



**ALBERTA[★]
ARTISTIC
SWIMMING**

2022 SYNC

Final Information Package



In partnership with:

**ONTARIO[★]
ARTISTIC
SWIMMING**

**NATATION
ARTISTIQUE
QUEBEC[★]**

**July 13-16, 2022
Kinsmen Sport Centre
Edmonton Alberta, CANADA**

TABLE OF CONTENTS

| | | |
|-------------------------------------|-------------------|---|
| TABLE OF CONTENTS | TABLE OF CONTENTS | 1 |
| 1. GENERAL INFORMATION | | 3 |
| 2. COMMUNICATION & COMPETITION INFO | | 4 |
| 3. MUSIC | | 4 |
| 4. ONSITE SWIMMING POOL(S) LAYOUT | | 5 |
| 5. MEALS | | 6 |
| 6. VOLUNTEERS | | 6 |
| 7. EVENT PASSES | | 6 |
| 8. RAFFLE BASKETS | | 7 |
| 9. PROGRAM WELL WISHES | | 7 |
| 10. ONLINE STORE/MERCHNADISE | | 7 |

1. GENERAL INFORMATION

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| Dates | July 14-16, 2022 Practice : July 13 |
| Location | Kinsmen Sport Centre 9100 Walterdale Hill, Edmonton, AB |
| Hosted by | Alberta Artistic Swimming in partnership with Ontario Artistic Swimming and Natation Artistique Québec. |
| Meet Manager & Emails | Jaime Thompson jthompson@albertaartisticswimming.ca |
| Rules | <p>This competition will be conducted under CAS Rules:</p> <ul style="list-style-type: none"> • 11-12 Provincial stream rules • 13-15 National stream rules • Junior/Senior National stream rules <p>Prelims and Finals will be held for Team events only, if scheduling allows.</p> |
| Deck privileges | Only Athletes, Coaches, Officials and Volunteers registered for the Event will be allowed in change rooms and on deck. |
| Security & Health Services | Trained Lifeguards will be on deck at all times during the competition. |

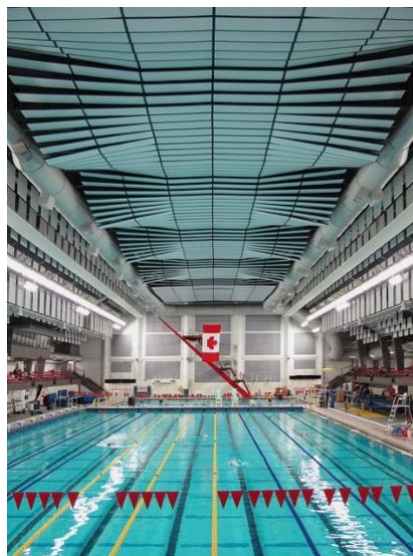
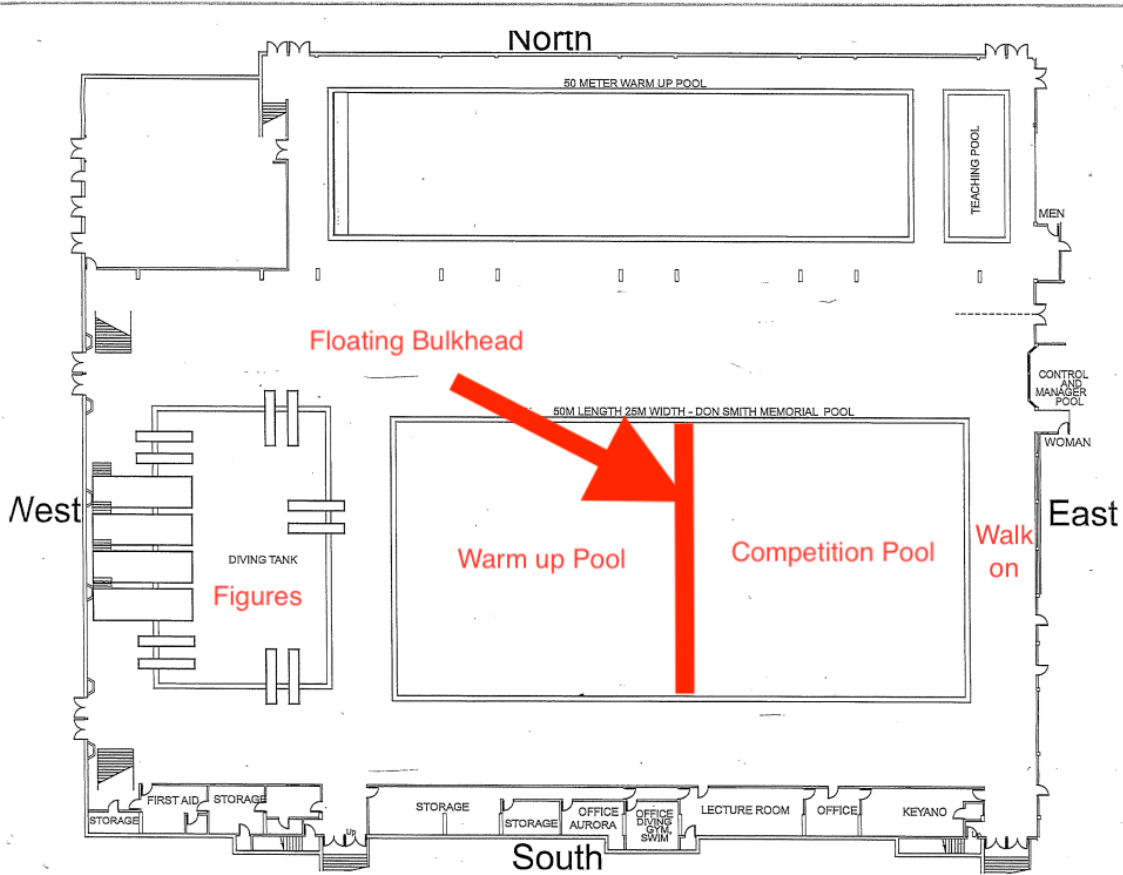
2. COMMUNICATION & COMPETITION INFO

| | | | |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------|
| Email Policy | All correspondence as required will be forwarded by email to those who have sent in their preliminary entries. | | |
| Communication | All meet information packages and other important communications will be available on Alberta Artistic Swimming's (AAS) Website https://albertaartisticswimming.ca/sync/ | | |
| Language Policy | All official information packages and correspondence will be provided in French and English. All event announcements will be made in English and French. | | |
| Figures Draw | <table border="0"> <tr> <td>11-12 Figures. Straight ballet leg. Back walkout</td> <td>13-15 Figures Rio Seagull</td> </tr> </table> | 11-12 Figures. Straight ballet leg. Back walkout | 13-15 Figures Rio Seagull |
| 11-12 Figures. Straight ballet leg. Back walkout | 13-15 Figures Rio Seagull | | |
| Photography | All athletes can be photographed and videotaped during the event. Photos and/or videos will be made public, without the authorisation from parents or clubs. | | |

3. MUSIC

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|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| General Information | <p>Please note that digital music will be used at this competition. All files must be submitted in MP3 format</p> <p>Coaches should review each digital file for quality, timing, and completeness It is suggested there is a 3-5 second lead from "play" until the music starts.</p> |
| Music Submission and Dealine | <p>A Dropbox File Request will be sent to the email supplied in the Registration Form and clubs will be able to send their music files by clicking on the link received (no Dropbox account is required)</p> <p style="text-align: center;"><u>July 6, 2022, at 11:59pm MST.</u></p> <p>Please note that CAS rule 4.8.2.a will be strictly enforced: If the music is not submitted by the deadline, if it is not in the correct format, if it is not labeled correctly, [...] there will be a \$100 fine per infraction.</p> |
| Labelling Convention | <p>To correctly identify each swimmer's music, please name the file using the specific naming format as indicated below.</p> <p>Named as follows: age_group_event_swimmer name or team_club.</p> <ul style="list-style-type: none"> ○ Solo ex. 13-15_Solo_JaneDoe_Alberta, ○ Duet ex. 13-15_Duet_Smith and Jones_Alberta ○ Team ex. 13-15_Team_Team Red_Alberta |

4. ONSITE SWIMMING POOL(S) LAYOUT



5. MEALS

| Meals | Details |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | Included for those staying at the host hotel |
| Lunch | Lunches are the responsibility of participating clubs, federations or individuals. |
| Dinner | <p>The menu will be as follows. Please provide Jaime Thompson of any dietary restrictions no later than Wednesday June 29, 2022.</p> <p>Wednesday</p> <ul style="list-style-type: none"> • TBD <p>Thursday</p> <ul style="list-style-type: none"> • Build your own fajitas with all the fixings along with mixed green salad, vegetable tray, fruit and cookies for dessert. Beverage is water <p>Friday</p> <ul style="list-style-type: none"> • Soup of the day (non-cream based), vegetable/meat lasagna, mashed garlic potatoes, season herb steamed vegetables and cubed fruit with honey yogurt dip and Jell-o. Beverage is water. <p>Saturday</p> <ul style="list-style-type: none"> • Tossed salad, vegetable crudites, rice and steamed vegetables, beef stroganoff, 3 bean vegetarian chilli, sliced fruit tray and cookies. Beverage is water. <p>Please complete section in the Formstacks and provide any dietary restrictions.</p> |

6. VOLUNTEERS

We will be looking for volunteers.

If you are interested please click [here](#) to submit your information and someone will be in contact in late June with more information.

7. EVENT PASSES

Event and Day Passes can be purchased at the reception tables located at the Kinsmen Sports Center. Cash and e-transfer only will be accepted. The Event and Day Passes can only be bought onsite.

- DAY PASS - \$10.00
- ALL EVENT PASS - \$30.00
- Children 10 & under - Free

8. RAFFLE BASKETS

Alberta Artistic Swimming wishes to have a variety of baskets to be raffled off during the event. Each team entry is encouraged to donate a themed basket to the event. Participating teams will be eligible to win a prize. The winner will be chosen for the most creative.

9. PROGRAM WELL WISHES

Words of encouragement to be included in the event program are available for a small fee of \$5.00. Please complete and submit Words of Encouragement to Melanie Thompson by **July 4, 2022** mthompson@albertaartisticswimming.ca

10. ONLINE STORE/MERCHNADISE

Hoodies, T-shirts, and long sleeve shirts are sold on site. In addition to this an online store of SYNC merchandise will be available for purchase in advance of the meet which will be distributed once received. The link to the online store is available on the SYNC website.

<https://albertaartisticswimming.ca/sync/>