



**April 25-28, 2024**  
**REGINA, SK**

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

Hosted by: Regina Synchro & Saskatchewan Artistic Swimming





## **CANADIAN PRAIRIE CHAMPIONSHIP ARTISTIC SWIMMING**

<b>DATE</b>	<b>April 25-28, 2024</b>
<b>LOCATION</b>	Lawson Aquatic Centre 1717 Elphinstone St, Regina, SK
<b>FIELD OF PLAY</b>	<p>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.</p> <p>Watch for signs at the pool and let your members attending the competitions know about the FOP area.</p>
<b>COMPETITION MANAGERS</b>	<p><b>1. For Technical Questions:</b> <b>Taya Amundson</b> SAS Technical Director <a href="mailto:TD@saskartisticswimming.ca">TD@saskartisticswimming.ca</a></p> <p><b>2. For Event Questions:</b> <b>Devin Masch</b> SAS Events and Communications Director <a href="mailto:ECD@saskartisticswimming.ca">ECD@saskartisticswimming.ca</a></p> <p><b>3. Host Club – Regina Synchro</b> <b>Randall Hollyoak</b> Competitions Manager <a href="mailto:storytimepreschool@gmail.com">storytimepreschool@gmail.com</a></p>
<b>RULES</b>	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. Any exceptions to the rules will be noted in the CPC Technical Package.
<b>ADMISSIONS</b>	Per day: \$10 Pass for all 3 days (Fri, Sat & Sun): \$20 Family pass for all 3 days (2 adults & 2 kids over 10): \$40 Children 10 and under: Free Payment method: cash or debit/credit at the door

## **PARTICIPATING CLUBS**

Clubs that will be participating this year are:

- Aquatica Synchro Club, MB
- Brant Artistic Swimming Club, ON
- Thunder Bay Artistic Swimming, ON
- Regina Synchro Club, SK
- Saskatoon Aqualenes, SK
- Weyburn Artistic Swimming Club, SK
- Estevan Mermaids, SK
- Border City Stingrays, SK

## **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**

<b>Age Group</b>	<b>Description</b>	<b>Birth Year</b>
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)

## COMPETITION DEADLINES

Registration: **March 18, 2024**

Music Submission to SAS TD: **March 27, 2024**

Coach Card Submission to SAS TD: **March 27, 2024**

Spacing Requests to SAS TD: **March 27, 2023**

## SPACING REQUESTS

All spacing requests need to be submitted to Taya Amundson (SAS TD – [td@saskartisticswimming.ca](mailto:td@saskartisticswimming.ca)). They must include age group, event, number of entries (example: Youth, Solo 1, Duet 2, Team 1).

## REGISTRATION

All registrations must be submitted using Canada Artistic Swimming online competition registration system.

## REGISTRATION DEADLINE

**March 18, 2024**

## REGISTRATION FEES

Saskatchewan Artistic Swimming must receive entry fees **at least two weeks** prior to the competition (**April 11, 2024**).

## REGISTRATION PAYMENT

**Send payment to:**

- e-transfer – [payment@saskartisticswimming.ca](mailto:payment@saskartisticswimming.ca)
- cheque – mail to:  
Saskatchewan Artistic Swimming  
#300-1734 Elphinstone Street  
Regina, SK S4T 1K1

## 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.

## 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.

#### **RELIGIOUS OR MEDICAL ADORNMENTS**

Any club with an athlete who will wear a religious or medical alert adornment while competing must send a note by registration deadline to SAS Technical Director at [TD@saskartisticswimming.ca](mailto:TD@saskartisticswimming.ca).

#### **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 can 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 CERTIFICATION/ ACCREDITATION**

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

#### **WAIVERS**

Every athlete and coach must sign a waiver. [Click here](#) to download the waiver form. A signed hardcopy of each waiver must be provided to the Registration table upon arrival at the pool or scanned and uploaded to the clubs individual Google Drive.

#### **Competition Fees 2023-2024**

<b>Event</b>	<b>Fee</b>
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 27, 2024**. All age groups will complete two figures.

<b>MUSIC DEADLINE</b>	<p>All music for routines must be in digital format. Files must be uploaded by <b>March 27, 2024</b>.</p> <p>Music will be uploaded via Google Drive. <b>Clubs will receive their club's link after the registration deadline.</b></p>
<b>MUSIC FORMAT</b>	<p>There must be one digital file for each registered routine in the following format:</p> <ul style="list-style-type: none"> <li>• MP3 files with a .mp3 file extension</li> <li>• File should be a minimum of 192 kb/s</li> </ul> <p>A three second lead time before the music starts and after the music stops is recommended.</p>
<b>MUSIC FILE NAME</b>	<p>Each routine/music file named as follows:</p> <p>Event Name, Age Group, Competitor Name, Club Name, Coach Name</p> <p>Samples of how to name files:</p> <p>Solo_ Youth_Jones_Jane_Regina_Swift.mp3  Duet_Free_Junior_Jones_Jan_Smith_Anne_SAQ_Wachs.mp3  Team_10U_Regina_RS_Chernoff.mp3</p> <p><b><i>Coaches should review each digital file for quality, timing, and completeness.</i></b></p>
<b>MUSIC FINES</b>	<p>A <b>\$25.00</b> fine will be assessed for the following:</p> <ul style="list-style-type: none"> <li>• each late submission.</li> <li>• each file submitted in the wrong digital format.</li> <li>• each file submitted with the wrong file naming format.</li> </ul> <p>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 <b>\$50.00</b> 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.</p>
<b>ROUTINE ELEMENTS</b>	<p>There is a set number of elements per routine. <a href="#">See CPC Technical Package for more information.</a></p> <p>For Junior Technical routines, see CAS.</p> <p>For Masters' Technical routines, see CAS.</p> <p>Penalties in technical routines, see CAS.</p>

<b>COACH CARDS</b>	<p>Coach cards must be uploaded to the same Google Drive link provided for music by <b>March 27, 2024</b>. The link will be provided after registration deadline. Coach cards must be completed using the ISS system.</p> <p>A <b>\$25.00</b> fine will be assessed for the following:</p> <ul style="list-style-type: none"> <li>• each late submission.</li> <li>• each file submitted in the wrong digital format.</li> <li>• each file submitted with the wrong file naming format.</li> </ul>
<b>VOLUNTEERS</b>	<p>SAS will allocate the total number of volunteer positions to clubs attending the competition. Volunteers will register online through SignUp Genius.</p> <p>The link will be sent out to all participating clubs as soon as it is available. All volunteer positions are available on a first come, first serve basis.</p>
<b>VOLUNTEER TRAINING</b>	<p>SAS will host a virtual volunteer training session for volunteers attending CPC. <b>All volunteers are strongly encouraged to attend the meeting.</b></p> <p>A zoom call on March 24 at 7:00 pm will occur and a meeting link will be sent out closer to the date.</p>
<b>SIGNAGE</b>	<p>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.</p> <p>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 <a href="mailto:ECD@saskartisticswimming.ca">ECD@saskartisticswimming.ca</a>. Request must include an image, dimensions of the signage and how it is to be displayed.</p>
<b>SCHEDULE</b>	<p>Tentative schedule:</p> <ul style="list-style-type: none"> <li>• Thursday, April 25 – Spacing.</li> <li>• Friday, April 26 – Spacing continued and Competition begins.</li> <li>• Saturday, April 27 – Competition continues and banquet.</li> <li>• Sunday, April 28 – Competition concludes.</li> </ul>

Final Schedule will be published separately.

## **LIVESTREAMING**

SAS will be livestreaming this event. To watch the livestream follow us on YouTube at <https://www.youtube.com/@saskartisticswimming>

## **OPEN POOL**

TBA depending on the schedule.

## **AWARDS**

Awards recognize our athlete's achievements. The awards ceremony is a time of celebration. Athletes preparing for upcoming events don't have time to celebrate - yet. They are still in competition mode. That means only specific awards can be presented during the competition. 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.

Top 3 Awards will be presented to the athletes during the awards ceremony (if time in the schedule allows). Placing ribbons (4-6) in any event will not be presented formally but given to coaches to be handed out to their athletes.

The following honors will be awarded as displayed in the award chart below:

<b>EVENTS</b>	<b>MEDALS</b>	<b>RIBBONS</b>
Routine Championship Events	1-3	4-6
Combo – 12U, Youth	1-3	4-6
Tech/Free – Junior, Masters	1-3	4-6
Acrobatic – Junior	1-3	4-6
Routine Events	n/a	1-6
Figure Events	n/a	1-6



## 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](http://www.saskartisticswimming.ca) after the competition.

## PHOTOGRAPHY

All athletes, coaches 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.

Regina Synchro has also organized a professional photographer - Wanda Harron Photography (<http://www.wandaharronphotography.ca/>) that will be taking photos during the event and athletes, coaches or parents will be able to purchase.

SAS encourages clubs to take photos at the competition and forward them to [ECD@saskartisticswimming.ca](mailto:ECD@saskartisticswimming.ca) for posting on social media. If you post on your social media page, consider adding a hashtag about the competition (#2024CPC).

## 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** Host Hotel is the Atlas Hotel – 4177 Albert St, S4S 3R6  
Contact their Group Experience Specialist at 306.584.6335 or at [groups@atlashotel.com](mailto:groups@atlashotel.com)

Room rates and more information – [Click here](#)

Overflow Hotel is the Ramada Plaza Downtown – 1818 Victoria Ave, S4P 0R1

Booking link, room rates and more information – [Click Here](#)

## **BANQUET**

CPC Banquet will be Saturday April 27 at the Atlas Hotel. Doors will open at 5:30 pm and event will be finished no later than 9:00 pm.

There will be supper followed by a DJ with a dance afterwards. The theme of the Banquet is Barbie: You can be anything!! Tickets will be \$38 per person.

A ticket spreadsheet will be provided to each club to input all their athletes and coaches attending the Banquet with any dietary restrictions you may have. The spreadsheet will auto calculate your clubs' total fees for the Banquet and each club can send payment by:

- e-transfer – [payment@saskartisticswimming.ca](mailto:payment@saskartisticswimming.ca)
- cheque – mail to:  
Saskatchewan Artistic Swimming  
#300-1734 Elphinstone Street  
Regina, SK S4T 1K1

## **WALK IN CLINIC CLOSE TO THE LAWSON**

**Meadow Primary Health Care Centre**  
4006 Dewdney Ave, Regina SK S4T 1A2  
Phone: 306-766-6399

## **MERCHANDISE**

There will be specific CPC merchandise available for pre order until **March 20, 2024**. Click the following like to place your orders - <https://cpcregina.itemorder.com/> .

Orders will be fulfilled and available for pick up at the competition for all that ordered items!!

## **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**

