

NORTHERN LIGHTS FINAL INFORMATION PACKAGE

GENERAL INFORMATION

Dates and Location

January 27, 2023 – January 29, 2023

Kinsmen Sport Centre, 9100 Walterdale Hill, Edmonton AB, T6E 2V3

All parts of this event will take in person.

Event Hosts

Alberta Artistic Swimming

Auroras

Referee

Chief Referee: Carly Abraham

Assistant Referees

Trisha Poitras (Friday)

Laura Mumme (Saturday)

George Papadopoulos (Sunday)

Meet Manager & AAS Contact

Technical Director: Jaime Thompson jthompson@albertaartisticswimming.ca

Meet Manager: *Kam Johal* meetmanager@aurorasynchro.org

Scorers

Cindy Mercier

COMMUNICATION

Email Policy

All correspondence as required will be forwarded by email to those emails listed on the final entry form.

Communication

All meet information packages, and other important communications will be distributed to coaches via email. And will be included on Alberta Artistic Swimming Website.

Language Policy

All event announcements will be made in English.

Security and Health Services

Trained lifeguards will be on deck at all times during the competition.

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COMPETITION RULES

Rules

The meet is governed by the rules outlined by Canada Artistic Swimming and Alberta Artistic Swimming in their respective rulebooks. Please refer to those rulebooks for clarification. **For any technical questions please direct them to the Chief Referee or the Alberta Artistic Swimming office, specifically Jaime Thompson Technical Director.**

JR. & SR. Technical Routine Element Penalties

If coaches wish to contest penalties, they must report to the technical director or referee immediately following the event. Protests relating to technical elements will only be accepted for 30 minutes following the event as per Alberta Artistic Swimming rules. If deemed necessary, a video review will follow rule **4.7.1d** of the Canada Artistic Swimming Rule Book.

Reminders

NOTE – all individuals are reminded that they must adhere to the Canada Artistic Swimming (CAS) Conduct Policy and that **harassment** of any volunteers, officials, facility staff, coaches, AAS staff, athletes or any individuals **will not be tolerated**. Any breaches will be subject to discipline as per the applicable AAS or CAS policies.

RESULTS & AWARDS

Results

Results will be emailed to the coaches registered for the event. They will be posted to the AAS website upon the conclusion of the event. There may be a delay in results, and some may not be completed until after the event has finished.

Awards

Championship awards will be distributed at the event and the remaining awards will be mailed out the week following the event. Each Club will have a bucket with their awards in the deck side room. If you cannot pick up your awards you will have to make arrangements with the meet manager to receive the awards. This is the responsibility of the coach.

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COMPETITION INFORMATION

Schedule

The schedule is attached under appendix 1. Please note that due to *multiple factors such as official and volunteer availability* the schedule is still subject to change *however it is unlikely now*. If it must change coaches will be notified via email.

Draws

Draws will be completed one week prior to the event start. No Later than January 20, 2023.

Warmups

Due to the large number of competitors in some of the warmups and the variance of age and ability level within some of the warmups. The time will be regulated, and rotations of groups will be specified. We will do this to ensure the safety of the athletes in the pool. Routine warm up maps will be posted on the pool deck but have been included in this document for your reference. Draws have not been completed so that will be distributed later. Please see the detailed routine maps appendix 3

Coaches Meeting

Coaches meeting will take place via zoom on January 18, 8:00 – 9:00pm. Zoom Link is provided below.

Join Zoom Meeting

<https://us06web.zoom.us/j/84936972112?pwd=K0ZpQjhMd0R5Ulp4QlBwTVJOMHJ6dz09>

- Meeting ID: 849 3697 2112
- Passcode: 843911
- One tap mobile
- +14388097799,,84936972112#,,,,*843911# Canada
- +15873281099,,84936972112#,,,,*843911# Canada

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GELLING AND MAKEUP

Make Up

Athletes can apply or touch up their own make up. Make up application can only be done in the designated club zone *or in the designated areas in the locker room.*

Gelling

Athletes will be permitted to gel however they should gel hair prior to coming to the pool when possible. When it is not possible, athletes can use the designated hair gelling station.

Some additional gelling guidelines that athletes/clubs must adhere to are...

- Gel is ONLY to be done in the specified gel room.
- No gelling of hair will be permitted on the pool deck.
- 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 ask that where possible, athletes have their hair gelled at home or in the hotel rooms prior to coming to the pool and that the same courtesy is used at the hotel and that all gel is mixed in 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 disposed of in the garbage or marked containers then the coaches are to ensure that no bobby pins are left on the floor or counters.

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MUSIC SUBMISSION DEADLINE

File Format

All files must be submitted in MP3 format.

Labelling Convention

To correctly identify each swimmer's music, please name the file using the specific naming format as indicated below.

Named as follows: age_group_event_swimmer name or team_club.

- Solo ex. 13-15_NSsolo_JaneDoe_Auroras,
- Duet ex. 13-15_NSduet_Smith and Jones_Auroras
- Team ex. 13-15_Nsteam_Team Red_Auroras

IMPORTANT: Please make sure not to have any special characters (accents/punctuation marks, #, \$, & etc.) in your file name – your song file may not download correctly and will be missing from the competition folder. Note that underscores are acceptable and can be used to separate words.

Submission Deadline

The deadline to send all routine music files is Submission deadline January 16, 2023 at 12:00pm

Music Submission

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)

Music Considerations

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.



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HOST HOTEL INFORMATION

Host Hotel

Wyndham Edmonton Hotel & Conference Centre
4440 Gateway Blvd.
Edmonton AB T6C 5H2

Individual Reservations: 780-437-6010

Team Bookings Please contact: Veronica Abbott at veronica_a@wyndhamedmonton.com

Hotel Amenities:

- *Complimentary Self-Parking*
- *Swimming Pool*
- *Catering Available*

Booking Information

Group Name: Alberta Artistic Swimming

Block Code: **012723ALB**

Guestroom Rates:

Signature 2 Queen: \$139 single - quad

Signature King w/pullout Couch: \$139 single - quad

Notes: Rates Include Hot Breakfast Buffet (up to 4 people)

Booking Link

<https://www.wyndhamhotels.com/wyndham/edmonton-alberta/wyndham-edmonton-hotel-and-conference-centre/rooms-rates?&checkInDate=01/27/2023&checkOutDate=01/29/2023&groupCode=012723ALB>



Final schedule. Minor changes possible due to a number of variables

Friday January 27, 2023

TIME	EVENTS	LOCATION
9:30 - 2:15pm	Spacing	Dive Tank
9:30 - 9:50am	Excel (20 Minutes)	
9:50 - 10:30am	Red Deer (40 Minutes)	
10:30 - 12:00pm	AQB (1.5 Hours)	
12:00 - 1:30pm	Killarney (1.5 Hours)	
1:30 - 2:10pm	CWC (40 Minutes)	
2:10 - 2:15pm	Lethbridge (5 Minutes)	
2:30 - 3:00pm	Laps only	Dive Tank
3:00 - 3:20pm	Warm Up 16-20 Solo Tech (1) / Jr Solo Tech (4) / Sr. Solo Tech (1)	Dive Tank
3:20 - 3:40pm	16-20 Solo Tech (1) / Jr Solo Tech (4) / Sr. Solo Tech (1)	Dive Tank
3:40 - 4:00pm	Warm Up 13-15 NS Figures (36)	Dive Tank
4:00 - 5:15pm	13-15 NS Figures Event (2 Panels)	Dive Tank
5:15 - 6:15pm	Judges Break	Dive Tank
5:45 - 6:15pm	Warm up for 16-20 Team Tech (1) / Jr Team Tech (2) / Sr. Team Tech (2)	Dive Tank
6:00 - 6:30pm	16-20 Team Tech (1) / Jr Team Tech (2) / Sr. Team Tech (2)	Dive Tank
6:30 - 6:50pm	Warm up 13-15 NS Solo (5)	Dive Tank
6:50 - 7:10pm	13-15 NS Solo (5)	Dive Tank



This schedule is tentative and subject to change when registration closes

Appendix 1

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Saturday January 28, 2022

TIME	EVENTS	LOCATION
7:00 - 7:30am	Laps only	
7:30 - 7:50am	Warm Up 13-15 PS Transitions	Dive Tank
7:50 - 9:10am	13-15 PS Transitions (53) - 2 panels	Dive Tank
9:10 - 9:30am	Warm Up 8-10 (24) & AWAD (6) Transitions	Dive Tank
9:30 - 10:30am	8-10 (24) & AWAD (6) Transitions - 2 Panels	Dive Tank
10:30 - 10:50am	Warm Up Novice Transitions	Dive Tank
10:50 - 12:00pm	Novice Transitions (35) - 2 Panels	These
12:00 - 12:20pm	Warm Up 11-12 Transitions	events may
12:20 - 1:20pm	11-12 Transitions (31) - 2 Panels	be combined
1:20 - 2:20pm	Officials Lunch Break	
2:00 - 2:20pm	Warm Up 16-20 Free Solo (3)/Jr. Free Solo (4)/Sr. Free Solo (2)	
2:20 - 2:55pm	16-20 Free Solo (3)/Jr. Free Solo (4)/Sr. Free Solo (2)	
3:00 - 3:20pm	Warm Up AWAD Solo (1)/8-10 Solo (4)/Novice Solo (4)/11-12 Solo (13)	
3:20 - 4:25pm	AWAD Solo (1)/8-10 Solo (4)/Novice Solo (4)/11-12 Solo (13)	Dive Tank
4:25 - 4:45pm	Warm Up 13-15 PS Solo	
4:45 - 5:30pm	13-15 PS Solo (13)	
5:30 - 5:50pm	Warm Up 16-20 Tech Duet (4)/Jr. Tech Duet (5)	
5:50 - 6:30pm	16-20 Tech Duet (4)/Jr. Tech Duet (5)	



This schedule is tentative and subject to change when registration closes

Sunday January 29, 2023

TIME	EVENTS	LOCATION
7:00 - 7:30am	Laps only	
7:30 - 7:50am	Warm Up Acro (1)/8-10 Duet (2)/Novice Duet (3)/ 11-12 Duet (7)	
7:50 - 8:40am	Acro (1)/8-10 Duet (2)/Novice Duet (3)/ 11-12 Duet (7)	
8:40 - 9:00am	Warm Up 13-15PS Duet (12) /13-15 NS Duet (7)	
9:00 - 10:20am	13-15PS Duet (12) /13-15 NS Duet (7) Combined	
10:20 - 10:40am	Warm Up 16-20 Free Duet (3)/Jr. Duet Free (7)	
10:40 - 11:25am	16-20 Free Duet (3)/Jr. Duet Free (7) Combined	
11:25 - 12:30pm	Officials Lunch Break	
11:45 - 12:30pm	Warm Up 8-10 Team (3)/Adapted Team (1)/Novice Team (4)/11-12 Team (5)	Dive Tank
12:30 - 1:30pm	8-10 Team (3)/Adapted Team (1)/Novice Team (4)/11-12 Team (5)	
1:30 - 2:00pm	Warm Up 13-15PS Team (7)/13-15 NS Team (5)	
2:00 - 3:05pm	13-15PS Team (7)/13-15 NS Team (5)	
3:05 - 3:35pm	Warm Up 16-20 Free Team (1)/Jr. Free Team (2)/Sr. Free Team (2)	
3:35 - 4:05pm	16-20 Free Team (1)/Jr. Free Team (2)/Sr. Free Team (2)	



Event: Technical Teams (16-20/Junior/ Senior)

Date: Friday January 27, 2023

Time: 5:45 - 6:15pm

Appendix 2

Dive Tower



Start, Centre, End

Only those in the deckwork area get to do dive ins

16-20 and Junior stay on tower side and Senior stay on opposite side.



**Acro Team Warm Up
Sunday January 29, 2023
7:20 - 7:30am**

Appendix 5

Dive Tower

Start

Acro Team Only for 10 Minutes
10 minutes in each position

**Acro Team and Duet Warm Up
Sunday January 29, 2023
7:30 - 7:50am**

Acro Team Remains here



8-10, Adapted, Novice & 11-12 Team Warm Up
Sunday January 29, 2023
11:45 - 12:00pm

Appendix 5

Tower Side

Start



End

Start, Centre, End

Only those in the deckwork area get to do dive ins

Startiing Block Dive Tank Side



11-12 Competitor #1 - 5 Out

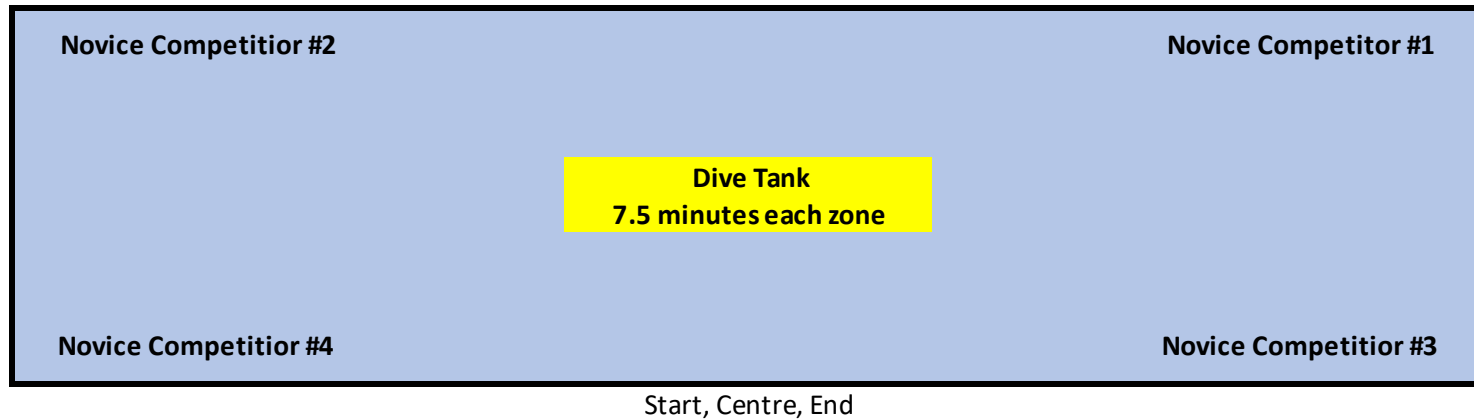


8-10, Adapted, Novice & 11-12 Team Warm Up
Sunday January 29, 2023
12:00 - 12:15pm

Appendix 5

Tower Side

Start



Start, Centre, End
Only those in the deckwork area get to do dive ins

Starting Block Dive Tank Side



8-10 and Adapted Teams Out



8-10, Adapted, Novice & 11-12 Team Warm Up
Sunday January 29, 2023
12:15 - 12:30pm

Appendix 5

Tower Side

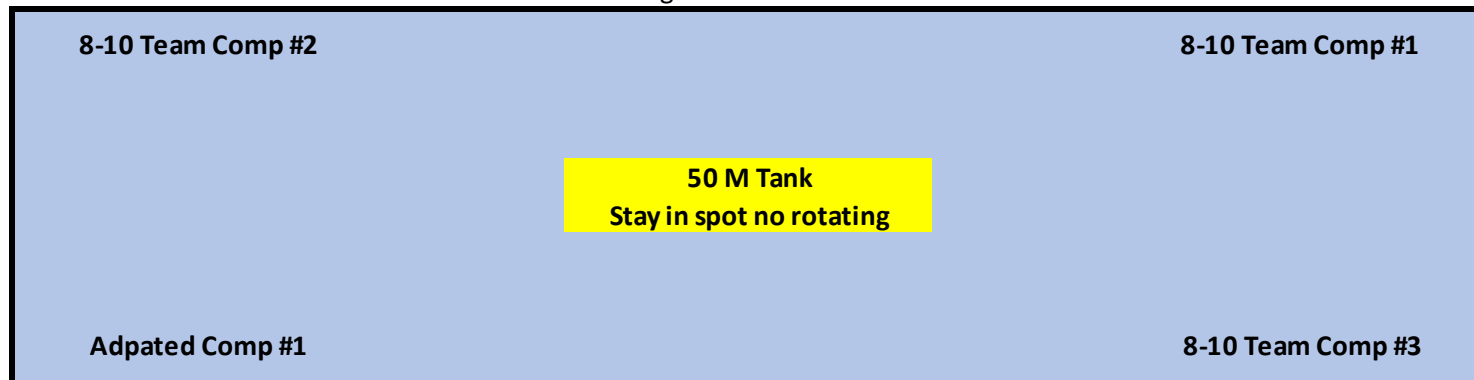
Start



Start, Centre, End

Only those in the deckwork area get to do dive ins

Starting Block Dive Tank Side



Novice Teams Out



13-15PS & 13-15NS Team Warm Up
Sunday January 29, 2023
1:30 - 1:45pm

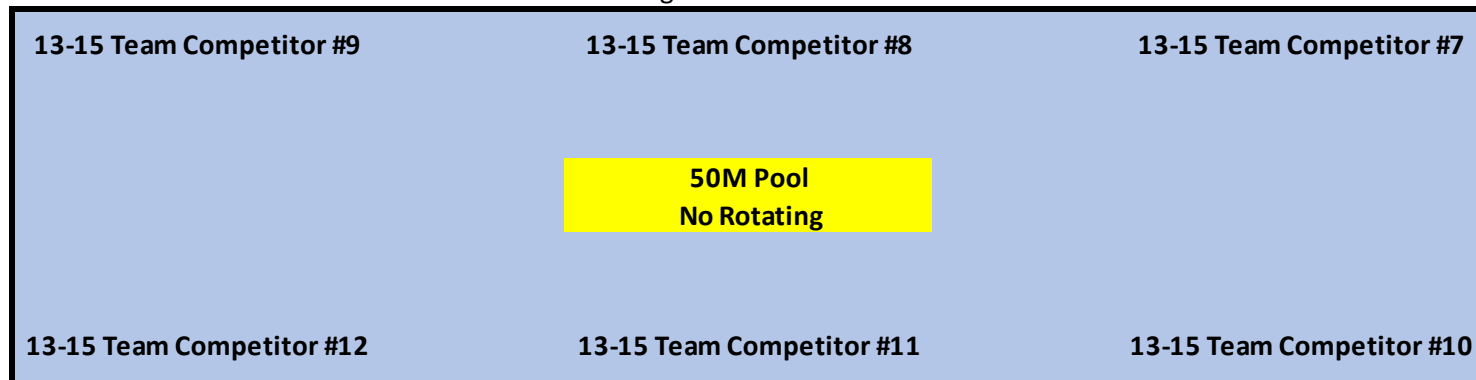
Appendix 5

Tower Side

Start



Starting Block Dive Tank Side





16-20, Junior & Senior Free Team Warm Up
Sunday January 29, 2023
3:05 - 3:20pm

Appendix 5

Tower Side

Start

