



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 # 2



## General Information

<b>COMPETITION CHAIRS-</b>  <b>Diane Rutherford</b> <b>Kim Reimer</b>	*Please direct all inquiries to Diane prior to the beginning of the meet Diane Rutherford Telephone: Home 204-633-7833 Cell 204-792-1525 Email: <a href="mailto:d-rutherford@shaw.ca">d-rutherford@shaw.ca</a>
<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>	<p style="color: red;">All Clubs who have submitted their interest to this date will be able to register for CPC. This includes the following clubs: Aquatica, Brant Synchro Club, Calgary Winter Club, Calgary Elite, Durham Synchro, Estevan Mermaids, Moose Jaw Aqua Otters, North Battleford Water Doves, Nova Synchro, PA Pikes, Regina Synchro, Saskatoon Aqualenes, Strathcona Synatics, Summit Synchro, Thunder Bay Synchro, Weyburn Synchro Stars, Winnipeg Synchro. Registrations from other clubs are still being accepted. Please contact email <a href="mailto:d-rutherford@shaw.ca">d-rutherford@shaw.ca</a> if you would like to be added to the list.</p>
<b>ENTRY DEADLINE</b>	Registration must be completed online via Synchro Canada's online registration system at <a href="http://www.synchro.ca">www.synchro.ca</a> by March 31, 2017.



ENTRY FEES	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)																
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 Swim Manitoba Technical Director. SEND to <a href="mailto:execdirector@synchronb.ca">execdirector@synchronb.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 Rulebook.																
SSWCD/SSWPD ROUTINE TIMES Please note the routine time changes for the following age groups this year.	As listed in CASSA (Synchro Canada Rulebook) <table border="1"> <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 tentative 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://www.synchronb.ca">www.synchronb.ca</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 in package three.																
Volunteers	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!																
Team Pictures	Please see the section below identifying information for submitting Team pictures for the Souvenir Program.																



<b>Photography</b>	All athletes will be photographed and videotaped during the event. Photos/videos will be made public, without authorization from parents or clubs.
<b>Codes of Conduct</b>	Please refer to Synchro Canada for Guidelines for Coach and Athlete behavior at competitions.
<b>Banned Substances</b>	For information Please refer to Synchro Canada website regarding banned substances.

## FIGURES

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

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	Compulsory: BP 1 4b BM 1.2 Sailboat Single, 310 Back Tuck Somersault BM 3 Front Pike Pull down BP 16a Split Position  9 & 10 Compulsory: 302 Blossom, 320 Front Pike Somersault  Group 1: 315 Kipnus, 101 Ballet Leg  Group 2: 360 Walkover, Front modified- starting from the split position BP 14b BM 1.2 Sailboat, Alternate	11 & 12 Compulsory: 101 Ballet Leg Single 301 Barracuda  Group 2: 311 Kip, 360 Walkover, Front  Group 3: 349 Tower, 406 Swordfish Straight Leg
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	13-15 Compulsory: 423 Ariana 301d Barracuda Spinning 180  Group 1: 342 Heron 115 Catalina  Group 2: 355d Porpoise Spin 180 140 Flamingo Bent Knee	16 - 18 Compulsory: 423 Ariana 301e Barracuda Spinning 360  Group 1: 330 Aurora, 154 London- Modified- perform to the end of the kip unroll to vertical, then perform a vertical descent



Group 2: 311 Kip 360 Walkover, Front	Group 3: 240 Albatross 346 Side Fishtail Split	Group 2: 142 Manta Ray, 343 Butterfly
Group 3: 349 Tower, 406 Swordfish Straight Leg		Group 3: 112 Ibis, 355a Porpoise Half Twist

### SPACING

Spacing will begin on Thursday, May 11, 2017 and will continue Friday, May 12, 2017, limited spacing time is available on Thursday, May 11, 2016.

**Fill in Spacing request information sheet (at end of package) and send to Diane at [d-rutherford@shaw.ca](mailto:d-rutherford@shaw.ca) if you are interested in spacing time.**

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 on Synchro Swim Manitoba's website at [www.synchro.mb.ca](http://www.synchro.mb.ca).

### EMAIL POLICY

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

Example:

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 HOTEL

Holiday Inn Winnipeg Airport - Polo Park  
1740 Ellice Avenue, Winnipeg, MB R3H 0B3  
**Phone:** [\(204\) 775-5055](tel:2047755055)



**Reservations can be made under booking code of Synchro Manitoba**  
**Rates - \$127.00 plus taxes includes breakfast and accommodations for 4 guests per room**  
**Complimentary airport shuttle**  
**Free wifi**

Copy and paste link to make reservation

<https://www.holidayinn.com/redirect?path=hd&brandCode=hi&localeCode=en&regionCode=1&hotelCode=YWGW1&PMID=99801505&GPC=SYM&viewfullsite=true>

#### BANQUET

We plan to host an athlete and coach banquet. Details will be included in following information packages closer to the event.

#### 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.

***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.***



## **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 Synchro 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 1, 2017 to the following address: [execdirector@synchromb.ca](mailto:execdirector@synchromb.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@synchromb.ca](mailto:execdirector@synchromb.ca) 204-925-5693



## CLUB INFORMATION FORM AND SPACING REQUEST

We kindly ask that you complete the following form:

### SPACING REQUEST

CLUB: \_\_\_\_\_

Coach: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Arrival: \_\_\_\_\_

Time of Arrival: \_\_\_\_\_

Number of Entries: \_\_\_\_\_

Age Group	Solo	Duet	Team	Combo
10 & U				
11 & 12				
13-15				
16-18				
Masters				
Special Instructions:				

Please complete and send to [d-rutherford@shaw.ca](mailto:d-rutherford@shaw.ca) a.s.a.p.

