



## **Diane Lemon Provincial Championship Information Package**

<b>DATE</b>	<b>March 7-8, 2026</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 area. Volunteers are in this area only for the event they volunteered for.</p> <p>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.</p>
<b>COMPETITION MANAGERS</b>	<p><b>1. Taya Amundson(part time)/TBD</b> Technical Director, SAS 300-1734 Elphinstone Street Regina, SK S4T 1K1 <a href="mailto:TD@saskartisticswimming.ca">TD@saskartisticswimming.ca</a></p> <p><b>2. Devin Masch</b> Events &amp; Communications Director, SAS 300-1734 Elphinstone Street Regina, SK S4T 1K1 <a href="mailto:ECD@saskartisticswimming.ca">ECD@saskartisticswimming.ca</a></p> <p><b>3. Host Club – Regina Synchro</b> Randall Hollyoak, Regina Synchro</p>
<b>RULES</b>	<p>The competition will be held in accordance with the Saskatchewan Artistic Swimming Rulebook along with Canadian Artistic Swimming Rule Book <a href="https://www.saskartisticswimming.ca/governance/rulebooks">https://www.saskartisticswimming.ca/governance/rulebooks</a></p>

**ELIGIBILITY****Athlete Eligibility:**

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Any exhibition swimmers may compete but are not eligible for awards.
- Out of province swimmers are eligible for awards.

**Athlete Age Groups:**

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

**AGE GROUPS**

<b>Age Group</b>	<b>Description</b>	<b>Birth Year</b>
10U	Ages 9-10	2016, 2017
12U	Ages 11-12	2014, 2015
Novice	11 and over first year competitive athletes	2015 or earlier
Youth	Ages 13-15 (female) Ages 13-16 (male)	2011, 2012, 2013 2010, 2011, 2012, 2013
Junior	Female Ages 15-19 (National)  Male Ages 15-20 (National)  Ages 15-20 (Provincial)	2007, 2008, 2009, 2010, 2011 (National)  Above plus 2006 (National)  Above plus 2006 (Provincial)
Senior	15+	2011 or earlier
Masters	19+	2007 or earlier

**EVENTS**

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

**REGISTRATION DEADLINE****January 28, 2026****REGISTRATION**

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

<b>RELIGIOUS OR MEDICAL ADORNMENTS</b>	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 <a href="mailto:TD@saskartisticswimming.ca">TD@saskartisticswimming.ca</a> .
<b>LATE ENTRIES</b>	<p>The club will be charged a <b>fine of \$25.00</b> for each late entry and a fine of \$200.00 will be charged for each late “club” entry.</p> <p>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.</p>
<b>REGISTRATION FEES</b>	Saskatchewan Artistic Swimming must receive entry fees at <b>least two weeks</b> prior to the competition.
<b>REGISTRATION PAYMENT</b>	<p><b>Send payment to:</b></p> <ul style="list-style-type: none"> <li>• e-transfer – <a href="mailto:payment@saskartisticswimming.ca">payment@saskartisticswimming.ca</a></li> <li>• cheque – mail to: Saskatchewan Artistic Swimming #300-1734 Elphinstone Street Regina, SK S4T 1K1</li> </ul>
<b>REFUND POLICY</b>	<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>
<b>LANYARDS</b>	<p>Lanyards must be worn by every coach, volunteer and official while in the FOP area. Coaches and officials can pick up their 2026 accreditation tags at the competition if they have not already (Coaches at the coaches meeting and officials from the Chief Judge). Volunteers will receive their tags on the pool deck when they volunteer and must return them to the competition manager once their volunteer time is over.</p> <p>Any coach, official or volunteer who does NOT have a lanyard will be asked to leave the FOP.</p>
<b>COACH CERTIFICATION</b>	See <a href="#">SAS Rulebook 3.1.1.2</a> . Coach certification will be validated.

## Competition Fees 2025-2026

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](mailto: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 6, 2026**.

Music will be uploaded via Google Drive. Clubs can use the same link as SR for their music just please ensure you add new music and delete any old ones if there are changes to your music. If you do not have a link from SR clubs will receive the link to their Google Drive after the registration deadline.

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

- MP3 files with a .mp3 file extension
- File should be a minimum of 192 kb/s

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

**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\_ Regina\_ Swift.mp3  
Duet\_ Free\_ Junior\_ Jones\_ Jan\_ Smith\_ Anne\_ SAQ\_ Wac  
hs.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 the 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, see CAS For Masters' Technical routines, see CAS Penalties in technical routines. see CAS

**COACH CARDS**

Coach cards must be uploaded to the same link provided for music by **February 6, 2026**. The link will be provided after registration deadline. Coach cards must be completed using the ISS system.

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.

**ADMISSIONS**

Per day: \$10  
Pass for both days (Sat & Sun): \$15  
Family Pass for all 3 days (2 adults & 2 kids over 10): \$30  
10 and under: Free  
Payment method: cash or debit/credit at the door

## **VOLUNTEERS**

SAS will allocate the total number of 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](mailto: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 celebration. Athletes preparing for upcoming events don't have time to celebrate. 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 awards are not ready at the time indicated during the competition, they will be presented at the end of the competition.

Top 3 Awards, plaques and or top 3 medals are presented during the awards ceremony in the following categories:

<b>EVENTS</b>	<b>MEDALS</b>	<b>RIBBONS</b>	<b>PLAQUES</b>
Routine Championship Events	1-3	4-6	n/a
Combo – 12U, Youth	1-3	4-6	n/a
Tech/Free – Junior, Senior, Masters	1-3	4-6	n/a
Acrobatic – Junior	1-3	4-6	n/a
Routine Events – Adas, 10U, Nov, 12U	n/a	1-6	n/a
Combo 12U	n/a	1-6	n/a
Routine Events	n/a	1-6	n/a
Figure Events	n/a	1-6	n/a

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

## **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](http://www.saskartisticswimming.ca).

During the competition you can find the results on Sportify.

## **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](mailto:ECD@saskartisticswimming.ca) for posting on social media. If you post on your social media page, consider adding a hashtag about the competition (#2026DLI).

## **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 do 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.

**ACCOMODATIONS** All clubs/athletes/coaches/parents are responsible for their own accommodations if needed while in Regina. SAS will be responsible for accommodations for any Officials, Staff or Board members.

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

**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**

	<b>Figure 1</b>	<b>Figure 2</b>	<b>Figure 3</b>	<b>Figure 4</b>
<b>AdAS Level 1 Group 1&amp;3</b>	Star 2 Sailboat Alternate DD 1.0	Split to Vertical at Ankles	Bent Knee Position	Oyster
<b>AdAS Level 3 Group 1&amp;3</b>	101 Ballet Leg Single DD 1.6	Front Pike Pulldown to Split (1 <sup>st</sup> ½ of Front Walkover	BP 14 c) Bent Knee Vertical Position join to Vertical and Sink	302 Blossom DD 1.4
<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 1</b>	106 Straight Ballet Leg DD 1.6	301 Barracuda DD1.8	359 Front Ariana	348 Tower
<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