



**2025 AWG Trials  
Zones 1-8  
Sat. November 29, 2025  
Millenium Place  
Sherwood Park**



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**HOST:** Alberta Artistic Swimming

**FACILITY ADDRESS:** 2000 Premier Way, Sherwood Park AB, T8H 2G4

**MEET MANAGER/AAS CONTACT:** Jaime Thompson: [jthompson@albertaartisticswimming.ca](mailto:jthompson@albertaartisticswimming.ca)

**CHIEF REFEREE:** Carly Abraham: [carly.abraham@icloud.com](mailto:carly.abraham@icloud.com)

**EVENTS:**

Figures (4 Figures pre selected on September 15<sup>th</sup>, 2025)

Duet

Team

**ELIGIBILITY & AFFILIATION:**

**Age Group**

- 11 - 15 years of age athletes registered and competing in the youth (13-15) age category
- Alberta Games requires that all athletes are a minimum of 11 years old by February 13, 2026, and under 17 until February 17, 2026
- In the event zones 2, 7, or 8 do not have a team registered in the youth category; a team will be permitted to swim in the trials if they meet the age requirements noted above to be eligible for Alberta Games.
- Please refer to the games technical package for age group requirements.  
<https://albertawintergames.ca/media/hnqcir2k/artistic-swimming-technical-package.pdf>



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### Eligibility

- All participants must be competitive members of Alberta Artistic Swimming for the 2025-2026 competitive season.
- Athletes will compete for the Zone of their club location.
- Swimmers who are 11-15 years of age as of December 31, 2026. Athletes must be a minimum of 11 years old by the first day of the Games and under 17 until February 17, 2026.
- Athletes seventeen (17) years of age, or athletes turning seventeen (17) during the Alberta Games, are NOT eligible to attend the Games. For Alberta Games Eligibility Policy information please visit [www.albertawintergames.ca](http://www.albertawintergames.ca).
- Athletes must be a competitive swimmer member with an Alberta Artistic Swimming competitive club.
- Athletes must compete at Zone Trials in order to advance to the Alberta Winter Games.
- Alternates may register and compete at the Zone Trials however ALTERNATES ARE NOT ELIGIBLE to compete at the Games. Only 8 athletes per zone are permitted.
- Coaches must be competitive coach members with Alberta Artistic Swimming which includes being fully compliant with all requirements of the Canada Artistic Swimming Coach Certification Registration Policy
- NCCP Certification - A minimum of one (1) member per Zone of the staff registered as coaches must be fully certified under the National Coaching Certification Program to at least Competition Introduction Coach. All other coaches must be minimally trained Competition Introduction Coach.
- Coaches must be a competitive coach member with Alberta Artistic Swimming
- All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.
- Individuals must be affiliated with Alberta Artistic Swimming by October 15, 2025.
- Safe Sport - SafeSport Requirements for all coaches by the registration deadline:
  - Must have a clear criminal records and vulnerable sector check from within the last three (3) years, or less if required by your organization's policies.
  - Must have completed either the CAC Safe Sport Training or the Respect In Sport for Activity Leaders.
  - Note: Where a coach has been substituted after the registration deadline leading into the Games, they must have the above completed and verified with Mission Staff no later than 48 hours prior to the start of the Alberta Games.



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## **ZONE INFORMATION:**

### **Zones**

- Zone 1: Lethbridge Synchrobelles
- Zone 2: Airdrie Synchro Swim Club, Foothills Artistic Swimming Club
- Zone 3: Calgary Aquabelles, Calgary Elite, Calgary Winter Club, Calgary Killarney
- Zone 4: Red Deer Silhouettes
- Zone 5: Leduc Synchro Silhouettes, Strathcona Synatics
- Zone 6: Auroras, Excel Artistic Swimming, Nova Artistic Swimming
- Zone 7: No clubs currently registered in this zone
- Zone 8: Grande Prairie Synquatics

### **Zone Team Composition**

- The maximum team size shall be:
- 8 athletes per Zone (# of females 8)
- 3 coaches per Zone (# of females 2)

### **Entry and Zone Playoff Procedures**

- There will be one Zone playoff held. All eligible clubs and participants, even in Zones with a bye, must compete in Zone playoffs. It will be held on **November 29, 2025**.
- The Zone playoffs will consist of the Alberta Winter Games figure transitions and routine events. There will be no solos. The figure transition scores, and all routine scores will be combined for a championship score as outlined in the Canada Artistic Swimming rulebook. Every transition at Trials will be calculated with a 1.0 DD. Actual DD will be applied during the games when full figures are performed. The first-place team in all Zones, provided the Zone team roster of 8 is not exceeded, will qualify for the Alberta Winter Games.
- Existing duets within a selected team will be eligible to compete at the Alberta Winter Games provided they competed at the trials.
- There will be no alternates allowed at the Games in either the team or duet event.



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### Fill Policy

A sport fill policy is in effect whereby:

- The fill-in team or athlete(s) must be fully eligible and have participated in a Zone playoff.
- The first opportunity is provided to the Host Zone.
- The second opportunity to fill-in will go to the top placed non-qualifying team in the respective north Zone (Zones 5, 6, 7 and 8) or south Zone (Zones 1, 2, 3 or 4). If there are not enough spots to fill with a team, then the fill will go to the top placed duet in the respective north Zone (Zones 5, 6, 7 and 8) or south Zone (Zones 1, 2, 3 or 4) that has not already qualified.
- If a fill-in cannot be obtained by these two (2) means, then the fill procedures will be designated by Alberta Artistic Swimming's Technical Director within the available roster space.
- Fill teams may receive attire from the Zone they are filling for rather than the Zone they represent. This is dependent on the quantity of attire available.

## ENTRY DEADLINE & INFORMATION AWG TRIALS:

### Alberta Winter Games Trials Entry Deadline:

**Entries and applicable fees must be received by 11:59pm on October 29, 2025.** Please submit your registration and payment for the event no later than the deadline or **late fees will apply**.

Entry & Surcharge Fees are payable to Alberta Artistic Swimming. **All Fees are non-refundable after the entry deadline and are to be received by the entry deadline of October 29, 2025.**

### Late Entries to Alberta Winter Games Trials:

**Each entry** that is incomplete by the above stated deadline(s) is automatically assessed as a \$25 fine as per the Alberta Artistic Swimming Finance Policy. It is the coach's and/or swimmer's responsibility to pay this fine to Alberta Artistic Swimming in a timely manner. Failure to do so shall result in disqualification. Incomplete entry fees are payable to Alberta Artistic Swimming. No late entries will be allowed past **November 24, 2025**.

**Entries will only be considered complete when all registration is done, forms have been submitted to the appropriate people, and all fees have been received by the Alberta Artistic Swimming office.**

### Registration to Alberta Winter Games Trials:

Entries are to be submitted through RAMP Database.

In addition to this all clubs must submit the fee calculation form. When you have completed your entries, you must submit a copy of the entry report to:

Technical Director: Jaime Thompson: [jthompson@albertaartisticswimming.ca](mailto:jthompson@albertaartisticswimming.ca)

Once fee forms have been submitted and reviewed by AAS. The club will receive an invoice requesting payment from AAS.



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It is important that you add your club abbreviation at the **beginning** of the file name so the recipients can distinguish one entry from the next. Please use the following nomenclature: "**club name** 2025 AWG Trials" If you need to edit your entry forms, please re-submit your form with the word "edit" added to your file name.

## **AWG REGISTRATION FEE DEADLINE & INFORMATION:**

### **Alberta Winter Games Registration:**

All athletes and coaches of the Alberta Winter Games Trials will be required to register for the Alberta Games on-line at [www.albertawintergames.ca](http://www.albertawintergames.ca). This database opens in December 2025 and all zone trials participants must be registered by **December 10<sup>th</sup>**. This information will be used by Alberta Sport Connection. Failure to register by December 10<sup>th</sup> will result in your team being removed from the trials and thus the Alberta Winter Games.

If non coach chaperones are required, anyone interested in chaperoning must also be registered on the Alberta Winter Games database by **December 10<sup>th</sup>**. Chaperone's will be contacted following the zone qualifier announcements and will only be contacted if spots are not filled by coaches.

Detailed information/instructions on how to register will be posted to the AAS event page once it is made available. <https://albertaartisticswimming.ca/alberta-winter-games/>

### **Provincial Games Registration Fee and Deadline:**

All Zone team athletes, who qualify to compete at the 2026 Alberta Winter Games (excluding coaches and chaperones), are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. This fee is payable through the games registration portal. At the time of registration to the games in December a fee will be added to the registration and can be paid at that time. Note that this is **\$80.00 PER athlete** and this fee does not go to AAS it goes directly to the Alberta Winter Games.

### **Coach Information:**

All coach NCCP transcripts must be submitted with entries to be considered for the games. Coaches must meet the minimum eligibility as outlined above to participate in the games as a coach. This must be submitted to Technical Director prior to the trials.

### **Chaperone Information:**

Please note that each zone is allowed 2 coaches or chaperones. In most cases these spots will be filled by coaches. In the event there is room and necessity for a parent chaperone, qualifiers in the respective zone will be contacted.



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## **FEES & PAYMENT OPTIONS TO AWG TRIALS:**

### **Entry Fees to Alberta Winter Games Trials:**

Entry fee to participate in the trials will be a flat rate of \$80.00 per athlete. This is inclusive of team, figures and duet. Surcharge fees will be applied as per usual.

### **Surcharge Fees for Alberta Winter Games Trials:**

A surcharge of \$5 per swimmer per event is to be made payable to Alberta Artistic Swimming and included with entry fees to Alberta Artistic Swimming. Please use the attached AAS Surcharge Calculation form and include a printed copy when mailing in your fees or an electronic copy when paying through E-transfer or requesting a PayPal invoice. Please make sure that you register the number of athletes in the duet and team categories NOT the number of routines. There is a separate box for alternates for teams and duets. Surcharges for athletes scratched after the entry deadline will be applicable.

### **Payment Options**

Entry & Surcharge Fees are payable to Alberta Artistic Swimming. All Fees are non-refundable after the entry deadline **11:59pm on October 29, 2025.**

Entry & surcharge fees can be paid one of three ways.

1. Mailed to the Alberta Artistic Swimming office (must be received in the office by the entry deadline).
2. Via PayPal: please note there is a 4% charge for PayPal and you need to request an invoice from [bcipywnyk@albertaartisticswimming.ca](mailto:bcipywnyk@albertaartisticswimming.ca)
3. E-transfer to [etransfers@albertaartisticswimming.ca](mailto:etransfers@albertaartisticswimming.ca).

## **ALBERTA WINTER GAMES TSHIRTS:**

Every athlete, coach etc will receive a t-shirt and sweatshirt if they qualify for Alberta Winter Games. Note that sweat shirts are ordered by the government and we do not have much say in the sizing we receive. T-shirts are ordered by Alberta Artistic Swimming. Please fill in the google form below. Note that each athlete, coach and Chaperone will have to fill in the form. **Deadline to submit t-shirt form is November 24<sup>th</sup> 2025.**

[https://docs.google.com/forms/d/e/1FAIpQLSftXNbfDmcCu0PeGq5v-5NyvfjpKDhaP69O97O-EATfEQq8\\_w/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSftXNbfDmcCu0PeGq5v-5NyvfjpKDhaP69O97O-EATfEQq8_w/viewform?usp=header)



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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.

- Duet ex. 13-15\_Duet\_Smith and Jones\_Auroras
- Team ex. 13-15\_Team Red\_Coach Last Name\_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 & Deadlines:**

The deadline to send all routine music files is submission deadline **November 15, 2025** at 12:00pm. 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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## **COACH CARD SUBMISSION DEADLINE:**

Please take note of the rules below governing coach card submission deadlines for the 2025 Alberta Winter Games Trials. They have been designed to ensure maximum fairness while keeping the competition running smoothly as we all learn to navigate the new system.

All coach cards must be uploaded to the drop box using your club's drop box file request before **Wednesday November 26<sup>th</sup>, 2025 @ 5:00pm MST**. Failure to submit coach cards by the deadline will result in a **\$150.00 fine per infraction**.

All these coach cards will be imported into the scoring system **and considered final**, except in the 2 cases below:

### **Medical Issue**

Clubs who need to change a coach card because of a medical issue that prevents them from performing a routine as per the originally submitted coach card will be allowed to change their coach card up to 2 hours before that start of a session. Note when events are grouped together as an example 8-10 team, 11-12 team & Novice Team are considered as a single session starting at the time of the first event/routine. These medical changes will need to be approved by the event Chief Referee.

### **Last Resort Desperation Move:**

Clubs who want to change a coach card for reasons other than the above medical issue will be allowed to do so no later than 8:00pm MST the night before an event but will need to pay a \$100.00 fine to do so.

### **New Coach Card Submission:**

New coach cards will always need to be submitted by uploading to drop box via your file request link and file names should NEVER be changed from the names given by ISS coach card software. Coaches doing this will need to notify the technical director, scorer and chief referee via email.





## **VOLUNTEER REQUIRMENTS:**

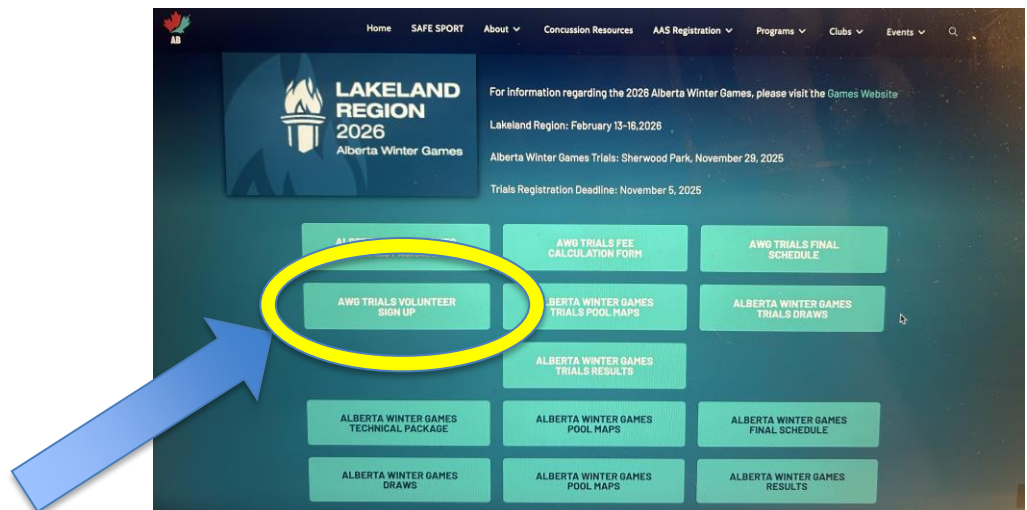
Alberta Artistic Swimming will need volunteers to assist at this meet. Each club will be required to source volunteers. Clubs that do not provide volunteers will not be permitted to participate in the trials and thus the games. **Please let your members know that we need their help** and that it's easy to sign up for the volunteer position at the meet. The trials will run in partnership with the CASE event hosted by the Synatics. For consistency we will use the same sign-up genius. If one of the Synatics shifts works better for you then please sign up for that spot. It does not matter which event you sign up for as long as you have volunteers supporting the events.

The following types of positions will need to be filled...

- Figure Panel Referee #1 (multiple positions required) – Calls out the judge's marks to the score people.
- Figure Panel Marshal (multiple positions required) – Ensures the order of the swimmers and prompts each swimmer.
- Score People for Figures (need multiple) – Record the judges scores.
- Music Manager – manages the music throughout the event as per the referee's directions.
- Routines: Timers (need multiple) – collect the chits from the Judges
- Videographer (Routine and Figures)

Note that this is not an exhaustive list. Additional volunteer positions may be required to make the event possible. Positions will be filled on a first come first serve basis. You can access the sign-up link for volunteering on the AAS Website. **Note that the link for volunteering will become active on November 1, 2025.**

<https://albertaartisticswimming.ca/alberta-winter-games/>





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## **AWG TRIALS TECHNICAL INFORMATION:**

### **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.**

### **Alberta Winter Games Technical Information:**

Please refer to Appendix I to see technical specifications for the Alberta Winter Games.

### **Events Location:**

Figures and routine competitions will take place live in the main competition pool.

Athlete bag storage and land warm up area will take place in activity rooms 1-3. Rooms will be assigned to clubs once registration has closed.

### **Gelling & Make Up Requirements:**

Athletes are permitted to wear white caps at the Alberta Winter Games trials. Gelling is not permitted in the facility, so we recommend that athletes wear white caps and do **NOT** gel hair. This will also aid in the transitioning between routine events and figure events.

### **Figures Specifications for Trials:**

Figure groups have been predetermined for the AWG. For the trial's athletes will swim the following...

Barracuda Airborne Split Spin Up 180 (DD 2.9)

- **1<sup>st</sup> half, from the back layout to the under of the first vertical. No spin up is performed at trials**

Swordfish Straight Leg Ariana Rotation (DD 2.6)

- **1<sup>st</sup> split, do full Ariana rotation to the end.**

Venus (DD 3.0)

- **Front layout to end of fish tail 360**

Albatross Spin Up 360

- **Starting in Bent knee. Bent knee ½ twist to end of figure.**



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**Routine Specification for Trials:**

Teams are not required to swim full routines at the trials. For the trial teams will be required to swim four hybrids and one Acro. Teams are welcome to swim more than this however only specified four hybrids and specified Acro will be judged. Anything outside of that will be awarded a zero in the scoring system. Coaches will need to submit which four hybrids and which acro they are wanting counted in the trials to the Technical Director at the same time that they submit their coach cards.

Duets are not required to swim full routines at the trials. For the trial duets will be required to swim four hybrids and one pair Acro. Duets are welcome to swim more than this however only the first four hybrids and first Acro will be judged. Anything outside of that will be awarded a zero in the scoring system. Coaches will need to submit which four hybrids and which acro they are wanting counted in the trials to the Technical Director at the same time that they submit their coach cards.

Routine length for both duets and teams will not be considered at the trials. Only number of hybrids and across as this could mean different timelines for each routine and therefore is not possible to add a quantitative amount. Time limits will still be followed for walk on etc.



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**COACHES MEETING:**

The Coach's meeting will take place virtually **Wednesday November 26, 2025 from 8:00 – 9:00pm** (Maximum). Zoom details are below. There must be one coach from each club entered in the event in attendance at the meeting. Topic: AWG Trials Coaches Meeting

Time: Nov 26, 2025 08:00 PM Edmonton

Join Zoom Meeting

<https://us06web.zoom.us/j/84579830970?pwd=Oh2WPF8vFKNFABb42kMm6Ac0390mTC.1>

Meeting ID: 845 7983 0970

Passcode: 927512



## **TENTATIVE SCHEDULE AWG TRIALS & CASE:**

Time	Event
7:00am - 7:30am	Novice and 11-12 Lap Warm Up
7:30am - 7:50am	Novice and 11-12 Figure Warm Up
8:00am - 9:00am	Novice (2 panels) and 11-12 (2 Panels) Figure Event
8:30 - 9:00am	Lap Warm Up Wave Pool 8-10 & Jr./Sr.
9:00am - 9:20am	8-10 and Jr./Sr. Tech Warm Up
9:30am - 10:15am	8-10 and Jr./Sr. Tech Event
10:15am - 10:45am	AWG Team Lap Warm Up
10:45am - 11:15am	AWG Team Warm Up
11:15am - 12:45pm	AWG Team event
12:45pm - 1:45pm	Athlete/Judges Break
1:45pm - 2:00pm	AWG Duet Lap Warm Up
2:00pm - 2:20pm	Duet Warm Up AWG
2:30pm - 3:30pm	AWG Duet Event
3:00pm - 3:30pm	Youth Lap Warm Up wave pool
3:30pm - 3:50pm	Youth Figure Warm Up
4:00pm - 4:45pm	Youth Figure Event
4:45pm - 5:00pm	AWG Figure Warm Up
5:00pm - 6:30pm	AWG Figure Event

**\*\*\*Note that all times are subject to change pending final registration numbers\*\*\***

## **FACILITY REQUIREMENTS:**

To ensure that artistic 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 review the Alberta Artistic Swimming Code of Conduct and emphasize the following facility requirements that must be followed.



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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. Eating is permitted in activity rooms 1-3.
- Athletes, coaches and clubs are responsible to keep their designated spaces clean.
- Absolutely no food or drink on the pool deck. Travel mugs are permitted for coffee and tea.
- There is no gelling or de-gelling permitted in the facility as such AAS has indicated that caps are allowed for this event.
- Athletes are not allowed in the hot tub or sauna
- All athletes are to behave in a mature manner, respecting the guidelines set out by the facility.
- All facilities are to be left in the way they were found at the beginning of the day.
- If Alberta Artistic Swimming is charged a maintenance fee due to mess anywhere in the facility this amount will be billed to the club responsible for the mess. If it is not possible to determine which club is responsible for the mess it will be divided amongst all clubs in attendance.

**AWG TRIALS REGISTRATION CHECKLIST:**

	\$80 Entry Fee per athlete – club cheque, pay pal, e-transfer. Due October 29, 2025
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	\$5 Surcharge Fee per athlete per event –club cheque, pay pal, e-transfer. Due October 29, 2025
	Coach NCCP transcripts – per coach
	Music submitted to drop box. Due November 15, 2025.
	T-Shirt order form on per athlete, coach and potential chaperones Due November 24, 2025
	Volunteer names submitted, link opens November 1, 2025
	Coach Cards Submitted November 26, 2025

**AWG REGISTRATION CHECKLIST:**

	\$80 per athlete – individual cheques per athlete made out to Alberta Artistic Swimming. Due at Trials
	Register each athlete on the AWG Website. Due December 10, 2025
	Each athlete completed on-line waivers. Due December 10, 2025