



**Marnie Eistetter Figures Meet 2015  
FIRST Information Package**

**Date** Sunday, November 15, 2015

**Location** Estevan Leisure Center  
701 Souris Avenue  
Estevan, SK  
S4A 2T1

**Meet Managers** **1. Taya Amundson**  
Technical Director, Synchro Sask  
#209, 1860 Lorne St  
Regina, SK S4P 2L7  
(306) 780-9227  
synchro.sk2@sasktel.net

**2. Maureen Doaust**  
Estevan Mermaids

\*Please Contact Taya with any questions prior to the meet

**Athlete Eligibility**

- Competitive Provincial Stream: 8 & Under, 10 & Under, 11&12, Novice, 13-15, 16-18
- Competitive National Stream: 13-15, Junior FINA
- SSWCD/SSWPD

**Age Groups**

- 8 & Under (Born in 2008 or later)
- 10 & Under (Born in 2006 or later)
- 12 & Under (Born in 2004 or later)
- Novice (11 & over first year competitive, Born in 2005 or earlier)
- 13-15 (Born in 2001, 2002 or 2003)
- 16-18 (Born in 1998, 1999 or 2000)
- Junior FINA (NS only) (Born in 1998, 1999, 2000 or 2001)

**\*Athletes in age groups that are doing the same figures will compete in the same draw. The results will be separated into age groups after the meet.**

**Entry Deadline** Oct. 16<sup>th</sup>, 2015

**Late Entries** Synchro Sask must receive entry fees **at least two weeks** prior to the meet. The club will be charged a **fine of \$25.00** for each late entry and a fine of \$200.00 will be charged for each late "club" entry. It is the club / coach and/or swimmer's responsibility to pay this fine to the Technical Director or Chief Referee no later than hour prior to the beginning of the competition. Failure to do so shall result in disqualification.

**Refunds** There are no refunds **within two weeks** prior to the event unless medical certificate is provided or a written request is submitted to the Synchro Sask Executive Director.

**Registration Form** Please register online for this meet. Registration is at the link listed below.  
<http://www.issmembership.com/syncan/en/index.asp?l=true&page=2>

Additional Packages and other correspondence will be sent by email only to registered clubs.

**Registration Payment** **Send payment to:**  
Synchro Saskatchewan  
#209, 1860 Lorne Street  
Regina, SK S4P 2L7  
306-780-9227 (tel.) 306-780-9445 (fax)

**Please call Synchro Sask if any unforeseen difficulties arise.**

#### Meet Fees 2015-2016

| Event                                    | Fee per Athlete                                 |
|--|---|
| Figures                                  | \$29.00 per athlete                             |
| Solo                                     | \$27.00 per athlete                             |
| Duet                                     | \$54.00 per duet                                |
| Trio                                     | \$81.00 per trio                                |
| Team                                     | \$108.00 per team                               |
| Combo                                    | \$108.00 per team                               |
| Masters/Senior Solo (Technical and Free) | \$54.00 (\$27 if only Tech or Free) per athlete |
| Masters/Senior Duet (Technical and Free) | \$108.00 (\$54 if only Tech or Free) per duet   |
| Masters/Senior Team (Technical and Free) | \$216.00 (\$108 if only Tech or Free) per team  |
| Masters/Senior Combo                     | \$108.00 per team                               |

**Volunteers** **Each club is requested to provide one on-deck volunteer per age group that your club is registered for. Please register online through Volunteer Spot. This will be available soon.**

**Pre-Swimmers** **Pre-swimmers are requested for Figures. PLEASE contact Synchro Saskatchewan Technical Director or High Performance Director if you are interested. Clubs will be contacted directly if we require more athletes.**

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Publication Date: Oct. 1, 2015

### Provincial Stream Pre-Drawn Figures – all DD's 1.0

\* A detailed description of the figures/positions has been distributed separately.

|              | Figure 1  | Figure 2                  | Optional Group | Figure 3                        | Figure 4                                 |
|--------------|---|---------------------------|----------------|---------------------------------|--|
| 8 & Under    | Star 2 Sailboat Single                          | 310 Somersault Back Tuck  | N/A            | BP 1 Back Layout Position       | BP 2 Front Layout Position               |
| 9 & 10       | 302 Blossom                                     | 320 Somersault Front Pike | N/A            | Star 2 Sailboat Single          | 310 Somersault Back tuck                 |
| 11 & 12      | 101 Ballet Leg Single                           | 301 Barracuda             | N/A            | BP 6 Vertical Position          | BM 6a Walkout Front                      |
| Novice       | 101 Ballet Leg Single                           | 301 Barracuda             | N/A            | BP 6 Vertical Position          | BM 6a Walkout Front                      |
| 13-15        | 423 Ariana                                      | 301 Barracuda 180         | N/A            | 240 Albatross (Steps 1,2 and 3) | 346 Side Fish Tail Split (Steps 3 and 4) |
| 16-18        | 423 Ariana                                      | 301 Barracuda 360         | N/A            | 112 Ibis (Steps 1 and 2)        | 355 Porpoise                             |
| SSWCD/S SWPD |   |                           |                |                                 |  |
| Level 1      | Star 1 Tub- turn and reverse in both directions | Star 2 Sailboat Alternate | 1              | BM3 Front Pike Pull Down        | BP1 Back layout position                 |
| Level 2      | 310 Somersault Back Tuck                        | 101 Ballet Leg Single     | 1              | 320 Somersault Front Pike       | BP16 Split Position                      |

### National Stream Pre-Drawn Figures

|             | Figure 1                     | Figure 2                    | Optional Group | Figure 3                      | Figure 4                 |
|-------------|------------------------------|-----------------------------|----------------|-------------------------------|--------------------------|
| 13-15       | 423 Ariana                   | 301e Barracuda Spinning 360 | 2              | 240a Albatross ½ Twist        | 346 Side Fish tail Split |
| Junior FINA | 308 Barracuda Airborne Split | 355g Porpoise Twist Spin    | 2              | 112f Ibis Continuous Spin 720 | 325 Jupiter              |

### Land Testing

**There will be LTAD testing at this competition.** Testing will occur immediately the figure competition for each age group. More details on this to come.

|                       |  |
|-----------------------|--|
| <b>Schedule</b>       | Schedule will be published separately.   |
| <b>Results</b>        | Results will be sent to all clubs by email. Results will be separated by Age Groups and Streams.   |
| <b>Photography</b>    | All athletes may be photographed and videotaped during the event. Photos/videos may be made public, without authorization from parents or clubs.   |
| <b>Open Pool</b>      | There will be no open pool time at this competition.   |
| <b>Accommodations</b> | <p><b>Hotel: Suburban Extended Stay Hotel</b> 1-306-634-8332<br/> Location: 404 Kensington Avenue, Estevan, SK S4A 2L7<br/> Room Rate: \$105.00/night<br/> Booking Under: Synchro Sask Group #2117980 (50 double rooms available until October 13, 2015)<br/> Some Amenities: Continental breakfast with hot and cold items, NO Pool</p> <p><b>Hotel: Best Western Plus</b> 1-306-634-7447<br/> Location: 92 King Street, Estevan, SK, S4A 2T5<br/> Room Rate: \$129.99/night<br/> Booking Under: Synchro Sask (20 double rooms available until October 13, 2015)<br/> Some Amenities: Continental breakfast with both hot and cold items, Pool</p> <p><b>Hotel: Microtel</b> 1-306-634-7474<br/> Location: 120 King St, Estevan, SK, S4A 2T5<br/> Room Rate: \$129.00/night<br/> Booking Under: Synchro Sask (30 double rooms available until October 30, 2015)<br/> Some Amenities: Continental breakfast with both hot and cold items, Pool &amp; Waterslide</p> <p><b>Hotel: Super 8 Motel</b> 1-306-634-8585<br/> Location: 134 2nd Ave, Estevan, SK, S4A 2W6<br/> Room Rate: \$133.00/night<br/> Booking Under: Synchro Sask (15 double rooms available until October 13, 2015)<br/> Some Amenities: Continental breakfast with and cold items and waffles<br/> NO Pool - hot tub only<br/> Located next door to Tim Hortons</p> |

## Donations

Family and friends can support synchronized swimming in Saskatchewan through two separate programs – Sports Legacy Fund and Planned Giving. Sask Sport Inc. is pleased to be a partner in the National Sport Trust Fund initiative as a member of the Canadian Council of Provincial and Territorial Sport Federations. This initiative permits Synchro Sask to establish revenue generation programs for which a charitable tax receipt can be provided for qualifying donations. Gifts of \$20 or more will automatically receive a receipt. Charitable Registration #889386868 RR0001.

BONUS: SaskSport encourages donations through the NSTF and will top up by 20 % individual donations of \$120 or more annually (as simple as \$10 or more per month).

The Sports Legacy Donation Form is on the next page and is available on the Synchro Sask website at <http://www.synchrosask.com>. Look for the Donations Section under About Us. You can also call Kathleen at 306-780-9227 for more information about the Sport Legacy Fund or Planned Giving.



YES! I WANT TO MAKE A TAX-DEDUCTIBLE DONATION  
TO SUPPORT SYNCHRONIZED SWIMMING IN SASKATCHEWAN

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I WOULD LIKE TO CONTRIBUTE USING THE FOLLOWING PAYMENT OPTION:

- Please debit my account monthly in the amount of \$ \_\_\_\_\_  
(Funds will be withdrawn on the first day of the month. Attach a VOID cheque with necessary banking information. Withdrawals from your account will continue until you notify the Sport Legacy Fund that you wish to discontinue the withdrawals.)
- Here is my lump sum gift in the amount of \$ \_\_\_\_\_
- My cheque is enclosed (payable to the Sport Legacy Fund)
- Please charge my gift to Visa Card:  
Card No. \_\_\_\_\_  
Expires \_\_\_\_\_
- Please contact me about making a planned gift such as life insurance, bequest, gift of listed securities or gift in kind.

Gifts of \$20.00 or more will automatically be receipted.

Charitable Registration #889386868 RR0001

Canadian Council of Provincial & Territorial Sport Federations Inc.

**Note: Individual donations of \$10 OR MORE per month or a one-time donation of \$120 OR MORE are eligible for a 20% top up through the Sport Legacy Fund Donor Incentive Program**

PLEASE APPLY MY DONATION TO THE FOLLOWING CATEGORY:

- |   |   |
|---|---|
| <input type="checkbox"/> Scholarships                 | <input type="checkbox"/> Grassroots Development |
| <input type="checkbox"/> High Performance Development | <input type="checkbox"/> Coaching Development   |
| <input type="checkbox"/> Officials Development        | <input type="checkbox"/> Athlete Development    |
| <input type="checkbox"/> General Operations           |   |

**THANK YOU FOR YOUR GENEROUS SUPPORT**

**Return form to Synchro Sask**

**#209 - 1860 Lorne Street, Regina, S4P 2L7**

**#(306) 780-9227**

**Email: [synchro.sk@sasktel.net](mailto:synchro.sk@sasktel.net)**

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