



2019 AB WINTER GAMES ZONES 1-8 TRIALS



Saturday, December 7, 2019

University of Alberta Aquatic Facility

Edmonton, Alberta

Hosted By: Alberta Artistic Swimming

EVENTS:

Duet (includes figure transitions)

Team (includes figure transitions)

ELIGIBILITY:

1. All participants must be competitive members of Alberta Artistic Swimming for the 2019-2020 competitive season.
2. Athletes must be able to compete in the 11-12 Age Group or the 13-15 Age Group within the Provincial Stream.
3. Swimmers who are 11-15 years of age as of December 31, 2020.
4. Athletes must compete at Zone Trials in order to advance to the Alberta Winter Games.
5. Alternates may register and compete at the Zone Trials however **ALTERNATES ARE NOT ELIGIBLE** to compete at the Games.

ZONES:

Zone 1: No entries

Zone 2: Okotoks Synchro Sea Queens

Zone 3: Calgary Aquabelles, Calgary Winter Club, Killarney Synchro

Zone 4: Red Deer Synchro

Zone 5: Strathcona Synatics

Zone 6: Edmonton Auroras, Excel Synchro, Nova Synchro

Zone 7: No entries

Zone 8: Grande Prairie Synquatics

RULES:

The meet is governed by the rules outlined by those in the Alberta Winter Games Sport Technical Package, 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, the Meet Manager or Jaime Thompson at the Alberta Artistic Swimming office.**

MEET MANAGER:

Kim Strachan: k.strachan13@gmail.com

Phone: 403-804-0271

CHIEF REFEREE:

Brent Olynk: brent@traumascenebio.ca

COMPETITION CHAIR:

Amanda Speers: amanda@speerscan.com

TECHNICAL DIRECTOR:

Jaime Thompson: jthompson@albertaartisticswimming.ca

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. This database opens on **November 1st** and all zone trials participants **MUST** be registered by **December 1st**. This information will be used by Alberta Sport Connection in the event you qualify for the Games.

To date many have not registered on the website. You CANNOT participate in the trials until you do. Please do this ASAP.

FINAL SCHEDULE:

The final schedule can be located in the attached excel document. Please note that not enough information was received to tweak the schedule based on partial routines so therefore the time limits mentioned are based on full 13-15 routine lengths. Therefore, it is possible that each event will run early. Should this happen the event will be moved ahead however the format of the schedule will remain the same. i.e. there will always be a 30-minute break between events to allow the athletes to rest etc.

It is suggested that the athletes bring lots of snacks for grazing etc. throughout the day as there is not a substantial full lunch break.

ROUTINE ROTATIONS:

Rotations for each event can be found in the attached excel document. Please follow the

FIGURE DRAW:

Straight Ballet Leg	Barracuda
Arianna	Albatross $\frac{1}{2}$ Twist

Transitions:

- Straight Ballet leg 1st half
- Ariana 1st half
- Full Barracuda
- Albatross 2nd half

MEETINGS

The Coach's meeting will take place approximately fifteen (15) minutes prior to the start of the meet. Approximately 7:15am on pool deck by the windows and starting wall for routines. The Chief Scorer, Chief Referee and one coach per club must be present. In the event subsequent meetings are required, the Chief Referee will communicate the time and location of such meeting as soon as possible.

MUSIC

Music can be submitted to Morgan Steeves at aqbmusic@shaw.ca

Please submit music in mp3 format and label as follows...

Zone____Event____Swimmer(s) **Ex. Z3__Duet__Czarkowski**

Please have your music submitted by **12:00pm** on Sunday **December 1, 2019**

GELLING AND MAKE-UP

Absolutely no glitter make-up or glitter will be allowed. Lifeguards will ask any athlete with glitter on to remove it prior to entering the pool. Athletes do not have to gel hair at the event but if so must do it in the designated sinks in the women's locker room.

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 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 ask that where possible, athletes have their hair gelled 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.
- 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 manner in which they were found at the beginning of the day.

VOLUNTEERS

This event requires volunteers from each club in order to make the event possible. Kim Strachan sent an email regarding volunteer sign up so please contact her at k.strachan13@gmail.com to sign up for positions. Thank you in advance for the help.

ZONE FILLS

Zone fills will be determined **AFTER** the event. **NO** decisions will be made at the Trials. Clubs will be notified the following week if they will be filling a position for the games.