

Synchro BC



2011-2012 BC High School Package



COMPASSION • COOPERATION • EXCELLENCE • EXCITEMENT • FAIR PLAY • FUN • INTEGRITY • INNOVATION • LEADERSHIP •

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"Synchro Swim British Columbia provides opportunities to foster and promote a fully integrated Synchronized Swimming Sport System throughout BC, which will offer opportunities for excellence at all levels of participation from Recreational to International."

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1. OFFICE INFORMATION

I. ADDRESS

Synchro BC
Suite 220 – 3820 Cessna Drive,
Richmond, BC,
V7B 0A2

II. GENERAL CONTACT INFORMATION

E-Mail: info@synchro.bc.ca
Website: www.synchro.bc.ca
Phone Number: 604-333-3640
Fax Number: 604-333-3450

III. OFFICE HOURS

Monday	8am to 3.30pm
Tuesday	8am to 3.30pm
Wednesday	8am to 3.30pm
Thursday	8am to 3.30pm
Friday	Closed
Weekends & Holidays	Closed

IV. STAFF

Kate Rader	Executive Director	ed@synchro.bc.ca
Brenda Smythe	Technical Director	td@synchro.bc.ca
Annie Vorpe	Office Coordinator	info@synchro.bc.ca
	Competitions Coordinator	competitions@synchro.bc.ca

2. LOCATION

The BC School Sports Provincial Synchronized Swimming Championships 2011 will be taking place in Richmond at **Watermania** on **November 18, 2011 from 8am to 1pm**.

Watermania
14300 Entertainment Blvd,
Richmond, BC,
V6W 1K3

3. RULES

I. ELIGIBILITY

It is MANDATORY that all swimmers register with BC School Sports PRIOR to registering for Synchro.

II. EVENTS

There is no limit as to the number of swimmers entered for Novice & Level 1 - 6. All swimmers must be registered in a figure category in order to compete. Level swimmers will compete in their respective routine element as their second event and the novice swimmers will compete in the 4 person relay teams as their second event.

*Please note that there must be a minimum of two entries in an event in order to be included in the competition. If there are not enough entries, schools will be notified as soon as possible after all of the entries have been received.

III. QUALIFYING DEFINITIONS

Synchro Levels are skill based, and not related to hours of practice.

LEVEL 1-6

Swimmers are to swim in their respective Level Category that corresponds to the Star level that they have passed and are presently registered in with Synchro BC. All swimmers will compete in their respective Level for both figures and routine element. Swimmers must enter both categories to compete.

RECREATIONAL STAR 1-7

Swimmers who are or have been registered as recreational synchronized swimmers but not as a **Level 1 - 6** swimmers with Synchro BC, and also those swimmers who have had synchronized swimming practice and experience but have never been registered with Synchro BC.

STAR 1 NOVICE

Swimmers who have never competed in a synchronized swimming event and have never been STAR tested. Please note that students that have competed as a Novice in past High School competitions MUST move on to the Star 1-3 Category.

4. REQUIRED FIGURE CATEGORIES FOR ALL COMPETITORS

I. RECREATIONAL

STAR 1 NOVICE

- Stationary Eggbeater
- Back Tuck Somersault (starting and finishing in a back layout)
- Sailboat
- Head first Scull (5 meters)

STAR 1-3

- Eggbeater Stationary (arms extended to the side, palms up)
- Alternate Sailboat Stationary
- Propeller (5 meters)
- Back tuck somersault (starting and finishing in a back layout)

STAR 4-7

- Single ballet leg
- Front pike somersault
- Blossom
- Bent knee vertical position

II. COMPETITIVE

LEVEL 1-2

- Ballet leg Single
- Front Pike somersault
- Blossom
- Back pike somersault

LEVEL 3-4

- Back Walkover to split
- Kip
- Heron
- Albatross to bent knee vertical

LEVEL 5-6

- Gaviata
- Barracuda
- Porpoise
- Kip Split

5. ROUTINE ELEMENTS

Swimmers will perform individually as they did in figures. One swimmer at a time will perform in front of a panel of judges and scores will be awarded according to execution of the routine element.

I. LEVEL 1&2

(Face judges) Body boost no arms sink under, surface to side flutter left arm, airplane with right arm to front layout to front pike pull down, lift to crane, horizontal leg bends to bent knee vertical, join to vertical as ankles submerge, tuck & kick to surface, surface right arm leading kick pull kick, switch to left arm kick pull kick, at the end of arm extension extend to front layout with left arm extended in front, face in & roll onto back, pull into back layout, right leg sail boat, right ballet leg, back tuck under and surface in eggbeater ¼ turn to face judges.

II. LEVEL 3&4

Eggbeater facing judges, kick on to side, pull down to front pike position, front walkover finishing in an extended back layout, tuck, pop-up to forward eggbeater, turn 180 degrees, layout and bring feet to surface, sailboat, ballet leg, flamingo position, tuck, single arm body boost facing judges.

III. LEVEL 5&6

Double arm eggbeater boost, rise to right let bent knee (right leg straight, left leg bent), switch to left leg crane, join to vertical, extend both legs down to splits, walkout finishing in an extended back layout, flick to ballet let, tuck, pop-up to egg beater moving forward, right arm extend out to 45 degree (fingers closed, palm up), spin 180 degrees to face other side of pool, boost to rib cage as arm moves to 90 degrees, stop at the wrist and pull hand under, vertical boost, 180 degree spin, surface in eggbeater facing judges.

6. SKILLS RELAY – NOVICE AND STAR SWIMMERS ONLY

Four (4) swimmers, each doing one length and one skill, perform the following skills in the following order:

1. Side Flutter
2. Foot First Sculling
3. Tub Position, Foot First
4. Extended back flutter

Judges will be at the ends of each lane to record penalties or disqualification:

Timers will be located at the beginning and finish of the race to record times.

All competitors must start and finish each length by touching the wall. (5 second Penalty for not touching the wall will be recorded)

Competitors must touch wall before next competitor begins his/her length (5 second Penalty for starting length before teammate touches wall will be recorded)

Pushing off the wall will result in disqualification. (Team will be notified of disqualification at the end of their race.)

Propelling ones self differently other than the required scull for the length. (10 second Penalty will be recorded)

Position must be held entire lengths. (10 second Penalty will be recorded)

Arms must stay fully extended and hands must remain touching in back flutter for entire length. (10 second Penalty will be recorded)

7. SCORING:

I. EVENT SCORING

Points scoring for Synchro	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Figure events for each category	20	18	16	15	14	13	12	11
Routine elements for each tier Category	20	18	16	15	14	13	12	11
Relay Teams for Novice	20	18	16	15	14	13	12	11

II. SCORING FOR AQUATICS BANNER

Swimming: Schools will be awarded points towards the banner based on the total number of points scored in individual and relay events.

Synchro: Schools will be awarded points towards the banner based on the schools finish in the Synchro competition.

Example: 1st place team in Synchro competition is awarded 60 points towards the banner; the 2nd place team will receive 48 points.

School finish:	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Banner Points:	60	48	36	30	24	18	12	6

8. FEES

The fees for the BC High School Meet are the following:

- Figures (*individual fee per swimmer*) \$13.00
- Routine elements (*individual fee per swimmer*) \$6.00
- Relay Entry (*fee per team entered*) \$16.00

MAIL

Please send the cheque including the registration form to the Synchro BC office by mail.

Synchro BC

#220 – 3820 Cessna Dr.,
Richmond, BC
V7B 0A2

CHEQUES

Cheques are payable to “Synchro BC”.

DEADLINE

Deadline: **October 31, 2011**

Please make sure that the name of the High School is clearly marked.

The schools will be billed **\$100.00** if the deadline is not met.

9. ENTRY FORMS

Please e-mail, mail or fax the entry forms to:

Synchro BC

#220 – 3820 Cessna Dr., Richmond, BC, V7B 0A2

Phone: 604 -333-3640 Fax 604-333-3450

E-mail: info@synchro.bc.ca

Please make sure that all the athletes' information is marked clearly on the entry form to speed up the process. The forms online are fill in forms where all information can be entered on the computer. Therefore the form can be printed off and sent per email.



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Entry Form

BC SCHOOL SPORTS

PROVINCIAL SYNCHRONIZED SWIMMING CHAMPIONSHIP 2011

Location: Watermania, 14300 Entertainment Blvd, Richmond, BC, V6W 1K3
Date: Friday, November 18, 2011 Time: 8am – 1pm

Each school must fill out this entry form. This entry form must be completed and faxed or emailed to Synchro BC office by **October 31, 2010**. Schools will be billed a **late entry fee of \$100.00**

Fax: 604-333-3450, please mark **"Attention Synchro BC"**
E-mail: info@synchro.bc.ca with cc to: td@synchro.bc.ca

School Registration

School Name: _____
Address: _____
City, PC: _____
Phone: _____
Email: _____

Teacher / Sponsor: _____
Phone: _____
Email: _____

BC High School Sports Registration Number: _ _

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