



April 25-28, 2024
REGINA, SK

The Lawson Aquatic Center
1717 Elphinstone Street, Regina, SK S4T 3L2

Hosted by: Regina Synchro & Saskatchewan Artistic Swimming



COMPETITION MANAGERS

1. For Technical Questions:
Taya Amundson
SAS Technical Director
300-1734 Elphinstone Street
Regina, SK S4T 1K1
TD@saskartisticswimming.ca

2. For Event Questions:
Devin Masch
SAS Events and Communications Director
300-1734 Elphinstone Street
Regina, SK S4T 1K1
ECD@saskartisticswimming.ca

3. Host Club Competition Manager
Regina Synchro

FIELD OF PLAY

The Field of Play (FOP) is the competition area. No spectators are permitted in this area. Only athletes, coaches, officials, and volunteers for the event are permitted into the FOP. Volunteers are in this area only for the event they volunteered for.

Watch for signs at the pool and let your members attending the competitions know about the FOP area.

RULES

Canadian Prairie Championship (CPC) is governed by the CPC Technical Package. For more information about CPC, please refer to this document or contact the SAS TD for more information.

Any exceptions to the rules will be noted in the CPC Technical Package.

ELIGIBILITY

CPC is an invitational competition for athletes who do not attend Canadian Artistic Swimming competitions.

Exhibition swimmers are not permitted at CPC. Exception is Junior athletes must swim Youth figures as exhibition athletes if they are on a Youth team.

AGE GROUPS

Age Group	Description	Birth Year
10U	Ages 9-10	2014, 2015
12U	Ages 11-12	2012, 2013
Novice	11 and over first year competitive athletes	2013 or earlier
Youth	Ages 13-15	2009, 2010, 2011
Junior	Ages 15-20	2004, 2005, 2006, 2007, 2008
Adaptive Artistic Swimming (AdAS)	N/A	N/A
Masters	19+	2004 or earlier

EVENTS

- Figures
- Solo (Tech & Free)
- Duet (Tech & Free)
- Mixed Duet (Tech & Free)
- Trio (Tech & Free)
- Team (Tech & Free)
- Free Combination (12U, Youth, Masters)
- Acrobatic (Junior)

INTERESTED CLUBS

All clubs must submit their interest in attending by **December 14, 2023**, by completing the Excel spreadsheet titled 2024 CPC Tentative Meet Registrations. Please rename your individual file to include your Club name before sending back to the SAS ECD.

COMPETITION DEADLINES

Registration: **March 14, 2024**

Music Submission to SAS TD: **March 14, 2023**

Coach Card Submission to SAS TD: **TBD**

Spacing Requests to SAS TD: **March 14, 2023**

- REGISTRATION** All registration must be submitted using Canada Artistic Swimming online competition registration system.
- Clubs are permitted to enter two solos and three duets per team per age group. Based on the interest submitted by Thursday December 14, this quota may not be required.
- LATE ENTRIES** The club will be charged a **fine of \$25.00** for each late entry and a fine of **\$200.00** will be charged for each late “club” entry. It is the club / coach and/or swimmer’s responsibility to pay this fine to the Chief Referee no later than one hour prior to the beginning of the competition. Failure to do so shall result in disqualification.
- REGISTRATION FEES** Saskatchewan Artistic Swimming must receive entry fees **2 weeks** prior to the competition.
- REGISTRATION PAYMENT** **Send payment to:**
Saskatchewan Artistic Swimming
#300-1734 Elphinstone Street
Regina, SK S4T 1K1 Phone: (306) 780-9227
- REFUND POLICY** There are NO refunds after the registration deadline unless a written request or medical certificate is submitted to the SAS Executive Director.
- Documents must be submitted as soon as possible. If the written request is submitted during the competition but prior to the event the athlete is competing in, the SAS Executive Director will review the written request the next business day and advise the club if a refund is appropriate.
- If clubs need to change what they registered based on Provincial results, they can submit a change without a penalty on the Monday after their Provincials.
- LANYARDS** Lanyards must be worn by every athlete (while not in the pool), coach, volunteer, and official while in the FOP area. Lanyards for athletes and coaches will be available for pick up by a coach from every club at the registration table on April 25, 2024. Officials pick up their lanyard in the Officials room when they arrive at the pool. Volunteers are given a lanyard by the host club when they arrive in the FOP to volunteer.
- Any coach, athlete, official or volunteer who does NOT have a lanyard will be asked to leave the FOP.

COACH ACCREDITATION The minimum coaching certification for CPC is the standard set in each province.

WAIVERS Every athlete and coach must sign a waiver. Waivers will be distributed at a later date. Bring the hardcopy of the signed documents to the Registration table upon arrival at the pool.

Competition Fees 2023-2024

Event	Fee
Figures	\$35.00 per athlete
Solo (Technical or Free)	\$33.00 per athlete
Duet & Mixed Duet (Technical or Free)	\$66.00 per duet
Trio	\$98.00 per trio
Team (Technical or Free)	\$132.00 per team
Combo	\$132.00 per team
Acrobatic	\$132.00 per team

FIGURES Figures for all age groups will be drawn on March 24th, 2024. All age groups will compete two figures.

MUSIC FORMAT Music will be uploaded via Google Drive. **Clubs will receive the link after the registration deadline.**

There must be one digital file for each registered routine in the following format.

- MP3 files with a .mp3 file extension

It is suggested there is a 3-5 second lead from “play” until the music starts and a 3-5 second delay after the music ends.

In the event of a music failure during the competition, the club must immediately provide a backup in the required format. Failure to provide a working copy will result in a \$50 fine. If the fine is not paid immediately after the event, a one-point penalty will be applied. The Chief Referee shall instruct the scorer to deduct the penalty.

MUSIC FILE NAME Each routine/music file named as follows:

Event Name, Age Group, Competitor Name, Club Name, Coach Name

Samples of how to name files:

Solo_ Youth_Jones_Jane_RS_Swift.mp3

Duet_Free_Junior_Jones_Jan_Smith_Anne_SAQ_Wachs.mp3

Team_10U_Regina_RS_Chernoff.mp3

Coaches should review each digital file for quality, timing and completeness.

FINES

Music:

A **\$25.00** fine will be assessed for the following:

- each late submission.
- each file submitted in the wrong digital format.
- each file submitted with the wrong file naming format.

In the event of a music failure during a competition, the club must immediately provide a backup in the required format. Failure to provide a working copy will result in a **\$50.00** fine. If the fine is not paid immediately after the event, a one-point penalty will be applied. The Chief Referee shall instruct the scorer to deduct the penalty.

Coach Cards:

A **\$25.00** fine will be assessed for the following:

- each late submission.
- each file submitted in the wrong format.
- each file submitted with the wrong file naming format.

ROUTINE ELEMENTS

There is a set number of elements per routine. See CPC Technical Package for more information. For Junior Technical routines, see CAS. For Masters' Technical routines, see CAS Appendix C.

ROUTINE WALK ON

All routines must start their walk-on as indicated in the deck diagram. A one-point penalty will be assessed for any routine which does not start at the designated point.

VOLUNTEERS

All clubs are encouraged to volunteer. SAS may assign specific events to SK clubs to provide volunteers.

VOLUNTEER TRAINING

SAS will host a virtual volunteer training session for volunteers attending CPC. **All volunteers are strongly encouraged to attend the meeting.**

Meeting date, time and link will be announced closer to the date.

SIGNAGE

All signage in areas of the facility booked for the competition must be approved by Saskatchewan Artistic Swimming. Saskatchewan Artistic Swimming will determine the location where signage may be displayed. Signage will not be permitted to impact upon the competition.

All clubs have equal opportunity to post signage at the competition. Requests from clubs must be submitted at least 30 days prior to the competition to SAS ECD at ECD@saskartisticswimming.ca. Request must include an image, dimensions of the signage and how it is to be displayed.

SCHEDULE

Tentative schedule:

- Thursday, April 25 – Spacing.
- Friday, April 26 – Spacing continued and Competition begins.
- Saturday, April 27 – Competition continues and banquet.
- Sunday, April 28 – Competition concludes.

Final Schedule will be published separately.

LIVESTREAMING

SAS may livestream this event. Watch for an announcement closer to the date of the competition.

OPEN POOL

As per schedule.

AWARDS

Awards recognize our athlete's achievements. The final schedule will state when each award will be presented. Only the awards listed for each time will be presented at that time. If the awards are not ready at the time indicated during the competition, they will be presented at the end of the competition.

Medals:

- 1 - 3 place Championship scores in AdAS, Novice, 12U and Youth events.
- 1 - 3 place in Junior Tech/Free and Masters Tech/Free.

Ribbons:

- 4 - 6 place Championship scores in AdAS, Novice, 12U and Youth events.
- 4 - 6 place in Junior and Masters Tech/Free.
- 1 - 6 place in Figures.
- 1 - 6 place Routine scores in AdAS, Novice, 12U and Youth events.

Exhibition athletes (Junior in Youth figures) are not eligible for awards.

RESULTS

Results will be emailed to the Club contact and/or Head Coach by the Chief Scorer during the competition and posted on the Saskatchewan Artistic Swimming website www.saskartisticswimming.ca after the competition.

PHOTOGRAPHY

All athletes, coaches, volunteers, and officials may be filmed or photographed during the competition. The videos and photos may be used without permission or authorization of individuals, parents, or clubs.

FACILITY REQUIREMENTS FOR ATHLETES, COACHES, OFFICIALS, VOLUNTEERS AND SPECTATORS

To ensure that artistic swimmers continue to uphold a high standard of conduct, and that we are always welcomed at pool and hotel facilities, we respectfully ask that coaches discuss the following rules with their athletes and club members (parents, club volunteers, etc) and request these rules are followed:

- All street shoes **MUST** be removed when on the deck area, if required by facility.
- All food and drink must be consumed in the designated eating areas at the pool facility.
- All clubs must follow these general rules for gelling:
 - Do not gel hair in the stands or on the pool deck.
 - All gel is mixed in disposable containers and the excess disposed in the garbage and not down any sink or toilet drains.
 - We ask that where possible, athletes gel their hair in the hotel rooms prior to coming to the pool. The same courtesy is used at the hotel.
 - Athletes do not wash their gelled hair in the sinks or dip gelled hair in the hot tub.
- **Any clubs gelling outside of designated area at the pool will be fined \$200.00.**
- Coaches are responsible to ensure that athletes do not remove bobby pins, hairpins, or hairnets in the pool area or hot tub. They are to be removed only in the change area and disposed of in the garbage or marked containers.
- Everyone attending the event, including athletes, coaches, officials, volunteers and spectators are to behave in a mature manner, respecting the guidelines set out by the facility. Any individual not respecting the guidelines may be asked to leave the facility.
- All facilities are to be left in the manner in which they were found at the beginning of the day.

ACCOMODATIONS SAS is currently in contact with the Regina Hotel Association and will secure a block of rooms that coaches/athletes and parents can book into for the competition. Information on the Host Hotel will be sent out by the end of September.

BANQUET The athlete and coach banquet is Saturday, April 27, 2024. Location and banquet details will be included in following information packages, closer to the event.

**WALK IN CLINIC
CLOSE TO THE
LAWSON** **Meadow Primary Health Care Centre**
4006 Dewdney Ave, Regina SK S4T 1A2
Phone: 306-766-6399

MERCHANDISE Information about CPC merchandise will be provided closer to the date of competition.

FUNDRAISING Information about any fundraising at the event will be provided closer to the date of competition.

DONATIONS [Click here](#) for the pdf tax deductible donation form

SPONSORS

