



Sadie Caulder Knight Provincial Championship Information Package

DATE	April 13-14, 2024
LOCATION	The Shaw Centre 122 Bowlt Crescent, Saskatoon, 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.
COMPETITION MANAGERS	<p>1. Taya Amundson Technical Director, SAS 300-1734 Elphinstone Street Regina, SK S4T 1K1 TD@saskartisticswimming.ca</p> <p>2. Devin Masch Events & Communications Director, SAS 300-1734 Elphinstone Street Regina, SK S4T 1K1 ECD@saskartisticswimming.ca</p> <p>3. Club Competitions Manager Carmela Giocoli, Saskatoon Aqualenes carmelagiocoli@hotmail.com</p>
RULES	The competition will be held in accordance with the Saskatchewan Artistic Swimming Rulebook along with the Canada Artistic Swimming Official Rulebook www.artisticswimming.ca > Competitions > CAS Rulebooks.
ELIGIBILITY	<p>Limited Competitive and Competitive Athletes registered with Saskatchewan Artistic Swimming. Routines attending CPC must attend SCK. Open to routines who did not attend the National Qualifier.</p> <ul style="list-style-type: none">• 10U, Novice, 12U, Youth, Junior, AdAS• Competitive Masters• Limited Competitive as Invitational Swimmers: 10U, 12U, Youth and Junior

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 (female) Ages 13-16 (male)	2009, 2010, 2011 2008, 2009, 2010, 2011
Junior	Female Ages 15-19 (National) Male Ages 15-20 (National) Ages 15-20 (Provincial)	2005, 2006, 2007, 2008, 2009 Above plus 2004 Above plus 2004
Masters	19+	2005 or earlier

EVENTS

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

REGISTRATION DEADLINE REGISTRATION

March 6, 2024

All registrations must be submitted using Canada Artistic Swimming online competition registration system. Be sure to select the correct event for Limited Competitive entries. Look for "Limited Competitive" in the event name.

REGISTRATION FEES

Saskatchewan Artistic Swimming must receive entry fees by Thursday March 28.

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

REGISTRATION PAYMENT

Please send payment via EFT at:
payment@saskartisticswimming.ca

OR

Send cheque payment 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 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 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 Executive Director will review the written request the next business day and advise the club if a refund is appropriate.

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.

LANYARDS

Lanyards must be worn by every coach, volunteer and official while in the FOP area. Coaches and officials should 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.

Any coach, official or volunteer who does NOT have a lanyard will be asked to leave the FOP area.

COACH CERTIFICATION

See [SAS Rulebook 3.1.1.2.](#)
Coach certification will be validated.

FIGURES

Youth will compete in two figures. All other age categories will compete in 4 figures. Optional figures will be drawn on **March 28, 2024.**

The complete figure list for this competition is 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 **March 14, 2024.**

Music will be uploaded via Google Drive. **Clubs will receive the link 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_Wachs.mp3

Team_10U_Regina_RS_Chernoff.mp3

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

MUSIC BACKUP

If there is an issue with your music when played by the music coordinator, you must be able to provide a backup copy if requested by the Chief Referee. It can be a flash drive or your phone. If it is your phone, please ensure you have the cable to connect your phone to the computer.

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 Coach 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 **March 14, 2024**. 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

SAS will have a donation box upon entry to the pool facility. Any donations received will assist in lower competition costs for all athletes. Please leave what you can. Thank you.

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 for a copy of the form.

SCHEDULE

Tentative Schedule Times:

- Friday – as needed, Routines
- Saturday 8 am - 8:00 pm - Figures, Routines
- Sunday 9 am - 3:00 pm – Routines, Awards

Final Schedule will be published separately and will be completed after registrations are confirmed.

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 are presented to the athletes during the awards ceremony. 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:

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

*For all Limited Competitive Age Groups ribbons will be awarded to top six competitors in figures, routines, and championship and again only top three will be formally presented with ribbons 4-6 given to the coaches for distribution.

OPEN POOL

TBA depending on the schedule.

RESULTS

Results will be emailed to the Club contact and/or Head Coach and posted 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 please tag SAS (#SAS).

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, as 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.
- 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 Check with <https://www.tourismsaskatoon.com/> for hotel information.

LIVESTREAMING SAS will livestream this event. Details will be announced closer to the date of the competition.

MERCHANDISE SAS may have merchandise available at this event to be purchased.

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

SPONSORS

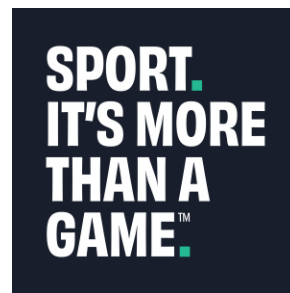


Figure List for Sadie Caulder Knight Provincial Championship

	Figure 1	Figure 2	Figure 3	Figure 4
AdAS Level 1 Group 2	Star 1 Tub turn and reverse in both directions DD 1.0	Star 2 Sailboat Alternate DD 1.0	BP2 Front Layout DD 1.0	310 Somersault Back Tuck DD 1.1
AdAS Level 2 Group 2	310 Somersault Back Tuck DD 1.1	101 Ballet Leg Single DD 1.6	BP 14 c) Bent Knee Vertical Position followed by BM 10 Vertical Descent in Bent Knee Position DD 1.0	Star 2 Sailboat Alternate DD 1.0
10U Group 1	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	362 Surface Prawn DD 1.3	316 Kipnus DD 1.4
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