAS Level 1 Group 1</b>	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
<b>AdAS Level 2 Group 1</b>	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
<b>10U Group 1</b>	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	359 Front Ariana Modified DD 2.2	344 Neptunus DD 1.7
<b>Novice Group 3</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	363 Water Drop DD 1.8	401 Swordfish DD 2.1
<b>12U Group 3</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	363 Water Drop DD 1.8	401 Swordfish DD 2.1
<b>Youth</b>	Drawn ONE Week Prior	Drawn ONE Week Prior	N/A	N/A

## 2 DIANE LEMON INVITATIONAL

**Date:** March 1-2, 2025

**Location:** Saskatoon, 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
<b>AdAS Level 1 Group 1</b>	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
<b>AdAS Level 2 Group 1</b>	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
<b>10U Group 1</b>	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	362 Surface Prawn DD 1.3	316 Kipnus DD 1.4
<b>Novice Group 2</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	311 Kip DD 1.6	227d Swanita Spinning 180 DD 1.9
<b>12U Group 2</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	311 Kip DD 1.6	227d Swanita Spinning 180 DD 1.9
<b>Youth Section C Group 5</b>	140 Flamingo Bent Knee Combined Spin 360+360	421 Walkover Back Closing 360 DD 2.4	N/A	N/A

### 3 SADIE CAULDER KNIGHT PROVINCIAL CHAMPIONSHIP

**Date:** April 11-13, 2025 (Friday competition will be set based on registrations)

**Location:** Regina, 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
<b>AdAS Level 1 Group 2</b>	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
<b>AdAS Level 2 Group 2</b>	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
<b>10U Group 1</b>	101 Ballet Leg Single DD 1.6	302 Blossom DD 1.4	362 Surface Prawn DD 1.3	316 Kipnus DD 1.4
<b>Novice</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	Drawn TWO Weeks Prior	Drawn TWO Weeks Prior
<b>12U</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	Drawn TWO Weeks Prior	Drawn TWO Weeks Prior
<b>Youth</b>	Drawn TWO Weeks Prior	Drawn TWO Weeks Prior	N/A	N/A
<b>10U Limited</b>	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
<b>12U Limited</b>	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	BM6 Walkout a) DD 1.0	311 Kip DD 1.6
<b>Youth Limited</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8
<b>Junior Limited</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8

## 4 CANADIAN PRAIRIE CHAMPIONSHIP

**Host:** Manitoba Artistic Swimming  
**Date:** May 1-4, 2025  
**Location:** Winnipeg, MB

### Athlete Age Groups

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

### Athlete Eligibility

- Must have competed at Sadie Caulder Knight Provincials.

### Events

- Figures (pre-drawn in April 2025)
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

## 5 CANADIAN QUALIFIER

**Host:** Canada Artistic Swimming  
**Date:** March 16-22, 2025  
**Location:** Victoria, BC

### Athlete Eligibility

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

## 6 CANADIAN CHAMPIONSHIPS

**Host:** Canada Artistic Swimming  
**Date:** May 4-10, 2025  
**Location:** Markham, Ontario

### Athlete Eligibility

- Youth, Junior, Senior

## 7 CANADIAN MASTERS CHAMPIONSHIPS

**Date:** May 9-10, 2025  
**Location:** Markham, Ontario

### Athlete Eligibility

- Competitive Masters

## 2024-2025 SAS Figure Chart

Age Group	Figure		MM	SR	DLI	SCK
AGE GROUPS						
<b>AdAS-L1</b>	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	**		**	
<b>AdAS-L2</b>	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	**		**		
<b>10U</b>	Compulsory	101 Ballet Leg Single	**	**	**	**
		301 Barracuda	**	**	**	**
	Group 1	359 Front Ariana Modified		**		**
		344 Neptunus		**		**
	Group 2	362 Surface Prawn	**		**	
		316 Kipnus	**		**	
<b>Novice</b>	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	**		**	
<b>12U</b>	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	**		**	

## 2024-2025 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	307e Flying Fish Sping 360				
		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	**			
	Section C					
	Group 5	140 Flamingo Bent Knee Combined Spin 360+360				
		421 Walkover Back Closing 360				
Group 6	440d Ipanema Spinning 180					
	154f London Continuous Spin 720					
Junior Team Elements (Canada Games Trials)	1A	Flying Fish Hybrid Spinning 180°		X	X	X
	2A	Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180 -Walkout				
	3A	From Bent knee VP - Join to VP - Unbalanced Full Twist on the side - Unbalanced VP to VP - Continuous Spin 720				
	4	Butterfly Hybrid				
	5A	Rocket Split Bent Knee Twirl Hybrid				
<b>Limited Competitive - MM PILOT &amp; SCK</b>						
10U Limited		101 Ballet Leg Single	**	X	X	**
		302 Blossom	**			**
		310 Somersault Back Tuck	**			**
		323 Somersault Front Pike	**			**
12U Limited		101 Ballet Leg Single	**	X	X	**
		301 Barracuda	**			**
		BM6 Walkout a)	**			**
		311 Kip	**			**
Youth Limited		106 Straight Ballet Leg	**	X	X	**
		301 Barracuda	**			**
		420 Walkover Back	**			**
		355 Porpoise	**			**
Junior Limited		106 Straight Ballet Leg	**	X	X	**
		301 Barracuda	**			**
		420 Walkover Back	**			**
		355 Porpoise	**			**

# 2024-2025 SAS LTAD EVENTS

## PROGRAM DETAILS

The 2024-2025 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 15, 2024
  2. February 15, 2025
- 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, 2024, for the first submission and by March 15, 2025, for the second submission.

## TIME TRIALS

AGE GROUP	SUBMISSION #1 - NOV 15, 2024	SUBMISSION #2 - FEB 15, 2025
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 100m IM	Front Flutter Kick 25m Propeller 25m 100m IM
YOUTH	Front Flutter Kick 25m Propeller 25m 200 IM	Front Flutter Kick 25m Propeller 25m 200 IM
JUNIOR	Front Flutter Kick 25m Propeller 25m 200 IM	Front Flutter Kick 25m Propeller 25m 200 IM