



*Hosted by:  
Club Aquadanse de Ste-Foy,  
Synchro Quebec*

## **GENERAL INFORMATION**

### **Dates:**

April 21-22, 2012  
(April 20: practice)

### **Location:**

Pool Jacques Amyot  
3643, avenue des Compagnons, Quebec, G1X 3Z6

### **Meet Manager:**

Claudie Dumais  
Email: [cdumais@synchroquebec.qc.ca](mailto:cdumais@synchroquebec.qc.ca)  
Phone: 1-866-537-3164

### **Information:**

For all questions, please contact:  
Claudie Dumais  
Email: [cdumais@synchroquebec.qc.ca](mailto:cdumais@synchroquebec.qc.ca)

### **Rules:**

This meet will follow Synchro Quebec rules.

### **Eligibility:**

All athletes of provincial level

### **Session:**

- Team Routine (30%)
- Technical elements (25%)
- Flexibility (15%)
- Landrill (15%)
- Swimming relay (15%)

Each session will be explained in the appendix.

### **Entry Deadline:**

Entries must be received by February 15, 2012.

### **Meet Fees:**

Registration fees set by Synchro Quebec are as follows:

Team: 75 \$  
Individual athlete: 20\$

The cheque should be made to "Synchro Quebec" and sent to Synchro Quebec to the attention of Claudie Dumais. Please indicate registration fees on the cheque.

Address: 4545 Pierre de-Coubertin, CP 1000, succ. M, Montreal, QC, Canada H1V 3R2

**Communication:**

The final schedule and draws when available, and other important messages will be available in the next package.

**Banquet:**

Banquet will be organized for the athletes on the Saturday of the competition.

**Music:**

CD only. One CD to be handed in to the music table. A back up CD must be available immediately if there is a problem with the sound.

**Official languages:**

French and English.

**Age categories:**

<b>Routine</b>	<b>Age</b>
<b>Team</b>	<i>12 and under, 13-15, 16 and over</i>

**Time limits :**

\*The will be no penalty for time limits

**Pool:**

Please note that the pool is 25 meters long with a shallow end.

The dimensions of the pool are: It consists of 6 lanes wide, 25 meters long.

**Athletes' hotels:**

**To follow.**

**Schedule:**

**To follow.**