



Diane Lemon Invitational Information Package

DATE **March 2-3, 2024**

LOCATION Lawson Aquatic Centre
1717 Elphinstone St, Regina, SK

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 area. Volunteers are in this area only for the event they volunteered for.

The FOP varies by facility and may vary by event. Watch for signs at the pool and let your members attending the competitions know about the FOP area.

**COMPETITION
MANAGERS**

1. For Technical Questions:
Taya Amundson
SAS Technical Director
TD@saskartisticswimming.ca

2. For Event Questions:
Devin Masch
SAS Events and Communications Director
ECD@saskartisticswimming.ca

3. Host Club – Regina Synchro
Randall Hollyoak
Competitions Manager
storytimepreschool@gmail.com

RULES The competition will be held in accordance with the Saskatchewan Artistic Swimming Rule book along with Canadian Artistic Swimming Rule Book
www.artisticswimming.ca > Competitions > CAS Rulebooks.

ELIGIBILITY

The following age categories are eligible in this competition:

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

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	2012 or earlier
Youth	Ages 13-15 (female) Ages 13-16 (male)	2009, 2010, 2011 2008, 2009, 2010, 2011
Junior	Ages 15-20 (female & male)	2004, 2005, 2006, 2007, 2008, 2009
Senior	15+	2008 or earlier
Masters	19+	2003 or earlier

EVENTS

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

REGISTRATION DEADLINE

January 31, 2024

REGISTRATION

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

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 .
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 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 at least two weeks prior to the meet.
REGISTRATION PAYMENT	<p>Send payment to:</p> <ul style="list-style-type: none"> • e-transfer – payment@saskartisticswimming.ca • cheque – mail to: Saskatchewan Artistic Swimming #300-1734 Elphinstone Street Regina, SK S4T 1K1
REFUND POLICY	<p>There are NO refunds after the registration deadline unless a written request or medical certificate is submitted to the Executive Director.</p> <p>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 Executive Director will review the written request the next business day and advise the club if a refund is appropriate.</p>
ADMISSIONS	SAS will have a donation box in support of SAS competitions. All donations will go to assist in keeping competition fees down for all athletes. Upon entry each spectator will receive a souvenir wristband. Please wear your wristband to show your support of the organization.
LANYARDS	All officials, coaches and volunteers must wear lanyards on deck to access the FOP. Coaches and officials must bring their lanyards to the competition. Volunteers will receive their lanyards on the pool deck when they volunteer and must return them to the competition manager once their volunteer time is over.
COACH CERTIFICATION	See SAS Rulebook 3.1.1.2 . Coach certification will be validated.

Competition Fees 2023-2024

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

FIGURES Complete figure list for this competition listed in the figure list at the end of the document.

PRE-SWIMMERS The Host Club will organize pre-swimmers for figures. If a club has swimmers interested in pre-swimming figures, please contact the Head Coach of the Host Club.

To submit a request for routine pre-swimmers, clubs must submit the following information to the Technical Director at TD@saskartisticswimming.ca by the registration deadline: age group, event, number of swimmers (for team only) and reason to swim as a pre-swimmer.

MUSIC DEADLINE All music for routines must be in digital format. Files must be uploaded by **February 9, 2024**.

Music will be uploaded via Google Drive. Clubs can use the same link as SR for their music. Please ensure you add new music and delete any old ones if there are changes to your music.

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

- MP3 files with a .mp3 file extension

A three second lead time before the music starts and after the music stops is recommended.

In the event of a music failure during 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.

Each routine/music file named as follows:

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

**MUSIC FILE
NAME**

Samples of how to name files:

Solo_ Youth_ Jones_ Jane_ Regina_ 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.

MUSIC FINES

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 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.

**ROUTINE
ELEMENTS**

There is a set number of elements per routine. See AQUA Appendix III. These must be submitted via Coaches Cards.
For Junior/Senior Technical routines
For Masters' Technical routines,
Penalties in technical routines

COACH CARDS

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.

Coach cards must be completed using the ISS system. Do not change the file name once the card is generated.

VOLUNTEERS

SAS will allocate the total number of figure and routine volunteer positions to clubs attending the competition. Volunteers will register online through SignUp Genius. The link will be sent out as soon as it is available. All volunteer positions are available on a first come, first serve basis.

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 by registration deadline** to SAS Events and Communications Director. Request must include an image and dimensions of the signage and where the signage will be placed at the facility.

This includes any signs that the Host Club wishes to set up. If you wish to set up a sign at a competition, you must complete a Request for Signage form. Please contact Devin at ECD@saskartisticswimming.ca for a copy of the form.

SCHEDULE

The events of the weekend will likely fall under the hours displayed below:

- Saturday 8:00 am – 8:00 pm
- Sunday 9:00 am - 3:00 pm

The Final Schedule will be published separately.

AWARDS

Awards recognize our athlete's achievements, and 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 in the following events:

- 10U/12U/Novice/Youth championship events.
- 12U/Youth combo events
- Junior/Senior/Masters tech and free events, acrobatic routines and figure events.

Placing ribbons (4-6) in any event will not be presented formally but given to coaches to be handed out to their athletes.

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

OPEN POOL TBA depending on the schedule.

RESULTS Results will be emailed to the Club Contact and/or Head Coach and posted a few days after the conclusion of the competition on the Saskatchewan Artistic Swimming website www.saskartisticswimming.ca.

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.

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

FACILITY REQUIREMENTS 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 with their athletes and members the following code of conduct and require them to abide by it:

- All street shoes MUST be removed when on the deck area, if required by facility.
- All food must be consumed in the designated eating areas (may vary by facility).
- Gel is ONLY to be done in the specified gel area.
 - Do not gel hair in the stands or on the pool deck.
 - Where possible, athletes have their hair gelled in the hotel rooms prior to coming to the pool and that the same courtesy is used at the hotel.
 - All gel is mixed in disposable containers and the excess disposed in the garbage and not down any sink or toilet drains.
 - Fines will be assessed if gelling is done anywhere other than in the specified area.
- Athletes must not wash their hair in the sinks.
- Coaches are responsible to ensure that no swimmers remove bobby pins, hairpins, or hairnets in the pool area. They are to

be removed only in the change area and disposed of in the garbage or marked containers.

- All athletes and spectators are to behave in a mature manner, respecting the guidelines set out by the facility.
- All facilities are to be left in the manner in which they were found at the beginning of the day.

LIVESTREAMING

SAS will livestream this event. Please go to the SAS Youtube Channel to view.

www.youtube.com/@saskartisticswimming/streams

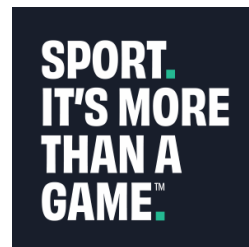
MERCHANDISE

SAS may sell merchandise at this event. Details will be announced closer to the date of the competition.

DONATIONS

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

SPONSORS



DIANE LEMON FIGURE LIST

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