



**2014-2015  
BC High School  
Package**





"Synchro Swim British Columbia provides opportunities to foster and promote a fully integrated Synchronized Swimming Sport System throughout BC, which will offer opportunities for excellence at all levels of participation from Recreational to International."

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## 1. OFFICE INFORMATION

### I. ADDRESS

Synchro BC  
#2002C – 3713 Kensington Avenue  
Burnaby, BC,  
V5B 0A7

### II. GENERAL CONTACT INFORMATION

E-Mail: [info@synchro.bc.ca](mailto:info@synchro.bc.ca)  
Website: [www.synchro.bc.ca](http://www.synchro.bc.ca)  
Phone Number: 604-333-3640

### III. OFFICE HOURS

Monday	8:00am – 4:00pm
Tuesday	8:00am – 4:00pm
Wednesday	8:00am – 4:00pm
Thursday	8:00am – 4:00pm
Friday	8:00am – 4:00pm
Weekends & Holidays	Closed

### IV. STAFF

Annie Smith	Executive Director	<a href="mailto:ed@synchro.bc.ca">ed@synchro.bc.ca</a>
Susan Kemper	Technical Director	<a href="mailto:td@synchro.bc.ca">td@synchro.bc.ca</a>
TBA	Event Manager	<a href="mailto:competitions@synchro.bc.ca">competitions@synchro.bc.ca</a>



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## 2. LOCATION

The BC School Sports Provincial Synchronized Swimming Championships 2014 will be taking place in Richmond at **Watermania** on **Friday November 14, 2013 from 8am to 1pm.**

### **Watermania**

14300 Entertainment Blvd,  
Richmond, BC,  
V6W 1K3

## 3. RULES

### I. ELIGIBILITY

It is MANDATORY that all athletes register with BC School Sports PRIOR to registering for Synchro.

### II. EVENTS

There is no limit as to the number of athletes entered for Novice, Star 1-6 and Age Groups. All athletes must be registered in a figure category in order to compete. Age Group athletes will compete in their respective routine element as their second event and the novice and Star athletes will compete in the 4 person relay teams as their second event.

\*Please note that there must be a minimum of two entries in an event in order to be included in the competition. If there are not enough entries, schools will be notified as soon as possible; after all of the entries have been received.

### III. QUALIFYING DEFINITIONS

Synchro Star Levels and Age Group are skill based, and not related to hours of practice.

#### **AGE GROUP 13&OVER NOVICE, 13-15 AND 16-18**

Athletes are to compete in their respective Age Group they are presently registered in with Synchro BC. All athletes will compete in their respective Age Group for both figures and routine element. Athletes must enter both categories to compete.

#### **RECREATIONAL STAR 1-7**

Athletes who are or have been registered as recreational synchronized athletes but not as Age Group athletes with Synchro BC, and also those athletes who have had synchronized swimming practice and experience but have never been registered with Synchro BC.

#### **RECREATIONAL NOVICE (STAR 1)**

Athletes who have never competed in a synchronized swimming event and have never been STAR tested. Please note that students that have competed as a Novice in past High School competitions MUST move on to the Star 1-3 Category.

## 4. REQUIRED FIGURE CATEGORIES FOR ALL COMPETITORS

### I. RECREATIONAL

#### NOVICE

- Eggbeater Stationary (arms extended to the side, palms up)
- Somersault Back Tuck (starting and finishing in a back layout)
- Sailboat
- Head First Scull (standard scull) (5 meters/16 feet)

#### STAR 1-3

- Eggbeater Stationary (arms extended to the side, palms up)
- Sailboat Alternate (stationary)
- Propeller (5 meters)
- Somersault Back Tuck (starting and finishing in a back layout)

#### STAR 4-7

- Ballet Leg (single)
- Somersault Front Pike
- Blossom
- Bent Knee Vertical Position

### II. COMPETITIVE

#### AGE GROUP 13&O NOVICE

- Ballet Leg Single
- Barracuda
- Oceanita
- Kip

#### AGE GROUP 13-15

- Ariana
- Barracuda Spinning 180
- Heron
- Catalina

#### AGE GROUP 16-18

- Ariana
- Barracuda Spinning 360
- Porpoise ½ Twist
- Aurora

## 5. ROUTINE ELEMENTS

Athletes will perform individually as they did in figures. One swimmer at a time will perform in front of a panel of judges and scores will be awarded according to execution of the routine element.

### I. AGE GROUP 13&O NOVICE

(Face judges) Body boost no arms sink under, surface to side flutter left arm, airplane with right arm to front layout to front pike pull down, lift to crane, horizontal leg bends to bent knee vertical, join to vertical as ankles submerge, tuck & kick to surface, surface right arm leading kick pull kick, switch to left arm kick pull kick, at the end of arm extension extend to front layout with left arm extended in front, face in & roll onto back, pull into back layout, right leg sail boat, right ballet leg, back tuck under and surface in eggbeater ¼ turn to face judges.

### II. AGE GROUP 13-15

Eggbeater facing judges, kick on to side, pull down to front pike position, front walkover finishing in an extended back layout, tuck, pop-up to forward eggbeater, turn 180 degrees, layout and bring feet to surface, sailboat, ballet leg, flamingo position, tuck, single arm body boost facing judges.

### III. AGE GROUP 16-18

Double arm eggbeater boost, rise to right let bent knee (right leg straight, left leg bent), switch to left leg crane, join to vertical, extend both legs down to splits, walkout finishing in an extended back layout, flick to ballet let, tuck, pop-up to egg beater moving forward, right arm extend out to 45 degree (fingers closed, palm up), spin 180 degrees to face other side of pool, boost to rib cage as arm moves to 90 degrees, stop at the wrist and pull hand under, vertical boost, 180 degree spin, surface in eggbeater facing judges.



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## 6. SKILLS RELAY – NOVICE AND STAR ATHLETES ONLY

Four (4) athletes, each doing one length and one skill, perform the following skills in the following order:

1. Side Flutter
2. Foot First Sculling
3. Tub Position, Foot First
4. Extended back flutter

Judges will be at the ends of each lane to record penalties or disqualification:

Timers will be located at the beginning and finish of the race to record times.

All competitors must start and finish each length by touching the wall. (5 second Penalty for not touching the wall will be recorded)

Competitors must touch wall before next competitor begins his/her length (5 second Penalty for starting length before teammate touches wall will be recorded)

Pushing off the wall will result in disqualification. (Team will be notified of disqualification at the end of their race.)

Propelling ones self differently other than the required scull for the length. (10 second Penalty will be recorded)

Position must be held entire lengths. (10 second Penalty will be recorded)

Arms must stay fully extended and hands must remain touching in back flutter for entire length. (10 second Penalty will be recorded)

## 7. SCORING:

### I. EVENT SCORING

Points scoring for Synchro	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Figure events for each category	20	18	16	15	14	13	12	11
Routine elements for each tier Category	20	18	16	15	14	13	12	11
Relay Teams for Novice	20	18	16	15	14	13	12	11

### II. SCORING FOR AQUATICS BANNER

Swimming: Schools will be awarded points towards the banner based on the total number of points scored in individual and relay events.

Synchro: Schools will be awarded points towards the banner based on the schools finish in the Synchro competition.

Example: 1st place team in Synchro competition is awarded 60 points towards the banner; the 2nd place team will receive 48 points.

School finish:	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Banner Points:	60	48	36	30	24	18	12	6



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## 8. FEES

The fees for the BC High School Meet are the following:

- Figures (*individual fee per swimmer*) \$15.00
- Routine elements (*individual fee per swimmer*) \$10.00
- Relay Entry (*fee per team entered*) \$20.00

### MAIL

Please send the cheque including the registration form to the Synchro BC office by mail.

#### Synchro BC

#2002C – 3713 Kensington Avenue  
Burnaby, BC  
V5B 0A7

### CHEQUES

Cheques are payable to "Synchro BC".

### DEADLINE

Deadline: **October 19, 2014 by midnight!**

Please make sure that the name of the High School is clearly marked.

The schools will be charged **\$100.00** if the deadline is not met.

## 9. ENTRY FORMS

Please e-mail or mail the entry forms to:

#### Synchro BC

#2002C – 3713 Kensington Avenue, BC, V5B 0A7

Phone: 604 -333-3640

E-mail: [competitions@synchro.bc.ca](mailto:competitions@synchro.bc.ca)

Please make sure that all the athletes' information is marked clearly on the entry form to speed up the process. The forms online are fill in forms where all information can be entered on the computer. Therefore the form can be printed off and sent per email.