



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

INFORMATION PACKAGE # 1



General Information

COMPETITION CHAIRS- Diane Rutherford Kim Reimer	Diane Rutherford Telephone: Home 204-633-7833 Cell 204-792-1525 Email: d-rutherford@shaw.ca
DATES	May 11 – 14, 2017
HOST	Synchro Swim Manitoba in partnership with Synchro Saskatchewan.
LOCATION OF COMPETITION	Pan Am Pool 25 Poseidon Bay Winnipeg, MB R3M 3E4 Phone: 204-986-5891
ELIGIBILITY	Provincial Stream, SSWCD/SSWPD, Athletes with Disabilities, and Masters Routines, Athletes in the 11 & 12, age group who decide to attend Nationals may compete all their routines at the CPC, including those for Nationals.
EVENTS	Figures, solo, duet, trio, team and combo. Senior FINA and Masters athletes may enter routines in tech events, free events or both.
AGE GROUPS	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.
FIGURES	Reference CASSA
INTERESTED CLUBS	Please email Competition Chair (d-rutherford@shaw.ca) Intention sheet attached at end of package Include Club Name, contact person, Head coach, approximate number of athletes in each age group registering in figures as well as the approximate number of solo, duet and team routines. Deadline for clubs to indicate interest is December 16, 2016.
ENTRY DEADLINE	Registration must be completed online via Synchro Canada's online registration system at www.synchro.ca by March 31, 2017.



FIGURES

Figure Groups will be drawn April 3, 2017 and posted on the Synchro Manitoba website at www.synchromb.ca.

*Exception: The 8 & U figures are pre-determined 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 & Under Compulsory: BP 1 4b BM 1.2 Sailboat Single 310 Back Tuck Somersault BM 3 Front Pike Pull down BP 16a Split Position</p>	<p>Compulsory: BP 1 4b BM 1.2 Sailboat Single, 310 Back Tuck Somersault BM 3 Front Pike Pull down BP 16a Split Position</p> <p>9 & 10 Compulsory: 302 Blossom, 320 Front Pike Somersault</p> <p>Group 1: 315 Kipnus, 101 Ballet Leg</p> <p>Group 2: 360 Walkover, Front modified- starting from the split position BP 14b BM 1.2 Sailboat, Alternate</p>	<p>11 & 12 Compulsory: 101 Ballet Leg Single 301 Barracuda</p> <p>Group 2: 311 Kip, 360 Walkover, Front</p> <p>Group 3: 349 Tower, 406 Swordfish Straight Leg</p>
<p>Novice *First year synchronized swimmers aged 11 and over. *Only Groups 2 & 3 are used in Saskatchewan and Manitoba. Compulsory: 101 Ballet Leg, 301 Barracuda</p> <p>Group 2: 311 Kip 360 Walkover, Front</p> <p>Group 3: 349 Tower, 406 Swordfish Straight Leg</p>	<p>13-15 Compulsory: 423 Ariana 301d Barracuda Spinning 180</p> <p>Group 1: 342 Heron 115 Catalina</p> <p>Group 2: 355d Porpoise Spin 180 140 Flamingo Bent Knee</p> <p>Group 3: 240 Albatross 346 Side Fishtail Split</p>	<p>16 - 18 Compulsory: 423 Ariana 301e Barracuda Spinning 360</p> <p>Group 1: 330 Aurora, 154 London- Modified- perform to the end of the kip unroll to vertical, then perform a vertical descent</p> <p>Group 2: 142 Manta Ray, 343 Butterfly</p> <p>Group 3: 112 Ibis, 355a Porpoise Half Twist</p>

SPACING

Spacing will begin on Thursday May 11, 2017. The spacing will continue Friday, May 12, 2017 and the competition will start on Friday, May 12, 2017. The competition will conclude in the evening of Sunday May 14, 2017.

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 on Synchro Manitoba's website at www.synchromb.ca.

EMAIL POLICY

Other information packages and correspondence as required will be sent by email only. Complete email address from each club considering participation must be sent by December 15, 2016 at the latest to: 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.



HOST HOTELS AND BANQUET

Host hotel and car rental information will be included in package 2.
We plan to host an athlete and coach banquet. Details will be included in following information packages closer to the event.

OTHER

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

Club Intention Form

Please complete the form below with the number of athletes, figures etc. in each age category.

Complete and return to d-rutherford@shaw.ca no later than **Dec.15, 2016**.

CPC will now be a Provincial Stream Competition ONLY. National Stream have been eliminated from CPC.

Each club may only have a maximum of two solos and two duets per age group.

Teams are not limited.

Each swimmer may enter a maximum of two routines.

There will not be any exhibition swimmers at this event.



Canadian Prairie Championship 2016 Club Intention Information

Club Name: _____

Head Coach: _____

Email: _____

Main Contact Person: _____

Email: _____

Phone: _____

Expected arrival date: _____

Please enter the number of athletes competing in the appropriate figures event and the number of teams entering each category.

	8 & Under	9 & 10	11&12	13-15P	Novice	16-18P	Masters	AWD
Figures								
Solo								
Duet								
Trio								
Combo								
Team								