

September 3, 2025

Saskatchewan Artistic Swimming

2025-2026 SAS Technical Package

Saskatchewan Artistic Swimming Technical Director



2025-2026 SAS TECHNICAL PACKAGE

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SAS TECHNICAL BULLETIN – Sept 3, 2025

ADAPTIVE ARTISTIC SWIMMING (AdAS)

FIGURES

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

ROUTINES

- Coach cards are created and submitted using the number of elements listed in CAS Appendix IV.
- Solos and Duets is Adapted Difficulty Table for Levels 1-3 and AQUA Difficulty Table for Levels 4-6. All Teams are Adapted Difficulty Table.
- Number of Elements listed is the maximum. Acrobatics are not required.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For AdAS, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids will automatically go to basemark when one part of the declaration is failed.
- There will be no deductions for synchronization.

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.
- No penalties will be given for duplicated Acro's.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For 10U, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acro's will automatically go to basemark when one part of the declaration is 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.
- 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	3	4
MIXED DUET FREE	1:45	1	3	4
TEAM FREE	2:15	1	3	4

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.
- No penalties will be given for duplicated Acro's.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For 12U Limited, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acro's will automatically go to basemark when one part of the declaration is 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.
- Routines are required to have a one declaration from each family except for connections in the solo event. This is NOT required for [Novice](#) and Limited Competitive routines.

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.

- No penalties will be given for duplicated Acro's, however routines advancing to the National Qualifier are required to follow CAS rules.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For Youth Limited, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acro's will automatically go to basemark when one part of the declaration is 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.
- Free Routines are required to have a one declaration from each family except for connections in the solo event. This is NOT required for Limited Competitive routines.

JUNIOR/SENIOR

FIGURES

- No figures.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix III.
- No penalties will be given for duplicated Acro's, however routines advancing to the National Qualifier are required to follow CAS rules.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For Junior Limited, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acro's will automatically go to basemark when one part of the declaration is 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.
- Free Routines are required to have a one declaration from each family except for connections in the solo event. This is NOT required for Limited Competitive routines.

MASTERS

FIGURES

- No figures.

ROUTINES

- Coach cards are created and submitted.
- For free routines, follow the number of elements listed in World Aquatics Appendix III for Junior/Senior.

- No penalties will be given for duplicated Acro's.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For Masters, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acro's will automatically go to basemark when one part of the declaration is 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.
- To encourage variety, CAS Technical Leads recommend routines include one from each category (family).

2025-2026 SAS COMPETITIONS

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1 MARNIE EISTETTER TRAINING MEET AND CAMP

Date: November 22-23, 2026
Location: Prince Albert, 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.
- Limited Competitive athletes have the option to compete at Marnie's Meet in addition to Sadie Caulder Knight.

Events

- This is a combined event with figure competition on the Saturday, and camp on the Sunday.

Figure List

	Figure 1	Figure 2	Figure 3	Figure 4
AdAS Level 2 Group 1&2	Star 2 Sailboat Alternate DD 1.0	Split to Vertical at Ankles	BM3 Front Pike Pull Down	310 Somersault Back Tuck DD 1.1
AdAS Level 3 Group 1&2	101 Ballet Leg Single DD 1.6	Front Pike Pulldown to Split (1st ½ of Front Walkover)	362 Surface Prawn	316 Kipnus
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 Section A Group 2 & Section B Group 4	308h Barracuda Airborne Split Spin up 180	407 Swordfish Straight Leg Ariana	352 Venus	240i Albatross Spin Up 360

Junior Team Elements	Flying Fish Hybrid Spinning 180°	Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180 -Walkout		
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

SANDRA ROBERTS PROVINCIAL CHAMPIONSHIP

Date: January 24-25, 2026

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 2 Group 2&3	BM3 Front Pike Pull Down	310 Somersault Back Tuck DD 1.1	Bent Knee Position	Oyster
AdAS Level 3 Group 2&3	362 Surface Prawn	316 Kipnus	BP 14 c) Bent Knee Vertical Position join to Vertical and Sink	302 Blossom DD 1.4
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 3	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 3	106 Straight Ballet Leg DD 1.6	301 Barracuda DD1.8	363 Water Drop DD 1.8	401 Swordfish DD 2.1
Youth	Drawn ONE Week Prior	Drawn ONE Week Prior	N/A	N/A
Junior Team Elements	Two Fouettés Rotation - Vertical - Continuous Spin 720	Butterfly Hybrid		

2 DIANE LEMON INVITATIONAL

Date: March 7-8, 2026

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 2 Group 1&3	Star 2 Sailboat Alternate DD 1.0	Split to Vertical at Ankles	Bent Knee Position	Oyster
AdAS Level 3 Group 1&3	101 Ballet Leg Single DD 1.6	Front Pike Pulldown to Split (1st ½ of Front Walkover)	BP 14 c) Bent Knee Vertical Position join to Vertical and Sink	302 Blossom DD 1.4
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 2	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 1	106 Straight Ballet Leg DD 1.6	301 Barracuda DD1.8	359 Front Ariana	348 Tower
Youth Section C Group 5	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 11-12, 2026 (Friday comp 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
AdAS Level 2 Group 1&2	Star 2 Sailboat Alternate DD 1.0	Split to Vertical at Ankles	BM3 Front Pike Pull Down	310 Somersault Back Tuck DD 1.1
AdAS Level 3 Group 1&2	101 Ballet Leg Single DD 1.6	Front Pike Pulldown to Split (1st ½ of Front Walkover)	362 Surface Prawn	316 Kipnus
10U Group 1	101 Ballet Leg Single DD 1.6	302 Blossom DD 1.4	359 Front Ariana Modified DD 2.2	344 Neptunus DD 1.7
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

4 CANADIAN PRAIRIE CHAMPIONSHIP

Host: Saskatchewan Artistic Swimming
Date: April 30-May 3, 2026
Location: Saskatoon, SK

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 2026)
- 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 15-21, 2026
Location: TBD

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 5-10, 2026
Location: TBD

Athlete Eligibility

- Youth, Junior, Senior

7 CANADIAN MASTERS CHAMPIONSHIPS

Date: June 12-14, 2026
Location: TBD

Athlete Eligibility

- Competitive Masters

2025-2026 SAS Figure Chart

Age Group	Figure		MM	SR	DLI	SCK
AGE GROUPS						
AdAS-L2	Group 1	Star 2 Sailboat Alternate	**		**	**
		Split to Vertical at Ankles	**		**	**
	Group 2	BM3 Front Pike Pull Down	**	**		**
		310 Somersault Back Tuck	**	**		**
	Group 3	Bent Knee Position		**	**	
		Oyster		**	**	
AdAS-L3	Group 1	101 Ballet Leg Single	**	**		**
		Front Pike Pulldown to Split (1st ½ of Front Walkover)	**	**		**
	Group 2	362 Surface Prawn	**		**	**
		316 Kipnus	**		**	**
	Group 3	BP 14 c) Bent Knee Vertical Position join to Vertical and Sink			**	
		302 Blossom			**	
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	**			

2025-2026 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	1A	Flying Fish Hybrid Spinning 180°	**	X	X	
	2A	Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180 -Walkout	**			
	3A	Two Fouettes Rotation - Vertical - Continuous Spin 720				**
	4	Butterfly Hybrid				**
	5A	Rocket Split Bent Knee Twirl Hybrid				
Limited Competitive - MM & SCK						
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		**			**



2025-2026 SAS LTAD EVENTS

PROGRAM DETAILS

The 2025-2026 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 trials for all athletes to the SAS as follows:
 1. November 15, 2025
 2. February 15, 2026
- 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, 2025, for the first submission and by March 15, 2026, for the second submission.

TIME TRIALS

AGE GROUP	SUBMISSION #1 - NOV 15, 2025	SUBMISSION #2 - FEB 15, 2026
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