



INFORMATION SHEET
Lower Mainland Tier 1 – 5 Regional Routine Meet
Lower Mainland Star 1 – 9 Recreational Meet
Masters TAS Provincial Championships

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- WHEN:** April 23 - 25, 2010
- WHERE:** Walnut Grove Community Centre
8889 Walnut Grove Dr., Langley, (north side of Hwy # 1)
- TIME:** Tentatively: Fri. 5 – 9; Sat. 8 – 6; Sun. 8 – 5
Meet Schedule will follow
- HOST CLUB:** Burnaby Caprice and West Coast Masters
- WHO:** All Tier 1 – 5 athletes registered with clubs in the Lower Mainland.
All Star 1 – 9 Recreational athletes registered with clubs in the Lower Mainland
All Masters athletes registered with clubs in BC
- AGE GROUP:** Age as of December 31, 2010.
Tiers 1 & 2 Competitors
-12 & UnderSwimmers born 1998 or later
-13 & Over.....Swimmers born 1997 or earlier
Tiers 4, & 5 Competitors
-No age groups
Recreational Competitors
-no age groups
Masters Competitors
Solo & Duets – 17 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 & over.
Trios & Team – 17 – 34, 35 – 49, 50 – 64, 65 – 79, and 80 & over.
Combination Team – 17 – 39, 40 – 64, 65 & over.
Please note: Masters ages 17 and 18 are within BC only. They would not be allowed to attend any National or World Masters Events.
- EVENTS:** **Tiers 1 & 2 – 12 & Under, 13 & Over, Tier 3**
Figures, Solo, Duet, Trio, Team
Tiers 4 & 5
Figures, Solo, Duet, Trio, Team, Tier 4/5 Combo Team
Please refer to Synchro BC Technical Information Package regarding restrictions on the number of routines for Tier 1 – 5 athletes.
- Recreational Star 1 – 9**
Figures and Team – Star 1-2, 3-4, 5-6, 7-9
Please note – Recreational “teams” can be made up of 1 – 10 athletes.



Masters

Technical and Free Routines for Solo, Duet, Trio and Team
Combo Routine

FIGURES:

Refer to the Technical Information on the Website.
Head Coaches and/or Meet Managers will be emailed the figure draw on:
Friday, April 16, 2010. Please forward to all coaches when received.

FEES:

FIGURES	\$27.00 each entry
SOLO	\$27.00 each entry (\$37 Masters)
DUET & TRIO	\$32.00 each routine entry (\$42 Masters)
TEAM	\$95.00 each routine entry (\$105 Masters)
COMBO	\$95.00 each routine entry

Please send all **entries** by email.

Send **cheques** by mail, clearly marked as to which meet, with the Club Entry Fee Form included.

Email address: competitions@synchro.bc.ca

Address: Synchro BC
#220 – 3820 Cessna Drive,
Richmond, BC, V7B 0A2

Entry fees must be received prior to the meet. Entry fees not received prior to the competition will result in the athletes not being allowed to compete.

ENTRIES DUE:

Please email or fax entry forms by **Friday, February 26, 2010.**
There will be no refunds after March 29, 2010.
A late entry fee of \$100.00 may be charged for late entries.

MUSIC:

For time limits for routines please see Synchro BC website.
Penalties will be assessed for 'under' and 'over' times.
All music **must** be on CD, one routine per CD.
Each must be **clearly marked** with **competitor's name, club name, age category and event.**
Music must be handed in to the music table at the beginning of the competition day.
For best quality we recommend having the music professionally done on a CD.

CONCESSION:

There is a commercial concession in the complex.

TECHNICAL INFORMATION: Please see Synchro BC website www.synchro.bc.ca