



SYNCHRO CANADA 2012 MASTERS NATIONAL CHAMPIONSHIPS



SYNCHRO
2012 MASTERS CHAMPIONSHIPS REGINA

April 27th-29th, 2012

Lawson Aquatic Centre

1717 Elphinstone Street

Regina, SK S4N 0A1

(306) 777-7323

Hosted By: Regina Synchro and Synchro Saskatchewan





MEET MANAGERS

<p>Tina Chernoff, Technical Director, Synchro Sask</p> <p>*Please Direct all inquiries to Tina prior to the beginning of the meet.</p>	<p>#209 - 1860 Lorne St. Regina, Sask. S4P 2L7 Phone: 306-780-9227 Fax: 306-780-9445 Email: synchro.sk2@sasktel.net</p>
<p>MaryBeth Priddell, Amanda Lewis Meet Managers, Regina Synchro</p>	<p>306-789-4618 306-586-1540</p>

EVENTS	<p>Technical and Free Routines Masters Solo/Duet 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over Masters Trio/Team 19-34, 35-49, 50-64, 65-79, 80 and over Masters Free Combination 19-39, 40-64, 65 and over</p>
ENTRY DEADLINE	Must be in the hands of the Meet Manager by MARCH 28TH, 2012.
LATE ENTRY FEE	\$100.00 CAD per routine for any late, incorrect and/or incomplete entries (CASSA RULE 5.1.5b). Cheques made payable to Synchro Sask.
<p>SEND TO: ** send complete registration with cheques payable to Synchro Sask**</p>	<p>Tina Chernoff #209 – 1860 Lorne Street Regina, Saskatchewan, S4P 2L7 Phone: 306-780-9227 Email: synchro.sk2@sasktel.net</p>
Language Policy	All packages will be in English and French; pool announcements will be in English only.

COMMUNICATION:

All information packages and other important communication will be available on Synchro Saskatchewan's website at www.synchrosask.com.





EMAIL POLICY:

Other information packages and correspondence as required will be sent by email only. **Complete email addresses of all clubs from each province who are considering participation must be sent by February 1st to: synchro.sk2@sasktel.net** Please also send us preliminary numbers (to the best of your knowledge) by February 1st as well so we can start planning.

RULES:

This meet is being considered under CASSA Rules. Please refer to the Synchro Canada Rulebook for clarification. Any exceptions to the rules will be noted in this package. Any technical questions should be directed to your provincial office.

REQUIRED ELEMENTS:

All routines will be monitored for required elements as determined by the Synchro Canada Rulebook.

MUSIC:

Digital music will be used at this competition.

Music Format All music for routines must in digital format. Files must be sent to the Technical Director by: **March 28th, 2012**

Please send your music to the Technical Director at synchro.sk2@sasktel.net

or

Synchro Saskatchewan
209 - 1860 Lorne St.
Regina, SK S4P 2L7

When sending in the music, the club may send one CD with all music or send email with the files. The CD must be labelled with the club name and should include a printed listing of all files on the CD.

The club must turn in a backup CD at the coaches meeting at the meet. They may use one CD or multiple CDs with one routine per CD. If one CD is used, it must be labelled with the club name and should include a printed listing of all files on the CD. If multiple CDs are used, each CD must include the following on the label: swimmer name (first and last), tier, event and coach. Music CDs will be returned at the end of the meet.

They cannot be returned to the club for practice during the meet.





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

- Windows Media Audio (WMA) files with a .wma file extension
- .mp3 files with a .mp3 file extension
- .wav files with a .wav file extension

It is suggested there is a 3-5 second lead from “play” until the music starts.

Naming the digital music files: Each routine/music file must be named as follows:

Event Name, Age Group, Competitor Name, Club Name, Coach Name

Samples of how to name files:

Solo_ 13-15_Jones_Jane_Regina Synchro_Swift.mp3

Duet_Junior_Jones_Jane-Smith_Anne_Aqualenes_Wachs.mp3

Team_ 10U_Regina Synchro_ Chernoff.mp3

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

ACCOMMODATION

The Days Inn has been selected as our host hotel. Information regarding the location, price and type of room availability is at the end of this package.

OTHER

Please go to <http://www.tourismregina.com/> for more information regarding Regina and amenities in the area.

POOL DIAGRAM:

Facility: Lawson Aquatic Centre



Please note that the competition pool is 8 lanes wide and 25m long. All teams must begin under the diving towers.





BANQUET: Tentatively set for Saturday, April 28th. Location and cost is to be determined.

TENTATIVE SCHEDULE OF EVENTS:

This schedule is subject to modification once registration numbers are known. The final schedule will be sent out two weeks prior to the event and posted on the Synchro Sask website. All communication regarding schedules will be by email.

The Facility will be open to athletes one hour before the first warm-up starts, and will close one hour after the last event ends. The deck will be open to athletes 15 min before the first scheduled warm up. The schedule may move forward by up to 30 minutes.

Spacing and Competition will begin Friday at 11:00am and be finished on Sunday by 3:00pm.

Friday April 27th

11:00 – 20:00 Registration and Spacing

Saturday April 28th

8:00 – 18:00 Opening Ceremonies, Technical Routines, Combo, Solo Free

18:00-21:00 Banquet

Sunday April 29th

8:00-15:00 Free Routines, Awards





Thank you for the opportunity to present the Days Inn Regina Airport West as a host hotel for the National Masters 2012. Our hotel is Regina's newest hotel located on Lewvan drive, a short 10 minute drive from the Lawson Aquatic Centre.

Our 100% non-smoking hotel has a variety of amenities to meet the needs of your team members and their families coming in. We serve a complimentary breakfast that includes fresh waffles. Wireless high-speed internet is available throughout the hotel, as well as high-speed data ports in each room. For those who do not wish to bring their laptop, our business center is open 24 hours a day. Our hotel also has a fitness centre including an elliptical, treadmills & free weights and Pool Complex with a 2 storey waterslide. All of our guest rooms feature mini-fridges, microwaves, coffee makers & 42" Flat Screen TVs.

We would like to offer the following rooms & rates for the 2012 National Masters:

- ❖ Classic Rooms with 2 Queen Beds \$116.99 plus taxes per night
- ❖ Business Class Rooms with 1 King Bed \$125.99 plus taxes per night

Days Inn Regina Airport West
4899 Harbour Landing Dr. Regina, SK S4W 0B7
Phone: 306-584-3297 ~ Fax: 306-584-3285

www.daysinnreginaairportwest.ca

Stay close to home

