



May 11 – 14, 2017

Pan Am Pool

25 Poseidon Bay



Winnipeg, Manitoba

(204) 986-5890

Hosted By: Synchro Swim Manitoba in partnership with Synchro Saskatchewan and Sport Manitoba

## INFORMATION PACKAGE # 3

### General Information

<b>COMPETITION CHAIRS-</b>	*Please direct all inquiries to Diane prior to the beginning of the meet
<b>Diane Rutherford</b>	Diane Rutherford
<b>Kim Reimer</b>	Telephone: Home 204-633-7833 Cell 204-792-1525
	Email: d-rutherford@shaw.ca
<b>DATES</b>	May 11 – 14, 2017
<b>HOST</b>	Synchro Swim Manitoba in partnership with Synchro Saskatchewan and Sport Manitoba



<b>LOCATION OF COMPETITION</b>	Pan Am Pool 25 Poseidon Bay Winnipeg, MB R3M 3E4 Phone: 204-986-5891
<b>ELIGIBILITY</b>	Provincial Stream, SSWCD/SSWPD, Athletes with Disabilities, and Masters Routines.
<b>EVENTS</b>	Figures, solo, duet, trio, team and combo. Masters athletes may enter routines in tech events, free events or both.
<b>AGE GROUPS</b>	Provincial Stream: 8 & U, 9&10, 11 & 12, 13 -15, 16-18, Novice (11 & over first year competitors) Masters: 19 and over SSWCD/SSWPD To determine the age group of a routine please reference CASSA.
<b>FIGURES</b>	Reference CASSA
<b>INTERESTED CLUBS</b>	This includes the following clubs: Aquatica, Brant Synchro Club, Border City Stingrays, Calgary Elite, Corner Brook, Durham Synchro, Estevan Mermaids, Flin Flon Aqua Doves, Moose Jaw Aqua Otters, North Battleford Water Doves, Nova Synchro, Regina Synchro, Saskatoon Aqualenes, Strathcona Synatics, Summit Synchro, Thunder Bay Synchro, Weyburn Synchro Stars, Winnipeg Synchro. <a href="mailto:d-rutherford@shaw.ca">d-rutherford@shaw.ca</a>
<b>ENTRY DEADLINE</b>	Closed as of March 31, 2017.

<b>ENTRY FEES</b>	Provincial and National Stream- Figures: \$29, Solo: \$27, Duet: \$54, Trio: \$81, Team & Combo: \$108 Masters - Solo: \$54 (\$27 if only tech or free), Duet: \$108 (\$54 if only tech or free), Team: \$216 (\$108 if only tech or free) <b>All fees due: Wednesday, April 19th/2017</b>
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LATE ENTRY FEES	\$25.00 CAD per routine for any late, incorrect and/or incomplete entries. The final deadline for late entries is two weeks prior to the start date of the competition. No entries will be accepted after this date (CASSA RULE 5.1.5b) <b><u>Cheques made payable to Synchro Swim Manitoba.</u></b>																
REFUND POLICY	There are no refunds after the entry deadline, unless a medical certificate is provided or a written request is submitted to the Synchro Manitoba Technical Director. SEND to <a href="mailto:execdirector@synchromb.ca">execdirector@synchromb.ca</a>																
Send Payment to	<b>*<u>Send cheques payable to Synchro Swim Manitoba</u></b> * Please send cheques to Synchro Swim Manitoba 305 – 145 Pacific Ave. Winnipeg, MB R3B 2Z6																
REQUIRED ELEMENTS	All routines will be monitored for required elements as determined by the Synchro Canada Rule book.																
SSWCD/SSWPD ROUTINE TIMES  Please note the routine time changes for the following age groups.	As listed in CASSA (Synchro Canada Rule book) <table border="1" data-bbox="609 1081 1518 1323"> <thead> <tr> <th></th> <th>Solo</th> <th>Duet</th> <th>Team</th> </tr> </thead> <tbody> <tr> <td>8 &amp; Under</td> <td>1:15</td> <td>1:30</td> <td>2:00</td> </tr> <tr> <td>10 &amp; Under</td> <td>1:15</td> <td>1:45</td> <td>2:15</td> </tr> <tr> <td>11 &amp; 12</td> <td>1:45</td> <td>2:15</td> <td>2:45</td> </tr> </tbody> </table>		Solo	Duet	Team	8 & Under	1:15	1:30	2:00	10 & Under	1:15	1:45	2:15	11 & 12	1:45	2:15	2:45
	Solo	Duet	Team														
8 & Under	1:15	1:30	2:00														
10 & Under	1:15	1:45	2:15														
11 & 12	1:45	2:15	2:45														
SCHEDULE	The competition will start at 8am on Friday, May 11, 2017. The competition will conclude on the afternoon of Sunday May 14, 2017. The final CPC schedule will be sent out separately.																
Results	All results will be sent to all club coaches by email and will be posted on Synchro Swim Manitoba Website following each event <a href="http://cpc2017.weebly.com/">http://cpc2017.weebly.com/</a>																
Medical Services	Trained Lifeguards are on deck at all times during the competition.																
Routines	All routines must enter from the bulkhead of the pool. The dimensions of the competitive pool will be included at the end of the package.																



<p><b>Volunteers</b></p> <p>Link will be on CPC website</p> <p><a href="http://cpc2017.weebly.com/">http://cpc2017.weebly.com/</a></p>	<p>There will be an option to volunteer at the competition and enjoy the deck side view. We certainly appreciate any hours you are willing to volunteer. A link to a Google document where volunteers can sign up will forward to each club attending the meet in Early April. Thank you for considering to help out to making this meet a success for our athletes!</p>
<p><b>Team Pictures</b></p>	<p>Please see the section below identifying information for submitting Team pictures for the Souvenir Program. Last entries April 4/2017</p>
<p><b>Photography</b></p>	<p>All athletes will be photographed and videotaped during the event. Photos/videos will be made public, without authorization from parents or clubs.</p>
<p><b>Codes of Conduct</b></p>	<p>Please refer to Synchro Canada for Guidelines for Coach and Athlete behavior at competitions.</p>
<p><b>Banned Substances</b></p>	<p>For information Please refer to Synchro Canada website regarding banned substances.</p>
<p><b>CPC Apparel</b></p>	<p>Link will be on CPC Website</p> <p><a href="http://cpc2017.weebly.com/">http://cpc2017.weebly.com/</a></p>
<p><b>Hospitality Figures Food</b></p>	<p>To come</p>



Figure Groups will be drawn April 3, 2017 and posted on the Synchro Manitoba website at [www.synchromb.ca](http://www.synchromb.ca).

\*Exception: The 8 & U figures are predetermined as suggested by Synchro Canada (as listed in CASSA). \*Exception: The 11 & 12 figures will be drawn only from groups 2 & 3 to be in line with the Novice figures used in Saskatchewan and Manitoba.

<p>8 &amp; Under:</p> <p>Compulsory:</p> <p>Sailboat Single</p> <p>Back Tuck Somersault</p> <p>Front Pike Pull down</p> <p>Split Position</p>	<p>10 &amp; Under:</p> <p>Compulsory:</p> <p>Blossom</p> <p>Front Pike Somersault</p> <p>Group 1: Kipnus</p> <p>Ballet Leg</p> <p>Group 2: Walkover, Front modified-starting from the split position</p> <p>Sailboat Alternate</p>	<p>11 &amp; 12:</p> <p>Compulsory:</p> <p>Ballet Leg Single</p> <p>Barracuda</p> <p>Group 2: Kip</p> <p>Walkover, Front</p> <p>Group 3: Tower</p> <p>Swordfish Straight Leg</p>
<p>Novice *First year synchronized swimmers aged 11 and over. *Only Groups 2 &amp; 3 are used in Saskatchewan and Manitoba.</p> <p>Compulsory:</p> <p>Ballet Leg Single</p> <p>Barracuda</p> <p>Group 2: Kip</p> <p>Walkover, Front</p> <p>Group 3: Tower,</p> <p>Swordfish Straight Leg</p>	<p>13-15:</p> <p>Compulsory:</p> <p>Ariana</p> <p>Barracuda Spinning 180</p> <p>Group 1: Heron</p> <p>Catalina</p> <p>Group 2: Porpoise Spin 180</p> <p>Flamingo Bent Knee</p> <p>Group 3: Albatross</p> <p>Side Fishtail Split</p>	<p>16 - 18:</p> <p>Compulsory:</p> <p>Ariana</p> <p>Barracuda Spinning 360 Group 1: Aurora,</p> <p>London- Modified- perform to the end of the kip unroll to vertical, then perform a vertical descent</p> <p>Group 2: Manta Ray</p> <p>Butterfly</p> <p>Group 3: Ibis</p> <p>Porpoise Half Twist</p>



## SPACING

Spacing will begin on Thursday, May 11, 2017. Limited spacing time is available.

Fill in Spacing request information sheet (at end of package) and send to Diane at  
d-rutherford@shaw.ca if you are interested in spacing time by April 5, 2017.

Spacing will be booked based on the responses. Depending on interest, you may only receive time for team swim.

## RULES

This meet is conducted under CASSA Rules. Refer to the Synchro Canada Rulebook for clarification. Any exceptions to the rules will be noted in package #2. Any technical questions should be directed to the Synchro Swim Manitoba provincial office.

## COMMUNICATION

All information packages and other important communication will be available at the following link  
<http://cpc2017.weebly.com/>

## EMAIL POLICY

Other information packages and correspondence as required will be sent by email only  
d-rutherford@shaw.ca

## MUSIC

**All music must be sent by March 31, 2017.**

<https://www.dropbox.com/request/6lbLxlyt7zWjnkOKx5fS>

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



## **MUSIC FORMAT**

**All music for routines must in digital format. Files must be sent by March 31, 2017**

Music Format: File Type: .mp3

Songs require a 3-5 second silent intro

File naming conventions:

Club Name\_Swimmer Name or Team Name\_ Age Group\_ Event\_ Coaches Last Name

EX:

WPG Synchro\_JaneDoe\_11-12PS\_solo\_Smith

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.

**BANQUET/ FIGURES HOSPITALITY -please follow the google.doc link to fill in your registration for figures hospitality and banquet or fill in form at the end of the package**

For all athletes and coaches

### **Murder Mystery Dinner**

**May 13/2017 6-9 PM**

**Holiday Inn Winnipeg Airport Polo Park Hotel**

**1740 Ellice Ave.**

**\$35 per person**

More information at <http://cpc2017.weebly.com/>





**TRANSPORTATION RENTAL LINK:**

[Rentals \(cars/hotels/bleachers\) | Sport Manitoba](#)

The links provided above take you directly to Sport Manitoba [account](#) rates.

**Other**

Please go to <http://www.tourismwinnipeg.com/> for more information regarding Winnipeg and amenities in the area.

***Each club may have a maximum of three solos and three duets per age group.  
Teams are not limited.***

***Each swimmer may enter a maximum of three routines.***

**SOUVENIR PROGRAM**

**Attention Parents, Grandparents, Brothers, Sisters, Aunts,  
Uncles, Teammates and Friends**

If you wish, send a digital photo (posed photo or action shot) of each of your teams and combos participating in CPC 2017. The photos will be included in the Souvenir Program. The cost will be \$10/photo. Please include a cheque payable to Synchrono MB when submitting a photo.

Please be sure to indicate in the email the Club and team name for each picture submitted.  
**Submit your digital photos by April 5, 2017 to the following address:**

[execdirector@synchronomb.ca](mailto:execdirector@synchronomb.ca)



Souvenir Programs will be available at the CPC 2017 Championship.

Your message in the program is a great opportunity to acknowledge all the hard work of your athlete.

## **ADVERTISING OPPORTUNITIES**

**Promote your business, firm or agency by advertising in the Souvenir Program**

**\$25.00 – Business Card Ad in Event Program**

**\$50.00 – ¼ page Ad in Event Program**

**\$75.00 – ½ page Ad in Event Program**

**\$100.00 – Full page Ad in Event Program**

**\$125.00 – Full page inside front or inside back cover**

**\$150.00 – full page outside back cover**

**Please make cheques payable to: Synchro Swim Manitoba**

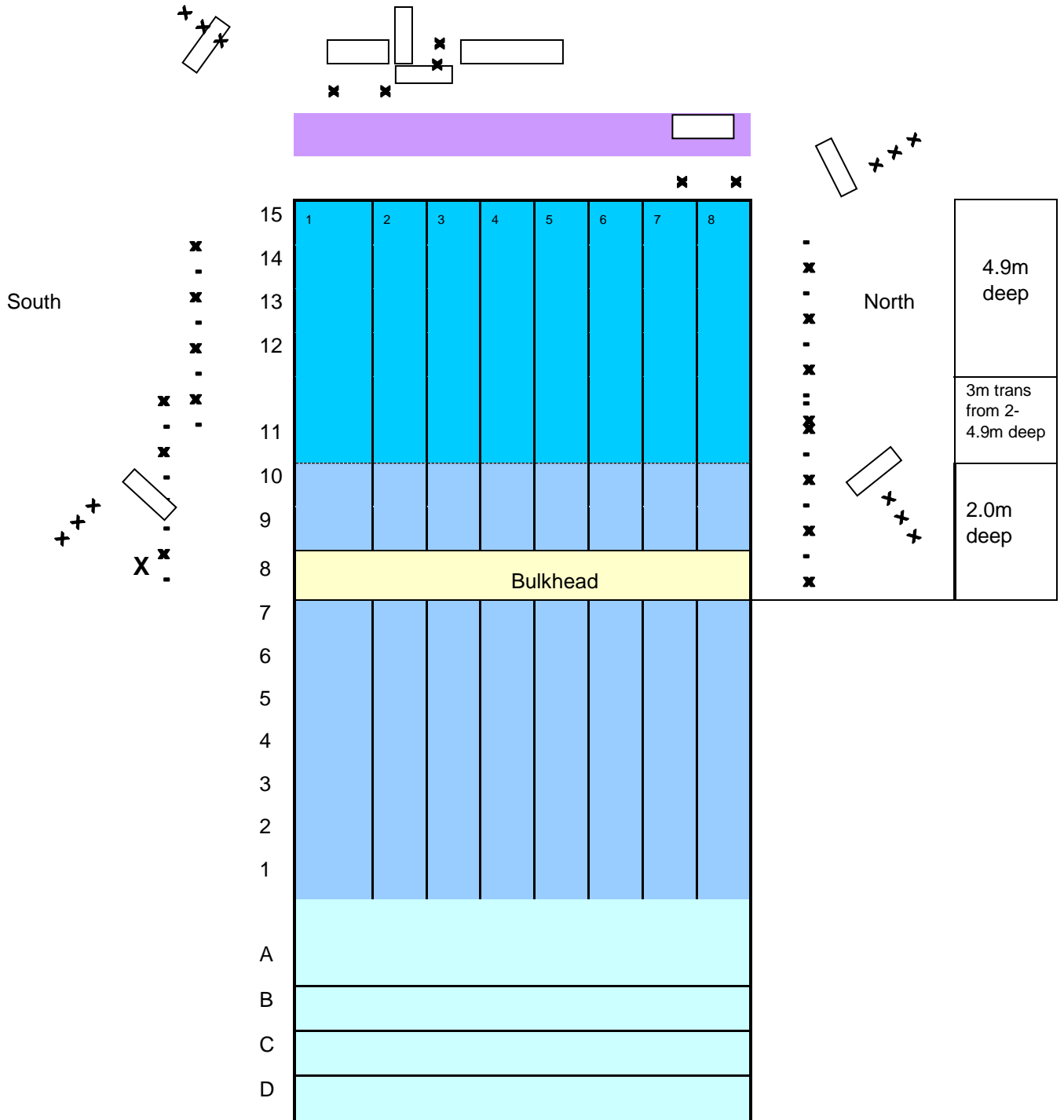
**145 Pacific Ave**

**Winnipeg, MB R3B 2Z6**

**\*For any other sponsorship opportunities please contact Hayleigh:**

**[execdirector@synchro.mb.ca](mailto:execdirector@synchro.mb.ca) 204-925-5693**





Pool Diagram



## BANQUET AND ATHLETE HOSPITALITY FOR FIGURES

Club Name: \_\_\_\_\_ contact number: \_\_\_\_\_

Figures Hospitality Saturday, May 13, 2017	# of athletes		Total
8 & Under		X \$10	\$
9-10		X \$10	\$
11 & 12		X \$10	\$
13-15		X \$10	\$
16-18		X \$10	\$
SSWCD		X \$10	\$
<b>Athlete Banquet</b>		<b>X \$35</b>	<b>\$</b>
<b>Coaches may attend as well</b>		X \$35	\$
Special Dietary Needs :			\$

**Please make all Cheques Payable to Synchro Swim MB**



## CLUB INFORMATION FORM

We kindly ask that you complete the following form:

All attempts will be made to accommodate special requests but they cannot be guaranteed. As such, we suggest any special requests be submitted as early as possible.

Club	
Hotel During the 2017 CPC	
Main Contact Name	
Main Contact Mobile Phone	
Main Contact email	
Arrival Date	
Departure Date	



