



Synchro Alberta Association

11759 Groat Road

Edmonton, AB T5M 3K6

Phone: 780- 415- 1789 Fax: 780- 415- 0056

E- [Mail: synchro@synchroalberta.com](mailto:synchro@synchroalberta.com) Web: www.synchroalberta.com

memo

To: Synchro Alberta Clubs and Coaches
From: Jennifer Luzia, Executive Director
CC: Carol Spensley, Competition Chair
Date: April 13, 2010
Re: Competition Structure Changes

The 2010/2011 competitive season will mark changes to the competitive structure. As of September 1, 2010 swimmers will no longer compete in Tiers but in their respective age groups, as is done at the International level. This means all tier testing for competitive swimmers will cease at the end of this competitive season, however, Star testing will continue within our recreational programs. Attached is a short two-page summary of the changes that will be taking place for the new season. The technical rules to be followed by Synchro Alberta will be as defined in the Synchro Canada and FINA rulebooks. There are links to both

of these rulebooks on our website under the Resources page (<http://www.synchroalberta.com/Default.aspx?pageld=221825>).

If you have any questions, please contact the Synchro Alberta office and speak to either Jennifer Flowers or Jennifer Luzia.

JL



COMPETITIONS – 2011

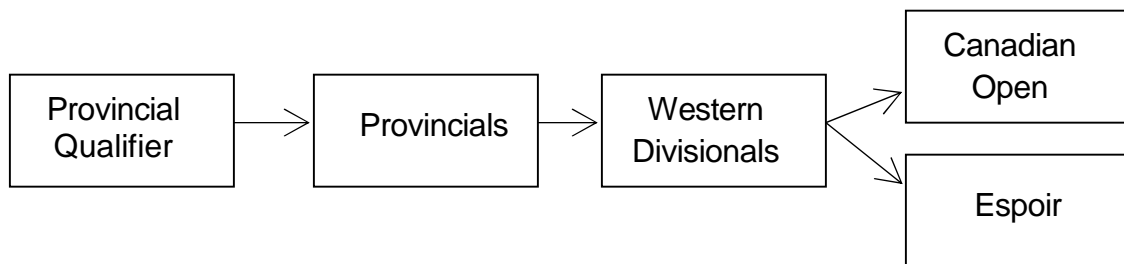
NATIONAL CHAMPIONS

Provincials Qualifier (last weekend January)

- open to all athletes in the 13-15, Junior (15-18), 16-18 and Senior (18+) age categories
- athletes from the Provincial Champions stream may enter and swim exhibition

Provincials (3rd or 4th weekend in February)

- top 24 solos, duets and teams from the Provincial Qualifier



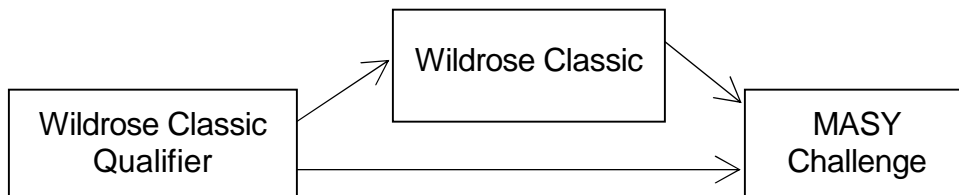
PROVINCIAL CHAMPIONS

Wildrose Classic Qualifier (1st weekend in March)

- open to all athletes in the 10 & under, 12 & under, 13-15, 15 & over and Senior (18+) age categories
- athletes from the National Champions stream may enter and swim exhibition in events

Wildrose Classic 2nd or 3rd weekend in April)

- top 24 solos, duets and teams from the Wildrose Classic Qualifier



AGE GROUPS

National Champions
(Pursuing Excellence-may compete at
Espoir and/ or Canadian Open)

13-15
Junior (16-18)
16-18
Senior (18+)

Provincial Champions
(Achieving Personal Bests)
Compete Provincially and Inter -
provincially

10 & under
12 & under
13-15
15 & over
Senior (18+)

- structure for Masters to be discussed at the 2010 Masters Provincials

TECHNICAL NOTES

- Figure groups will be as per FINA rules, 10 & under to be defined by Synchro Canada
- Routine times will be as per FINA rules, 10 & under to be defined by Synchro Canada
- Technical elements as per FINA, but please note there will only be technical elements in the Senior event.
- Athletes can swim up one age group for teams but will be required to swim both sets of figures if also swimming events in their age group.

MASTERS

Masters Provincials (1st weekend in May)

- all competitive Masters swimmers are eligible to enter

ENTRY FEES

	National Champions Event	Provincial Champions Event	Masters
Figures	\$29.00	\$29.00	N/A
Solo	\$29.00	\$29.00	N/A
Duet	\$58.00	\$58.00	N/A
Team (incl. Open & Combo)	\$124.00	\$124.00	N/A
Solo Tech/Free	\$15/\$29	\$15/\$29	\$12/\$24
Duet Tech/Free	\$29/\$58	\$29/\$58	\$21/\$42
Trio Tech/Free	N/A	N/A	\$31/\$62
Team Tech/Free	\$62/\$124	\$62/\$124	\$55/\$110
Land Drill (per team)	\$15.00	\$15.00	N/A
Flexibility (per swimmer)	\$2.00	\$2.00	N/A
Surcharge (per swimmer/per event)	\$2.00	\$2.00	\$2.00