



TIER 6/7 NORTH/SOUTH TRIALS

(Package # 1)

January 22-23, 2010

University of Calgary Pool – Calgary, AB
2500 University Dr., NW

Hosted By: University of Calgary Synchro, Co-host Calgary Aquabelles

EVENTS:

- Solo (includes figures or tech routine)
- Duet (includes figures or tech routine)
- Team (includes figures or tech routine)
- Combo Team (routine only)

PLEASE NOTE THAT THIS COMPETITION IS BEING RUN IN CONJUNCTION WITH THE CANADIAN UNIVERSITY SYNCHRO SWIM LEAGUE WESTERNS MEET

ELIGIBILITY:

1. All Tier 6 or 7 competitive swimmers are eligible to compete at this meet.
2. All swimmers must swim in the appropriate North or South meet in order to advance to the next applicable meet. Exceptions may be granted to those with a medical note.
3. Age groups in Tier 6 and Tier 7 as follows.
 - Tier 6: 15 & under 16 & over
 - Tier 7: Junior Senior
4. Byes will only be given for medical reasons. Doctor's note must be provided.

RULES:

The meet is governed by the rules outlined by Synchro Canada and Synchro Alberta in their respective rulebooks. Please refer to those rulebooks for clarification. **For any technical questions please direct them to the Chief Referee or the Synchro Alberta office.**

Please note: events will be swum as one event with results posted by North and South for qualifying purposes.

MEET MANAGER:

Shannon Benson
synchro@ucalgary.ca
403-852-9502

#16 Varmoor Place NW Calgary, AB T3A 0A1

CO-MEET MANAGERS:

ON DECK MEET MANAGERS
Pam and Doug Millage – calgmill@shaw.ca

CHIEF REFEREE:

Carol Spensley
403-242-2332
rcmspringbank@hotmail.com

ENTRY FEES:

Figures	\$22.00
Solo	\$22.00
Duet	\$44.00
Team & Combo	\$110.00
Solo Technical / Free	\$11.00 / \$22.00
Duet Technical / Free	\$22.00 / \$44.00
Team Technical / Free	\$55.00 / \$110.00
<ul style="list-style-type: none">◆ Send entry fees and forms to the Meet Manager. Entry fees are payable to the host club, please make cheques payable to: <u>U of C Synchronized Swim Club</u>◆ A \$1.00 surcharge per swimmer per event is to be made payable to <u>Synchro Alberta</u> and submitted with your entry fees to the host club.◆ Entry fees are non-refundable.	

ENTRY DEADLINE:

All entries and fees must be in by midnight December 28th, 2009 or postmarked by December 21st, 2009. (Please note: a fine of \$20.00 will be charged to the club for each late entry and a fine of \$200.00 for each late club entry)

ACCOMMODATIONS:

Please see the attached sheet

TENTATIVE SCHEDULE:

Friday, Jan 22nd

12:00pm - 4:00pm Spacing

4:00pm - 8:00pm Routine competition

Tentative order:

Duet (incl. Sr. tech), Sr tech team, Combo

Saturday, Jan 23rd

8:00pm - 12:15pm Figures (this could run till 2:30 pending entries and official's availability)

1:30pm - 7:00pm Routine competition

Tentative order:

Solo (Sr. tech to start & Sr. free to end, w 2 warm-ups), Duet (Sr. free + CUSSL), Team (incl. Sr. free), CUSSL teams (this part of the comp will go till approx. 8:00)

Please note that Flexibility and Land drill programs are still pending. If included, details will be provided in the second package.

FIGURE DRAW

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PRE-SWIMMERS

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MEETINGS

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ENTRY FORMS:

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MUSIC

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- ◆ CDs must be formatted as audio CDs and burned at real time.

TECHNICAL ELEMENT PENALTY PROCEDURE

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CODE OF CONDUCT

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Hotel Information for South/North Trials

Four Points Sheraton Calgary West

8220 Bowridge Crescent NW
Calgary, AB T3B 2V1
www.fourpointscalgarywest.com
Approx. 7 minute drive to campus

Dinos Rate: \$118.81/ night (tax included) for quad occupancy
Breakfast is available for an additional cost of \$12.00/person.

Sales contact: Luanne Villjoaquin
E-mail: salesasst@fourpointscalgarywest.com Phone: 403 288-4441 ext. 414

TO SECURE ROOMS AT THE RATE LISTED ABOVE, RESERVATIONS MUST BE MADE BY
DECEMBER 4TH, 2009

Quality Inn University

2359 Banff Trail NW
Calgary, AB T2M 4L2
www.qualityinnuofc.com
Approx. 3 minute drive or 15 minute walk to campus

Dinos Rate: \$114.45/ night (tax included) for quad occupancy OR
\$103.95/ night (tax included) for dual occupancy
Continental breakfast included.

Sales contact: Rosalind Warren
E-mail: manager@qualityinnuofc.com Phone: 403 388-4401

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JANUARY 1ST, 2010

Hotel Alma

169 University Gate NW
Calgary, AB T2N 1N4
www.ucalgary.ca/hotelandconference/hotel
Approx. 30 sec walk to the pool!!

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Sales contact: Elena Sinitsyna
E-mail: esinitsy@ucalgary.ca Phone: 403 220-2603

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Hotel Information for South/North Trials

Four Points Sheraton Calgary West

8220 Bowridge Crescent NW
Calgary, AB T3B 2V1
www.fourpointscalgarywest.com
Approx. 7 minute drive to campus

Dinos Rate: \$118.81/ night (tax included) for quad occupancy
Breakfast is available for an additional cost of \$12.00/person.

Sales contact: Luanne Villjoaquin
E-mail: salesasst@fourpointscalgarywest.com Phone: 403 288-4441 ext. 414

TO SECURE ROOMS AT THE RATE LISTED ABOVE, RESERVATIONS MUST BE MADE BY
DECEMBER 4TH, 2009

Quality Inn University

2359 Banff Trail NW
Calgary, AB T2M 4L2
www.qualityinnuofc.com
Approx. 3 minute drive or 15 minute walk to campus

Dinos Rate: \$114.45/ night (tax included) for quad occupancy OR
\$103.95/ night (tax included) for dual occupancy
Continental breakfast included.

Sales contact: Rosalind Warren
E-mail: manager@qualityinnuofc.com Phone: 403 388-4401

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JANUARY 1ST, 2010

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Calgary, AB T2N 1N4
www.ucalgary.ca/hotelandconference/hotel
Approx. 30 sec walk to the pool!!

Dinos Rate: \$119.90/ night (tax included) for 'Standard' dual occupancy OR
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Continental breakfast, wireless internet, and free long distance calls are included.

Sales contact: Elena Sinitsyna
E-mail: esinitsy@ucalgary.ca Phone: 403 220-2603

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MADE BY **DECEMBER 16TH, 2009**



TIER 6/7 NORTH/SOUTH TRIALS

(Package # 1)

January 22-23, 2010

University of Calgary Pool – Calgary, AB
2500 University Dr., NW

Hosted By: University of Calgary Synchro, Co-host Calgary Aquabelles

EVENTS:

- Solo (includes figures or tech routine)
- Duet (includes figures or tech routine)
- Team (includes figures or tech routine)
- Combo Team (routine only)

PLEASE NOTE THAT THIS COMPETITION IS BEING RUN IN CONJUNCTION WITH THE CANADIAN UNIVERSITY SYNCHRO SWIM LEAGUE WESTERNS MEET

ELIGIBILITY:

1. All Tier 6 or 7 competitive swimmers are eligible to compete at this meet.
2. All swimmers must swim in the appropriate North or South meet in order to advance to the next applicable meet. Exceptions may be granted to those with a medical note.
3. Age groups in Tier 6 and Tier 7 as follows.
 - Tier 6: 15 & under 16 & over
 - Tier 7: Junior Senior
4. Byes will only be given for medical reasons. Doctor's note must be provided.

RULES:

The meet is governed by the rules outlined by Synchro Canada and Synchro Alberta in their respective rulebooks. Please refer to those rulebooks for clarification. **For any technical questions please direct them to the Chief Referee or the Synchro Alberta office.**

Please note: events will be swum as one event with results posted by North and South for qualifying purposes.

MEET MANAGER:

Shannon Benson
synchro@ucalgary.ca
403-852-9502

#16 Varmoor Place NW Calgary, AB T3A 0A1

CO-MEET MANAGERS:

ON DECK MEET MANAGERS
Pam and Doug Millage – calgmill@shaw.ca

CHIEF REFEREE:

Carol Spensley
403-242-2332
rcmspringbank@hotmail.com

ENTRY FEES:

Figures	\$22.00
Solo	\$22.00
Duet	\$44.00
Team & Combo	\$110.00
Solo Technical / Free	\$11.00 / \$22.00
Duet Technical / Free	\$22.00 / \$44.00
Team Technical / Free	\$55.00 / \$110.00
<ul style="list-style-type: none">◆ Send entry fees and forms to the Meet Manager. Entry fees are payable to the host club, please make cheques payable to: <u>U of C Synchronized Swim Club</u>◆ A \$1.00 surcharge per swimmer per event is to be made payable to <u>Synchro Alberta</u> and submitted with your entry fees to the host club.◆ Entry fees are non-refundable.	

ENTRY DEADLINE:

All entries and fees must be in by midnight December 28th, 2009 or postmarked by December 21st, 2009. (Please note: a fine of \$20.00 will be charged to the club for each late entry and a fine of \$200.00 for each late club entry)

ACCOMMODATIONS:

Please see the attached sheet

TENTATIVE SCHEDULE:

Friday, Jan 22nd

12:00pm - 4:00pm Spacing

4:00pm - 8:00pm Routine competition

Tentative order:

Duet (incl. Sr. tech), Sr tech team, Combo

Saturday, Jan 23rd

8:00pm - 12:15pm Figures (this could run till 2:30 pending entries and official's availability)

1:30pm - 7:00pm Routine competition

Tentative order:

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Approx. 7 minute drive to campus

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TIER 6/7 NORTH/SOUTH TRIALS

(Package # 1)

January 22-23, 2010

University of Calgary Pool – Calgary, AB
2500 University Dr., NW

Hosted By: University of Calgary Synchro, Co-host Calgary Aquabelles

EVENTS:

- Solo (includes figures or tech routine)
- Duet (includes figures or tech routine)
- Team (includes figures or tech routine)
- Combo Team (routine only)

PLEASE NOTE THAT THIS COMPETITION IS BEING RUN IN CONJUNCTION WITH THE CANADIAN UNIVERSITY SYNCHRO SWIM LEAGUE WESTERNS MEET

ELIGIBILITY:

1. All Tier 6 or 7 competitive swimmers are eligible to compete at this meet.
2. All swimmers must swim in the appropriate North or South meet in order to advance to the next applicable meet. Exceptions may be granted to those with a medical note.
3. Age groups in Tier 6 and Tier 7 as follows.
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 - Tier 7: Junior Senior
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RULES:

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- All facilities are to be left in the manner in which they were found at the beginning of the day.

Hotel Information for South/North Trials

Four Points Sheraton Calgary West

8220 Bowridge Crescent NW
Calgary, AB T3B 2V1
www.fourpointscalgarywest.com
Approx. 7 minute drive to campus

Dinos Rate: \$118.81/ night (tax included) for quad occupancy
Breakfast is available for an additional cost of \$12.00/person.

Sales contact: Luanne Villjoaquin
E-mail: salesasst@fourpointscalgarywest.com Phone: 403 288-4441 ext. 414

TO SECURE ROOMS AT THE RATE LISTED ABOVE, RESERVATIONS MUST BE MADE BY
DECEMBER 4TH, 2009

Quality Inn University

2359 Banff Trail NW
Calgary, AB T2M 4L2
www.qualityinnuofc.com
Approx. 3 minute drive or 15 minute walk to campus

Dinos Rate: \$114.45/ night (tax included) for quad occupancy OR
\$103.95/ night (tax included) for dual occupancy
Continental breakfast included.

Sales contact: Rosalind Warren
E-mail: manager@qualityinnuofc.com Phone: 403 388-4401

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JANUARY 1ST, 2010

Hotel Alma

169 University Gate NW
Calgary, AB T2N 1N4
www.ucalgary.ca/hotelandconference/hotel
Approx. 30 sec walk to the pool!!

Dinos Rate: \$119.90/ night (tax included) for 'Standard' dual occupancy OR
\$152.90/ night (tax included) for 'Suite' dual occupancy
Continental breakfast, wireless internet, and free long distance calls are included.

Sales contact: Elena Sinitsyna
E-mail: esinitsy@ucalgary.ca Phone: 403 220-2603

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MADE BY **DECEMBER 16TH, 2009**



TIER 6/7 NORTH/SOUTH TRIALS

(Package # 1)

January 22-23, 2010

University of Calgary Pool – Calgary, AB
2500 University Dr., NW

Hosted By: University of Calgary Synchro, Co-host Calgary Aquabelles

EVENTS:

- Solo (includes figures or tech routine)
- Duet (includes figures or tech routine)
- Team (includes figures or tech routine)
- Combo Team (routine only)

PLEASE NOTE THAT THIS COMPETITION IS BEING RUN IN CONJUNCTION WITH THE CANADIAN UNIVERSITY SYNCHRO SWIM LEAGUE WESTERNS MEET

ELIGIBILITY:

1. All Tier 6 or 7 competitive swimmers are eligible to compete at this meet.
2. All swimmers must swim in the appropriate North or South meet in order to advance to the next applicable meet. Exceptions may be granted to those with a medical note.
3. Age groups in Tier 6 and Tier 7 as follows.
 - Tier 6: 15 & under 16 & over
 - Tier 7: Junior Senior
4. Byes will only be given for medical reasons. Doctor's note must be provided.

RULES:

The meet is governed by the rules outlined by Synchro Canada and Synchro Alberta in their respective rulebooks. Please refer to those rulebooks for clarification. **For any technical questions please direct them to the Chief Referee or the Synchro Alberta office.**

Please note: events will be swum as one event with results posted by North and South for qualifying purposes.

MEET MANAGER:

Shannon Benson
synchro@ucalgary.ca
403-852-9502

#16 Varmoor Place NW Calgary, AB T3A 0A1

CO-MEET MANAGERS:

ON DECK MEET MANAGERS
Pam and Doug Millage – calgmill@shaw.ca

CHIEF REFEREE:

Carol Spensley
403-242-2332
rcmspringbank@hotmail.com

ENTRY FEES:

Figures	\$22.00
Solo	\$22.00
Duet	\$44.00
Team & Combo	\$110.00
Solo Technical / Free	\$11.00 / \$22.00
Duet Technical / Free	\$22.00 / \$44.00
Team Technical / Free	\$55.00 / \$110.00
<ul style="list-style-type: none">◆ Send entry fees and forms to the Meet Manager. Entry fees are payable to the host club, please make cheques payable to: <u>U of C Synchronized Swim Club</u>◆ A \$1.00 surcharge per swimmer per event is to be made payable to <u>Synchro Alberta</u> and submitted with your entry fees to the host club.◆ Entry fees are non-refundable.	

ENTRY DEADLINE:

All entries and fees must be in by midnight December 28th, 2009 or postmarked by December 21st, 2009. (Please note: a fine of \$20.00 will be charged to the club for each late entry and a fine of \$200.00 for each late club entry)

ACCOMMODATIONS:

Please see the attached sheet

TENTATIVE SCHEDULE:

Friday, Jan 22nd

12:00pm - 4:00pm Spacing

4:00pm - 8:00pm Routine competition

Tentative order:

Duet (incl. Sr. tech), Sr tech team, Combo

Saturday, Jan 23rd

8:00pm - 12:15pm Figures (this could run till 2:30 pending entries and official's availability)

1:30pm - 7:00pm Routine competition

Tentative order:

Solo (Sr. tech to start & Sr. free to end, w 2 warm-ups), Duet (Sr. free + CUSL), Team (incl. Sr. free), CUSL teams (this part of the comp will go till approx. 8:00)

Please note that Flexibility and Land drill programs are still pending. If included, details will be provided in the second package.

FIGURE DRAW

Figure groups will be drawn a minimum of 48 hours prior to the start of the competition. Clubs or coaches who do not receive the draw information should contact the meet manager.

PRE-SWIMMERS

Pre-swimmers are required for figure and routine events. Please list the names of any interested swimmers on a separate sheet and submit it with your registration forms (no entry fee applies). Pre-swimmers must be competitive members of Synchro Alberta.

MEETINGS

Coaches meeting will take place daily prior to the start of the event. The Chief Scorer, Chief Referee and all Head Coaches must be present.

Judges and Coaches meetings will take place in a designated area immediately after events unless otherwise indicated during the meet.

ENTRY FORMS:

Please see instructions within the entry form file. All entry forms are to be electronically submitted only.

The Synchro Alberta entry form is available as an Excel spreadsheet on our website where the information is to be entered directly into the spreadsheet and then e-mailed to the meet manager at synchro@ucalgary.ca & jflowers@synchroalberta.com & Marg Holland at hollandm@telus.net.

MUSIC

- ◆ Two tapes/CDs **must** be supplied at the registration desk prior to the start of the meet.
- ◆ These tapes/CDs **must** be clearly marked in a clear and legible manner on the spine of the tape case. It should include the swimmer or team name along with the event.
- ◆ Any tapes/CDs not supplied in this manner will result in a \$25.00 fine to the coach that is payable to the host club.
- ◆ CDs must be formatted as audio CDs and burned at real time.

TECHNICAL ELEMENT PENALTY PROCEDURE

If at the conclusion of a swimmer's routine a technical monitor believes there to be a potential penalty a flag will be raised.

If only one flag is raised there is no penalty. Two or three flags indicate that there is a potential penalty subject to further review.

If coaches wish to contest they must report to the scoring table immediately following the event. Protests relating to technical elements will only be accepted for 30 minutes following the event as per Synchro Alberta rules.

If deemed necessary a video review time will be determined and coaches protesting must be in attendance.

CODE OF CONDUCT

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- All street shoes **MUST** be removed when on the deck area.
- All food must be consumed in the designated eating areas. No food or drinks are allowed in the change rooms, hallways or deck areas.
- Gel is **ONLY** to be done in the specified gel room. No gelling of hair will be permitted on the pool deck or in the change rooms. Gel used for competitor's hair must not be disposed of in the sinks. Please put unused gel in the garbage. Do not gel hair in the stands or on the pool deck. We would also ask that if athletes have their hair gelled in the hotel rooms prior to coming to the pool that the same courtesy is used and that all gel is mixed in the disposable containers and the excess disposed in the garbage and not down any sink or toilet drains.
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University of Calgary Pool – Calgary, AB
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Hosted By: University of Calgary Synchro, Co-host Calgary Aquabelles

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- Solo (includes figures or tech routine)
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