



## PROVINCIALS TIER 6&7

(Package # 1)

**February 19/20, 2010**

Kinsmen Sports Centre  
9100 Walterdale Hill, Edmonton  
Hosted By: Edmonton Auroras

### Provincial Events

Solo (includes figures or tech routine)  
Duet (includes figures or tech routine)  
Team (includes figures or tech routine)  
Combo Team (routine only)  
Flexibility  
Land Drill

### ELIGIBILITY FOR PROVINCIALS:

1. All Tier 6 or 7 competitive swimmers who have competed at the appropriate north or south trials are eligible to compete at this meet. Exceptions may be granted to those with a medical note.
2. Age groups in Tier 6 and Tier 7 as follows.  
Tier 6: 15 & under      16 & over  
Tier 7: Junior      Senior
3. 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.**

#### MEET MANAGER:

Lucille Lavender  
14307-Summit Dr  
Edmonton, AB T5N 3T1  
Phone: 780-452-1761  
Email: [lavende@telus.net](mailto:lavende@telus.net)

#### CHIEF REFEREE – UPDATED JAN. 27.2010

Louise Newburry  
Phone: 403-668-0496  
Email: [Louise.Newburry@investorsgroup.com](mailto:Louise.Newburry@investorsgroup.com)

## ENTRY FEES:

Figures	\$22.00
Solo	\$22.00
Duet	\$44.00
Team (incl. Open & Combo)	\$110.00
Solo Technical / Free	\$11.00 / \$22.00
Duet Technical / Free	\$22.00 / \$44.00
Team Technical / Free	\$55.00 / \$110.00
Flexibility	\$2/athlete
Landrill	\$15/team
<ul style="list-style-type: none"><li>◆ <b>Send entry fees and forms to the Meet Manager.</b> Entry fees are payable to the Edmonton Auroras</li><li>◆ 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</li><li>◆ Entry fees are non-refundable.</li></ul>	

## ENTRY DEADLINE:

All entries must be in by midnight February 5, 2010. Please ensure that all information is provided (i.e. Club Roster page, CASSA #'s and Coach NCCP numbers). An incomplete form can be considered late. (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:

Coast Edmonton Suites  
10205-100 Ave  
Edmonton ,AB  
Phone 1-780-420-4000  
[www.coasthotels.com](http://www.coasthotels.com)  
contact : David Bauer

## HOSPITALITY INFORMATION:

Please note, there is no longer a running cafeteria at Kinsmen Aquatic Centre

## ADDITIONAL PRACTICE TIME:

Brenda Smith  
**1-780-496-1427**  
Brenda.smith@edmonton.ca

## 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 use the attached pre-swimmer registration form and submit it with your registration forms (no entry fee applies). All pre-swimmers must be registered with Synchro Alberta as competitive members.

## MEETINGS

Scratch 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 complete one entry form per Tier level and indicate by circling the appropriate tier and/or age group. A separate entry form can be completed for the Combo and Open events.
- ◆ Please note there is a different entry form for the Senior age group of Tier 7.
- ◆ Provide the names of any coaches who are coaching for the events listed on the form. The number beside the coaches name will be their “coach code” for the purpose of identifying the coach of the swimmer in the “CC” column.
- ◆ Provide the club name and contact person for the club. The contact information should include a mailing address and phone number should the meet manager have any questions regarding your entry form or need to send you supplementary information.
- ◆ Please provide the CASSA # and competitors name followed by the events entered at that tier.
  - Figures – indicate with an “X” in the column those swimmers doing figures
  - Solo - indicate with an “X” the solo swimmer in solo column.
  - Duet – indicate with an “X” the duet swimmers in first column. Identify with letter of alphabet (start with A) in the second column, the competitors swimming a duet together. For example, AA, BB, CC, etc. Identify the alternate to a duet with corresponding letter of alphabet in the third (ALT) column.
  - Combo - indicate with an “X” the combination swimmers in first column. Identify with letter of alphabet (start with A) in the second column. For example, A, B, C, etc. Identify the alternate to a combination with corresponding letter of alphabet in the third (ALT) column.
  - Teams - indicate the members of a team by putting an “X” in the first column. Identify the members of first team with ‘A’, second team with ‘B’, third team with ‘C’. Identify alternates with corresponding letter in the third (ALT) column.
- ◆ Note: those swimmers who are part of a team but are a lower or higher tier level will be swimming their appropriate tier figures so please indicate in brackets the actual tier level of swimmers on a team who are not of the tier level of the team entry form.
- ◆ At the bottom of each column total the number of entries and the appropriate entry fees.
- ◆ Electronic Entry forms are to be emailed to the Meet Manager Lucille Lavendar as per the email address above, Jennifer Flowers at [jflowers@synchroalberta.com](mailto:jflowers@synchroalberta.com) and Marg Holland at [hollandm@telus.net](mailto:hollandm@telus.net).

## 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.

## MUSIC

- ◆ Two tapes or CD's **must** be supplied at the registration desk prior to the start of the meet.
- ◆ These tapes or CD's **must** be clearly marked in a clear and legible manner on the spine of the tape/CD case. It should include the swimmer or team name along with the event.
- ◆ Any tapes or CD's 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

## CODE OF CONDUCT

To ensure that synchronized swimmers continue to uphold a high standard of conduct, and that we are always welcomed at pool and hotel facilities, we respectfully ask that coaches discuss with their swimmer the following code of conduct and require them to abide by it:

- 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 used for competitor's hair must not be disposed of in the sinks. Please put unused gel in the garbage. Hair is only to be gelled in the change rooms. 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.
- Athletes do not wash their hair in the sinks.
- Coaches are responsible to ensure that no swimmers remove bobby pins, hairpins, or hairnets in the pool area. They are to be removed only in the change area and then the coaches are to ensure that no bobby pins are left on the floor or counters.
- All athletes are to behave in a mature manner, respecting the guidelines set out by the facility. Please leave the facility as it was found.

Please note that all athletes must use the change rooms to put their hair up and take their hair down. Please do not remove any hair pieces or take down hair in the pool as it causes problems to the filtering system. Thanks.

