



COMPETITION INFO PACKAGE

V1 05/15/2023

Hosted By

ONTARIO*
ARTISTIC
SWIMMING

In Partnership With

ALBERTA* **NATATION**
ARTISTIC **ARTISTIQUE**
SWIMMING **QUEBEC***

01 GENERAL INFORMATION

Event Dates	Thursday, July 20, 2023 - Saturday, July 22, 2023
Entry Deadline	Thursday, June 15, 2023
Venue	Markham Pan Am Centre 16 Main St Unionville Unionville, ON L3R 2E4
Host	Ontario Artistic Swimming
OAS Contact	Lauren Lindner
Events	<p>11-12 – Figures, Solo, Male Solo, Duet, Mixed Duet Team</p> <p>Youth – Figures, Solo, Male Solo, Duet, Mixed Duet, Team</p> <p>Open – Free Combination</p> <p>Adapted – Figures, Solo, Duet, Team</p> <p>Mixed Ability – Duet, Team</p>
Rules	<p>This competition will be held under Canada Artistic Swimming Rules.</p> <p>Adapted events will be held under Ontario Artistic Swimming Rules.</p>
Byes	<p>Byes are not required for this event.</p> <p>As stated in the 2023 Youth National Team Selection Process, routines which do not enter this event are not eligible to be selected to represent Canada.</p>
Scratches	<p>Scratches may be submitted digitally until the start of the competition. To submit a scratch, click here.</p> <p>Once the competition has begun, scratches must be made on deck at the scoring table.</p>
Pool Size	<p>Competition Pool: 25m x 10 lanes x 2.5m deep</p> <p>Warmup Pool: 25m x 10 lanes x 2.5m deep</p>

<p>Coaching Card Submission</p>	<p>Coach card submission guidelines will follow those released by CAS in advance of CASC 2023. These have been designed to ensure maximum fairness while keeping the competition running smoothly as we all learn how to deal with the new system.</p> <p>All coach cards must be uploaded to Dropbox using your club's Dropbox folder before Tuesday, July 18 at 5pm EDT.</p> <p>All these coach cards will be imported into the scoring system and considered final, except in the 3 cases below:</p> <p>Medical Issue Clubs / provinces / federations who need to change a coach card because of a medical issue that prevents them from performing a routine as per submitted coach card will be allowed to change their coach card up to 2 hours before the start of a session (event blocks will be considered one session). These changes will need to be approved by the event Chief Referee.</p> <p>Changes between Prelims and Final In the event of prelims and finals at SYNC, clubs / provinces / federations will be allowed to change their coach cards between prelims and finals but will need to respect deadlines detailed to coaches following registration.</p> <p>Last resort desperation move Clubs / provinces / federations who want to change coach cards for reasons other than the 2 above will be allowed to do so no later than 20:00 the night before an event, but will need to pay a \$100 fine to do so.</p> <p>New coach cards will always need to be submitted by email to Laura Steacy and Lauren Lindner in any of these instances. Confirmation of submission will be provided by email reply.</p>
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<p>Figure Draws</p>	<p>11-12 athletes will compete two (2) figures at this event. These figures will be comprised of one (1) compulsory figure, and one (1) optional group figure drawn at random.</p> <p>Adapted athletes will compete two (2) figures at this event, comprised of one group drawn at random. One group will be selected for all Adapted levels.</p> <p>Youth athlete protocol will be released closer to the event.</p> <p>Figure draws will be done on Thursday, July 6, 2023.</p>
<p>Gelling</p>	<p>This will be a gelled meet. Designated areas at the pool will be assigned to accommodate gelling. Athletes are not to remove any gel at the pool.</p>

02 REGISTRATION, FEES & PAYMENTS

<p>Entry Deadline</p>	<p>Thursday, June 15, 2023</p>
<p>Entry Submission Information</p>	<p>Clubs, provinces or federations must complete the following steps to fully register for SYNC 2023:</p> <ol style="list-style-type: none"> 1. Submit your Excel registration booklet which includes a routine and figure entry list, ISS-compatible athlete registration spreadsheet, and entry cost calculator. 2. Complete the Online Registration Form which will provide registration fees (hotel, transportation, etc.) 3. Submit the total payment to OAS using the methods below no later than 10 days following registration. <p>Full instructions for completing registration will be distributed by email and made available on the OAS website.</p>
<p>Event Entry Fees</p>	<p>Figures \$45.00 per entry</p> <p>Solo \$45.00 per routine</p> <p>Duet \$95.00 per routine</p> <p>Team \$175.00 per routine</p> <p>Combo \$205.00 per routine</p>

<p>Host Hotel</p>	<p>Hilton Toronto/Markham Suites Conference Centre & Spa 8500 Warden Ave. Markham, ON L6G 1A5</p> <p>Two Double Bed Suite & Pull Out Sofa Single Occupancy - CA\$222.96 per night Double Occupancy - CA\$247.07 per night Triple Occupancy - CA\$271.17 per night Quad Occupancy - CA\$295.27 per night</p> <p>Standard King Suite & Pull Out Sofa Single Occupancy - CA\$210.91 per night Double Occupancy - CA\$235.02 per night</p>
<p>Competition Fees</p>	<p>Each athlete will be charged a competition fee of \$130 per day. Each coach or chaperone will be charged a competition fee of \$105 per day.</p> <p>This special competition daily fee includes:</p> <ul style="list-style-type: none"> • Bus transportation to and from the pool on July 20, 21, and 22nd • Breakfast (served at the hotel) and dinner (served at the pool) on July 20, 21 and 22nd • Athlete areas at the competition venue
<p>Entries Capacity</p>	<p>Provinces/federations/clubs are limited to 2 entries in each of 12U Duet, 12U Team, Youth Solo, Youth Male Solo, Youth Duet, Youth Mixed Duet, Youth Team, and Youth Combo. Each of those events has a maximum capacity of 20 entries. If after registration closes, the maximum capacity has not been reached in those events, provinces/federations/clubs may be invited to add additional entries. For any events that are part of the CAS 2023 Youth National Team Selection Process, provinces must indicate which entry they are putting forward for selection at time of registration.</p> <p>The maximum capacity for Adapted and Mixed Ability events (Adapted Solo, Adapted Duet, Adapted Team, Mixed Ability Duet, Mixed Ability Team) is 20 entries. If that capacity is exceeded, provinces/federations/clubs may be asked to limit their entries.</p>

<p>Payment Options</p>	<p>Entry payments must be received by Ontario Artistic Swimming no later than 10 days following the registration deadline.</p> <p>Payments can be received through two methods:</p> <p>1. Electronic Fund Transfers can be sent to oaspayments@ontarioartisticswimming.ca</p> <p>2. Authorized Club Credit Cards or Personal Credit Cards To coordinate, please call Sue Marnica-Wall at 416-679-9522 (ext. 221)</p>
<p>Late Entries</p>	<p>Club entry packages which are not received or incomplete upon the stated deadline is automatically subject to a late fine of \$25.00 per routine. This fine must be paid to the OAS office. Routines whose fines are not paid will be disqualified from the event.</p> <p>Late entries or corrections to incomplete entries will be accepted beyond two weeks prior to the event start date, but will be subject to the following fines:</p> <p>2 weeks (14 days) prior to first event of the competition: \$50.00 per correction (to a maximum of \$500.00 per Club) Fines apply per figure event and/or per routine per event.</p> <p>Within 24 hours of the first event of the competition: \$100.00 per correction (to a maximum of \$500.00 per Club) Fines apply per figure event and/or per routine per event.</p>

03 MUSIC SUBMISSION

<p>Music Submission Deadline</p>	<p>Routine music files must be received one week prior to the start of the competition, by Thursday, July 13, 2023.</p>
<p>File Format</p>	<p>Digital music will be used at this competition. There must be one digital file for each registered routine in an mp3 format, with a minimum required resolution of 192kbps.</p> <p>Coaches are asked to review each digital file for quality, timing and completeness. Please ensure that volume is consistent throughout all cuts of music.</p>

Dropbox Access	Following registration, Dropbox folders will be shared with each participating delegation to submit music files into.
Labelling Conventions	<p>Music files must be labelled with the following information, separated by underscores with NO blank spaces (underscores are acceptable).</p> <ol style="list-style-type: none"> 1. Category 2. Event Name 3. Club/Province/Federation Call Letters 4. Athlete Last Name <p>For duets, use both last names. For teams, please use the first swimmer's last name, by alphabetical order</p> <p>For example: Adapted_Solo_WRASC_Smith.mp3 11-12_Duet_ON_Jones-Chen.mp3 Youth_Team_QC_Bryant.mp3</p>
Metadata & ID3 Tags	<p>Metadata (also known as ID3 tags for MP3 files) is information (such as title, artist, album, genre etc.) that is stored inside the song file.</p> <p>This is often different from the name of the file itself. In order to avoid confusion at the competition music table, we ask coaches to ensure that the title of the song file, and the ID3 tag title of the song file are the same.</p> <p>For instructions on changing ID3 tags, click here for Windows and click here for iTunes.</p>

04 AWARDS

Figure Events	SYNC medals will be awarded to the top three figure scores in 11-12, Youth, and Adapted figure event categories.
Routine Events	SYNC medals (Gold, Silver & Bronze) will be awarded to the top three championship scores in 11-12, Youth, Adapted and Mixed Ability event categories.

05 VOLUNTEER INFORMATION

<p>Volunteer Requirements</p>	<p>Volunteers will be needed to effectively run multiple aspects of the competition. Volunteers will be needed in several capacities, including:</p> <ul style="list-style-type: none"> • Setup • Admission • Judges Room • Announcers • Music • Runners • Video • Timers
<p>Volunteer Sign-Up</p>	<p>Those interested in volunteering for SYNC 2023 are asked to fill out the Volunteer Application Form here.</p>

06 COMMUNICATION & MEDIA

<p>Communications</p>	<p>Competition information, registration details, schedules and results will be made available on the OAS website and on the Sportity app.</p>
<p>Sportity</p>	<p>The Sportity App is used to store meet information packages, schedules, publish results and other pertinent information throughout the competition.</p> <p>The password for this event is: SYNC2023ON</p> <p>The Sportity app can be downloaded from the App Store or from Google Play.</p>
<p>Streaming</p>	<p>Competition events will be streamed live on the OAS Facebook page.</p> <p>Please note that, occasionally, streams may be blocked by copyright detectors. Streaming will return as soon as possible in these instances.</p>

<p>Event Photography</p>	<p>All athletes can be photographed and videotaped during the event. Photos and/or videos may be made public without direct authorization from parents or clubs.</p> <p>Gerson Photography will be working with OAS for the 2022-2023 season as our OAS official photographers. Photos will be available for viewing and purchase on the Gerson Photography website following the event.</p> <p>During events, flash photography is prohibited.</p>
<p>Language Policy</p>	<p>All official information packages and correspondence will be provided in French and English. All event announcements will be made in English and French.</p>

07 ACCESSIBILITY

<p>Accommodation Requests</p>	<p>Accommodation requests may be submitted for Athletes, Coaches, Officials or Volunteers in need of additional support at any OAS sanctioned competition. To submit a request, click here.</p>
<p>Accessibility Coordinator</p>	<p>The accessibility coordinator for this meet will be Laura Steacy.</p>

08 ADDITIONAL INFORMATION

<p>Transportation</p>	<p>Transportation between the hotel and pool will be provided on competition days. A transportation schedule will be provided in advance of the event.</p>
<p>Meals</p>	<p>Breakfast and dinner will be provided for participating athletes, coaches and officials on July 20, 21, and 22nd. Specific meal information will be provided in advance of the event.</p> <p>Lunch will be the responsibility of participating clubs, federations or individuals.</p>
<p>Raffle Baskets</p>	<p>Ontario Artistic Swimming wishes to have a variety of baskets to be raffled off during the event. Each team entry is encouraged to donate a themed basket to the event. Participating teams will be eligible to win a prize. The winner will be chosen for the most creative.</p>

SYNC 2023

12U Development Camp

Dates: Saturday, July 22nd & Sunday, July 23rd, 8:30am - 5:00pm

Location: Markham Pan Am Centre

Purpose: To develop skills important for athletes in the 11-12 age group while introducing foundations of essential skills athletes will need in future in the Youth age group. Athletes will also work in other disciplines such as rhythmic gymnastics, ballet, drama, and yoga in order to help improve flexibility, leg extension, posture, and artistic impression.

Cost: The fee for the 12U Development camp is \$250/athlete. This includes all camp programming, lunch and snack both days, dinner on Saturday, and transportation to and from the pool for athletes staying at the SYNC competition hotel.

For more information, please reach out to Laura Steacy.

SAFESPORT

POLICIES & PROCEDURES

Everyone in Artistic Swimming Has the Right to Enjoy Our Sport.

Ontario Artistic Swimming (OAS) believes that everyone in the sport has the right to enjoy the sport at whatever level or position they participate. Athletes, coaches, officials, and volunteers have the right to participate in a safe, welcoming, and inclusive training and competition environment that is free of discrimination and all forms of maltreatment including abuse, bullying, harassment, and neglect.

Only registered athletes, certified coaches, officials, employees or individuals under contract with the host organization, and authorized volunteers or facility personnel are allowed on deck at this competition.

All participants in CAS sanctioned competitions are reminded that they are bound by Canada Artistic Swimming (CAS) and host province policies, including but not limited to the CAS Safe and Welcoming Sport Policy Suite that includes the CAS Conduct Policy, Discipline and Complaint Policy and Procedure, and Discrimination, Harassment and Maltreatment Policy. For more information on CAS and OAS Policies or Safe Sport please visit the OAS website.

The Rule of Two

The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants, especially minors, and coaches in potentially vulnerable situations by ensuring more than one adult is present. This means avoiding situations where a coach, official or other non-related adult might be alone with a minor athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

Event Photography & Videography

In order to minimize risk, all photographs and video taken at sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in locker rooms, bathrooms, or any other dressing area.

Only individuals that have received specific authorization to record the competition, in any manner or in any medium, shall be granted access to the designated deck area and permission to do so. All individuals granted access to the deck are bound by CAS and host province policies, including but not limited to the CAS Conduct Policy and CAS Screening Policy.