

BC Synchro Technical Package Supplement

Please note that all information in this package is the most up to date and current information available, and should be used over previous information when planning for this upcoming season.

Star Testing:

As released in June, star testing is again mandatory at the **Provincial** level. While some athletes may have multiple star levels to attain to meet the pre-req for a certain level, the extended testing deadline of March 30, 2012 allows ample time for athletes to meet the requirements. Athletes must complete all star levels and may not “skip” to the highest level needed. The rationale behind this decision, as mentioned at the June coaching meeting, is to ensure that the necessary skills for athlete success are taught to all provincial athletes.

Please note the Star pre-reqs for each level

Level 1: Star 3
Level 2: Star 5
Level 3: Star 8
Level 4: SS1
Level 5: SS2
National Lead-up: SS3

Masters:

- All master swimmers who are 19 years of age and over may compete fully in our BC Provincial Masters Championships.
- All master swimmers who are 20 years of age and over may compete fully in International Competitions, as per FINA rules:
(http://www.fina.org/H2O/index.php?option=com_content&view=article&id=362:masters-synchronised-swimming-rules-mss&catid=87:masters-rules&Itemid=184)
- In sanctioned competitions, no synchronized swimmer can represent more than one (1) club during the competitive year, September 1 to August 31 (Rule 2.1.4).
- A synchronized swimmer may only be a member of **one** club during the competitive year (rule 2.1.2).
- Please note, there is **NO** longer a masters rule stating a swimmer must be out of the competition stream for a minimum of a year prior to competing in master events.

AAP:

As stated in the technical packaged released in June, AAP trials are open to *Junior, 16-18 and Senior* level swimmers only.

CLARIFICATION TO PROVINCIAL ROUTINE TIME LIMITS:

	Solo	Duet	Trio	Combo	Team
Level 1	2:15	2:30	2:30	-	3:00
Level 2 & 3	2:30	3:00	3:00	-	3:30
Level 4 & 5	3:00	3:30	3:30	4:00	4:00
National Lead-up	3:00	3:30	3:30	4:30	4:00

Senior Swimmers at Training meets:

At any figure training meet, a senior swimmer may swim Junior Figures as exhibition (registration fee \$27.00).