



Sadie Caulder Knight Provincial Championship Information Package

DATE	April 11-13, 2025
LOCATION	Lawson Aquatic Center 1717 Elphinstone St, Regina SK, S4N 0A1
FIELD OF PLAY	<p>The Field of Play (FOP) is the competition area. No spectators are permitted in this area. Only athletes, coaches, officials, and volunteers for the event are permitted into the area. Volunteers are in this area only for the event they volunteered for.</p> <p>The FOP varies by facility and may vary by event. Watch for signs at the pool and let your members attending the competitions know about the FOP area.</p>
COMPETITION MANAGERS	<p>1. Taya Amundson Technical Director, SAS 300-1734 Elphinstone Street Regina, SK S4T 1K1 TD@saskartisticswimming.ca</p> <p>2. Devin Masch Events & Communications Director, SAS 300-1734 Elphinstone Street Regina, SK S4T 1K1 ECD@saskartisticswimming.ca</p> <p>3. Club Competitions Manager Randall Hollyoak, Regina Synchro Club</p>
RULES	<p>The competition will be held in accordance with the Saskatchewan Artistic Swimming Rulebook along with Canadian Artistic Swimming Rule Book https://www.saskartisticswimming.ca/governance/rulebooks</p>
ELIGIBILITY	<p>Athlete Age Groups:</p> <ul style="list-style-type: none">▪ 10U, Novice, 12U, Youth, Junior, AdAS and Masters – qualification competition for attendance at the National Qualifier.▪ Limited Competitive as Invitational Swimmers: 10U, 12U, Youth and Junior

Athlete Eligibility:

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Any exhibition swimmers can compete but are not eligible for awards.

AGE GROUPS

Age Group	Description	Birth Year
10U	Ages 9-10	2015, 2016
12U	Ages 11-12	2013, 2014
Novice	11 and over first year competitive athletes	2014 or earlier
Youth	Ages 13-15 (female) Ages 13-16 (male)	2010, 2011, 2012 2009, 2010, 2011, 2012
Junior	Female Ages 15-19 (National) Male Ages 15-20 (National) Ages 15-20 (Provincial)	2006, 2007, 2008, 2009, 2010 (National) Above plus 2005 (National) Above plus 2005 (Provincial)
Masters	19+	2006 or earlier

EVENTS

- Figures Routines
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

REGISTRATION DEADLINE

March 5, 2025

REGISTRATION

All registration must be submitted using Canada Artistic Swimming RAMP online competition registration system.

REGISTRATION FEES

Saskatchewan Artistic Swimming must receive entry fees **at least two weeks** prior to the competition. This competition the date would be by **March 28, 2025**

Competition Fees 2024-2025

Event	Fee
Figures	\$35.00 per athlete
Solo	\$33.00 per athlete
Duet	\$66.00 per duet
Trio	\$98.00 per trio
Team	\$132.00 per team
Masters/Senior Solo	\$35.00 per Solo (Technical or Free)
Masters/Senior Duet	\$66.00 per Duet (Technical or Free)
Masters/Senior Team	\$132.00 per Team (Technical or Free)
Masters/Senior Combo	\$132.00 per team

REGISTRATION PAYMENT

Send payment to:

- e-transfer – payment@saskartisticswimming.ca
- cheque – mail to:
Saskatchewan Artistic Swimming
#300-1734 Elphinstone Street
Regina, SK S4T 1K1

LATE ENTRIES

The club will be charged a **fine of \$25.00** for each late entry and a fine of \$200.00 will be charged for each late “club” entry.

It is the club / coach and/or swimmer’s responsibility to pay this fine to the Chief Referee no later than hour prior to the beginning of the competition. Failure to do so shall result in disqualification.

REFUND POLICY

There are NO refunds after the registration deadline unless a written request or medical certificate is submitted to the Executive Director.

Documents must be submitted as soon as possible. If the written request is submitted during the competition but prior to the event the athlete is competing in, the Executive Director will review the written request the next business day and advise the club if a refund is appropriate.

RELIGIOUS OR MEDICAL ADORNMENTS

Any club with an athlete who will wear a religious or medical alert adornment while competing must send a note by registration deadline to SAS Technical Director at TD@saskartisticswimming.ca.

LANYARDS

Lanyards must be worn by every coach, volunteer and official while in the FOP area. Coaches and officials can pick up their 2025 lanyards at the competition (Coaches at the coaches meeting and officials from the Chief Judge). Volunteers will receive their lanyards on the pool deck when they volunteer and must return them to the competition manager once their volunteer time is over.

Any coach, official or volunteer who does NOT have a lanyard will be asked to leave the FOP.

COACH CERTIFICATION

See [SAS Rulebook 3.1.1.2.](#)
Coach certification will be validated.

FIGURES

The complete figure list for this competition is at the end of this document.

PRE-SWIMMERS

The Host Club will organize pre-swimmers for figures. If a club has swimmers interested in pre-swimming figures, please contact the Head Coach of the Host Club.

To submit a request for routine pre-swimmers, clubs must submit the following information to the Technical Director at TD@saskartisticswimming.ca by the registration deadline: age group, event, number of swimmers (for team only) and reason to swim as a pre-swimmer.

MUSIC DEADLINE

All music for routines must be in digital format. Files must be uploaded by **March 13, 2025.**

Music will be uploaded via Google Drive. Clubs can use the same link as SR for their music just please ensure you add new music and delete any old ones if there are changes to your music. If you do not have a link from SR clubs will receive the link to their Google Drive after the registration deadline.

MUSIC FORMAT

There must be one digital file for each registered routine in the following format:

- MP3 files with a .mp3 file extension
- File should be a minimum of 192 kb/s

A three second lead time before the music starts and after the music stops is recommended.

MUSIC FILE NAME Each routine/music file named as follows:
Event Name, Age Group, Competitor Name, Club Name,
Coach Name
Samples of how to name files:
Solo_ Youth_Jones_Jane_Regina_Swift.mp3
Duet_Free_Junior_Jones_Jan_Smith_Anne_SAQ_Wachs.mp3
Team_10U_Regina_RS_Chernoff.mp3

Coaches should review each digital file for quality, timing and completeness.

MUSIC BACKUP If there is an issue with your music when played by the music coordinator, you must be able to provide a backup copy if requested by the Chief Referee. It can be a flash drive or your phone. If it is your phone, please ensure you have the cable to connect your phone to the computer.

MUSIC FINES A **\$25.00** fine will be assessed for the following:

- each late submission.
- each file submitted in the wrong digital format.
- each file submitted with the wrong file naming format.

In the event of a music failure during the competition, the club must immediately provide a backup in the required format.

A **\$50.00** fine will be assessed for the following:

- In the event of a music failure during the competition, the if the club does not immediately provide a backup in the required format.

If the fine is not paid immediately after the event, a one-point penalty will be applied. The Chief Referee shall instruct the scorer to deduct the penalty.

ROUTINE ELEMENTS There is a set number of elements per routine. See AQUA Appendix III. These must be submitted via Coaches Cards. For Junior/Senior Technical routines, see CAS For Masters' Technical routines, see CAS Penalties in technical routines. see CAS

COACH CARDS Coach cards must be uploaded to the same link provided for music by **March 13, 2025**. The link will be provided after registration deadline. Coach cards must be completed using the ISS system.

A **\$25.00** fine will be assessed for the following:

- each late submission.
- each file submitted in the wrong digital format.
- each file submitted with the wrong file naming format.

ADMISSIONS

Per day: \$10

Pass for both days (Sat & Sun): \$15

Family Pass for all 3 days (2 adults & 2 kids over 10): \$30

10 and under: Free

- Payment method: cash or debit/credit at the door

VOLUNTEERS

SAS will allocate the total number of volunteer positions to clubs attending the competition. Volunteers will register online through SignUp Genius.

The link will be sent out as soon as it is available.

All volunteer positions are available on a first come, first serve basis.

SIGNAGE

All signage in areas of the facility booked for the competition must be approved by Saskatchewan Artistic Swimming. Saskatchewan Artistic Swimming will determine the location where signage may be displayed. Signage will not be permitted to impact upon the competition.

All clubs have equal opportunity to post signage at the competition. **Requests from clubs must be submitted by registration deadline** to SAS Events and Communications Director. Request must include an image and dimensions of the signage and where the signage will be placed at the facility.

This includes any signs that the Host Club wishes to set up. If you wish to set up a sign at a competition, you must complete a Request for Signage form. Please contact Devin at ECD@saskartisticswimming.ca for a copy of the form.

SCHEDULE

Probable Schedule Times:

- Friday – as needed, Routines
- Saturday 8 am - 8:00 pm - Figures, Routines
- Sunday 9 am - 3:00 pm – Routines, Awards

The Final Schedule will be published separately.

OPEN POOL

TBA depending on the schedule.

AWARDS

Awards recognize our athlete's achievements, and the awards ceremony is a time of celebration. Athletes preparing for upcoming events don't have time to celebrate - yet. They are still in competition mode. That means only specific awards can be presented during the competition. The final schedule will state when each award will be presented. Only the awards listed for each time will be presented at that time. If the awards are not ready at the time indicated during the competition, they will be presented at the end of the competition.

Top 3 Awards, plaques and or top 3 medals are presented during the awards ceremony in the following categories:

EVENTS	MEDALS	RIBBONS	PLAQUES
Routine Championship Events - Youth	1-3	4-6	1
Combo – Youth	1-3	4-6	1
Tech/Free – Junior, Senior	1-3	4-6	1
Acrobatic – Junior, Senior	1-3	4-6	1
Routine Events – Adas, 10U, Nov, 12U	n/a	1-6	n/a
Combo 12U	n/a	1-6	n/a
Tech/Free – Masters	n/a	1-6	n/a
Routine Events	n/a	1-6	n/a
Figure Events	n/a	1-6	n/a

Placing ribbons (4-6) in any event will not be presented formally but given to coaches to be handed out to their athletes.

RESULTS

Results will be emailed to the Club Contact and/or Head Coach and posted a few days after the conclusion of the competition on the Saskatchewan Artistic Swimming website www.saskartisticswimming.ca.

During the competition you can find the results on Sportify.

PHOTOGRAPHY

All athletes, coaches and officials may be filmed or photographed during the competition. The videos and photos may be used without permission or authorization of individuals, parents or clubs.

SAS encourages clubs to take photos at the competition and forward them to ECD@saskartisticswimming.ca for posting on social media. If you post on your social media page, consider adding a hashtag about the competition (2025SCK).

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 discuss with their athletes and members the following code of conduct and require them to abide by it:

- All street shoes **MUST** be removed when on the deck area, as required by facility.
- All food must be consumed in the designated eating areas (may vary by facility).
- Gel is **ONLY** to be done in the specified gel area.
 - Do not gel hair in the stands or on the pool deck.
 - 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.
 - 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.
- All athletes and spectators 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.

ACCOMODATIONS All clubs/athletes/coaches/parents are responsible for their own accommodations if needed while in Regina. SAS will be responsible for accommodations for any Officials, Staff or Board members.

LIVESTREAMING SAS will livestream this event. Please go to the SAS Youtube Channel to view.

MERCHANDISE SAS may sell merchandise at this event. Details will be announced closer to the date of the competition.

DONATIONS [Click here](#) for the pdf tax deductible donation form.

SPONSORS

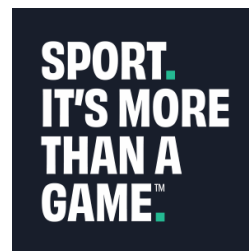


Figure List – Sadie Caulder Knight Provincial Championship

	Figure 1	Figure 2	Figure 3	Figure 4
AdAS Level 1 Group 2	Star 1 Tub turn and reverse in both directions DD 1.0	Star 2 Sailboat Alternate DD 1.0	BP2 Front Layout DD 1.0	310 Somersault Back Tuck DD 1.1
AdAS Level 2 Group 2	310 Somersault Back Tuck DD 1.1	101 Ballet Leg Single DD 1.6	BP 14 c) Bent Knee Vertical Position followed by BM 10 Vertical Descent in Bent Knee Position DD 1.0	Star 2 Sailboat Alternate DD 1.0
10U Group 1	101 Ballet Leg Single DD 1.6	302 Blossom DD 1.4	362 Surface Prawn DD 1.3	316 Kipnus DD 1.4
Novice	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	Drawn TWO Weeks Prior	Drawn TWO Weeks Prior
12U	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	Drawn TWO Weeks Prior	Drawn TWO Weeks Prior
Youth	Drawn TWO Weeks Prior	Drawn TWO Weeks Prior	N/A	N/A
10U Limited	101 Ballet Leg Single DD 1.6	302 Blossom DD 1.4	310 Somersault Back Tuck DD 1.1	323 Somersault Front Pike DD 1.4
12U Limited	101 Ballet Leg Single DD 1.6	301 Barracuda DD 1.8	BM6 Walkout a) DD 1.0	311 Kip DD 1.6
Youth Limited	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8
Junior Limited	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8