

# ONTARIO ARTISTIC SWIMMING



**THURSDAY MARCH 10, 2022  
TO  
SUNDAY MARCH 13, 2022**

**JANUARY 14, 2022**

CANADA  
ARTISTIC  
SWIMMING



# 2021 COMPETITION SEASON

## GUIDING PRINCIPLES

### SAFETY FIRST

The **safety of all participants** will be the leading principle that will guide our decisions as we navigate through the competition season

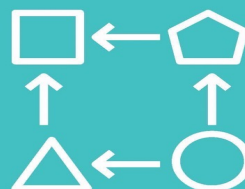


### EMBRACE THE NEW NORMAL

Embrace the new opportunities and **resist thinking** we will be able to do what we have always done

### BE ADAPTABLE

Accept that artistic swimming **WILL look different** for every province and club - what is important is not being equal but rather making sure the sport is not being held back because we are catering to the lowest common denominator. There needs to be the opportunity for everyone to deliver programming based on whatever protocols are in place in their own area of the country



### SUPPORT THE SPORT

We must support Artistic Swimming happening in the 2020-2021 season **in whatever way that is possible**. The priority is the health of the sport and what can be done to ensure that artistic swimming flourishes in every club in Canada

### SHIFT OUR FOCUS

There needs to be a focus shift away from the end goal of "events" to the experience/environment in clubs and the athlete experience for the season. **This season is about the process (the journey) and not the outcome (results at national events).**



### PROVIDE CERTAINTY

We need a plan that has **100% certainty** with alternate plans ready to execute if things change

# GENERAL INFORMATION

<b>Competition Dates</b>	March 10-13, 2022
<b>Registration</b>	OPENS Friday January 14, 2022 - 8:00am CLOSES Monday January 24, 2022 - 5:00pm
<b>Host Club</b>	Toronto Artistic Swim Club
<b>Meet Managers</b>	Kathryn Allen and Tracey Colson
<b>Ontario Artistic Swimming</b>	Mary-Jane Ling mjling@ontarioartisticswimming.ca
<b>Venue</b>	Markham Pan Am Centre 16 Main St Unionville, Unionville, ON L3R 2E4
<b>Events</b>	<p><u><b>FIGURES - (VIDEO SUBMISSIONS)</b></u> AWD,10U, 11-12 &amp; 13-15 Figures</p> <p><u><b>ROUTINES - (IN PERSON)</b></u> 10 &amp; Under Duet &amp; Team 11-12, 13-15, Solo, Duet &amp; Team AWD: Solo, Duet, Mixed Duet, Team, Mixed Team Junior: Tech &amp; Free Solo, Duet &amp; Team Senior: Tech &amp; Free Solo, Duet &amp; Team Open: Combo &amp; Highlight Teams</p>
<b>Rules</b>	The competition will be held in accordance with Ontario Artistic Swimming Rules
<b>Byes</b>	<p>Byes will only be granted to individual swimmers on medical or compassionate basis. Link for Bye Request Form:</p> <p><a href="https://ontarioartisticswimming.formstack.com/forms/bye_request_form">https://ontarioartisticswimming.formstack.com/forms/bye_request_form</a></p>

# REGISTRATION FEES AND PAYMENTS

<b>Entry Deadline</b>	<b>Monday January 24, 2022 @ 5:00 pm</b>
<b>Entry Fees</b>	<p>Figures .....\$29.00/athlete  Team .....\$86.00/ routine  Duet .....\$43.00/ routine  Solo .....\$43.00/ routine  Combo/ Highlight Routine .... \$86.00/ routine</p>
<b>Entry Submission</b>	Entries are to be done on the Canada Artistic Swimming Registration System – Competition Registration System
<b>Payment</b>	<p><b>Club Meet Fee Payments from the Lisa Alexander event,</b> will be held as a credit to be applied to fee payments due for <b>Leslie Taylor Ontario Cup</b> registrations. Any differences will be determined after registration and clubs will be notified as required. Please register all entries as soon as possible, including generating a batch of payment due, so that we can process the accurate credits or identify additional fees or credits due.</p>
<b>Late Entry Fee</b>	<p>5.5.1 b) Each routine whose entry package has not been received or is incomplete by the stated deadline is automatically assessed a \$25.00 fine. This fine must be paid to the OAS Office (for Ontario Competitions), or to the Chief Referee or designate at the coaches meeting prior to the competition, or the routines concerned will be disqualified from the competition.</p> <p>For Ontario competitions, new entries or corrections to incomplete entries will still be accepted beyond two weeks prior to the start date, however each change/correction/addition 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>

# COMMUNICATION AND COMPETITION INFORMATION

<b>Email Policy</b>	<p>All correspondence as required will be by email, using the Registrars contact email.</p> <p>Results will be emailed to the Head Coach during the Competition.</p>
<b>Communications</b>	All meet information and communications will be circulated to clubs via email.
<b>Pronunciation</b>	Throughout the events we'll be announcing the names of your club, your coaches and your swimmers. Help our announcers get the correct pronunciation the first time, every time, so we won't feel awkward, and you won't feel annoyed. Please help by <a href="#">submitting hint for difficult names</a> to the meet manager
<b>Figures</b>	All Figure draws (1 Compulsory Figure & 1 Optional Figure and AWD) will be done by Ontario Artistic Swimming February 10.
<b>Order of Swim</b>	In an effort to provide added security and privacy for our Athletes and Coaches in advance of each competition the Order of Swim is now password protected. Head Coaches will be provided with the password
<b>Results</b>	Will be emailed to participating Club Head Coaches.
<b>Admissions Based on COVID Restrictions</b>	Figures - N/A (Video Submissions)
	Routines - To be confirmed
	Children 10 and under - To be confirmed
<b>Photography</b>	<p>All athletes can be photographed and videotaped during the event.</p> <p>OAS approved photographer may be on deck during all or a portion of the event</p> <p>No flash Photograph</p>

# FIGURES & DIGITAL MUSIC SUBMISSIONS

<b>File Format</b>	<p>Please note that 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 should review each digital file for quality, timing and completeness. (Please ensure that volume is consistent throughout all cuts of music)</p>
<b>LABELING CONVENTION</b>	<p>In order to correctly identify each swimmer's music, please name the file using the specific naming format as indicated below.</p> <p>IMPORTANT: Please make sure not to have any special characters (accents/punctuation marks, #, \$, &amp; etc.) in your file name – your song file may not download correctly and will be missing from the competition folder. Note that underscores are acceptable and can be used to separate words.</p> <p>For Figures and Solos = AgeGroup/Category_Club_Coaches Initials_Swimmer's last name For Duet = Age Group/Category_Club_Coaches Initials_Swimmers' Initials For Team = Age Group/Category_Club_Coaches Initials_Team Name</p> <p><b><u>SHARING YOUR GOOGLE FOLDER:</u></b></p> <p>Once all music has been uploaded please close the folder and share to the following emails</p> <p>Erika Lindner <a href="mailto:kelindner@rogers.com">kelindner@rogers.com</a> Lauren Lindner <a href="mailto:llindner@ontarioartisticswimming.ca">llindner@ontarioartisticswimming.ca</a> Mary-Jane Ling <a href="mailto:mjling@ontarioartisticswimming.ca">mjling@ontarioartisticswimming.ca</a></p>

<b>Metadata/ ID3Tags</b>	<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>To do this on Windows PC: Right click on the song file &gt; Select 'Properties' &gt; Select the 'Details' tab Under the segment called 'Description,' change the value of 'Title' to match the file name (as per the naming convention outlined above)</p> <p>To do this in iTunes: Right click on the song file &gt; Select 'Get Info' &gt; Under the 'Details' tab, change the value of 'Song name' to match the file name (as per the naming convention outlined above)</p> <p>Click OK</p>
<b>Submission Deadline</b>	<p>The deadline to send and confirm all figure videos and routine music files (<b>Thursday February 24, 2022 – 5:00pm</b>)</p>
<b>Google Folder Sharing</b>	<p><b><u>SHARING YOUR GOOGLE FOLDERS FOR FIGURES AND MUSIC:</u></b></p> <p><u>One folder for figures and One folder for music</u></p> <p>Once all music has been uploaded please close the folder and share to the following emails</p> <p>Erika Lindner <a href="mailto:kelindner@rogers.com">kelindner@rogers.com</a>  Lauren Lindner <a href="mailto:llindner@ontarioartisticswimming.ca">llindner@ontarioartisticswimming.ca</a>  Mary-Jane Ling <a href="mailto:mjling@ontarioartisticswimming.ca">mjling@ontarioartisticswimming.ca</a></p>
<b>Rules for Gelling</b>	<p>No Gelling</p>
<b>Rules for Stretching &amp; Land Warm Up</b>	<p>All facility COVID restrictions will be enforced</p>

# 2022 CAS QUALIFIER SOLO & DUET QUOTAS

Selection Committees and Qualification/Advancement  
See rule 3.2.2 Selection Committee



2022 QUALIFIER QUOTAS | QUOTAS - QUALIFICATIONS 2022  
Preliminary Version v1.0 (Sep 21, 2021) | Version préliminaire v1.0 (21 sept 2021)

# competitive swimmers (0-200 = 2   200-400 = 3   401+ = 4)	BC		AB		SK		MB		ON		OC		NB		NS		PEI		NL		YK		30
	#R	# Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	#R	#A Entries	
	239	3		403	4			134	2	1102	4	1150	4	104	2	57	2	13	2	81	2	11	2
13-15 Solos									6														
Medals in 2018									1	2		2	4										6
4-12 in 2018				1	1				4	4		3	3										9
Medals in 2019				1	2				1	2		1	2										6
4-12 in 2019	1	1		1	1				1	1		6	6										9
TOTAL		4		7				4		10		12		2		2		2		2		2	49
13-15 Duets									6														
Medals in 2018									1	2		2	4										6
4-12 in 2018				2	2				4	4		2	2										9
Medals in 2019				1	2				1	2		1	2										6
4-12 in 2019	1	1		2	2				3	3		3	3										9
TOTAL		4		8				2		10		10		2		2		2		2		2	48
Junior Solo TECH									6														
Medals in 2018				1	2				1	2		1	2										6
4-12 in 2018	2	2							3	3		3	3										9
Medals in 2019				2	4				1	2		4	4										6
4-12 in 2019	1	1							4	4													9
TOTAL		5		8				2		10		9		2		2		2		2		2	48
Junior Solo FREE									4														
Medals in 2018									1	2		1	2										6
4-12 in 2018	3	3							1	1		2	2		1	1							9
Medals in 2019				1	2				1	2		1	2										6
4-12 in 2019	1	1		1	1				2	2		4	4										9
TOTAL		6		7				2		8		10		3		2		2		2		2	49
Junior Duet TECH									5														
Medals in 2018				1	2				1	2		1	2										6
4-12 in 2018				1	1				3	3		4	4										9
Medals in 2019				1	2				1	2		1	2										6
4-12 in 2019				1	1				3	3		4	4										9
TOTAL		3		7				2		9		10		2		2		2		2		2	45
Junior Duet FREE									6														
Medals in 2018				1	2				2	4													6
4-12 in 2018				1	1				2	2		5	5										9
Medals in 2019				1	2				1	2		1	2										6
4-12 in 2019				1	1				3	3		4	4										9
TOTAL		3		7				4		9		10		2		2		2		2		2	45
Junior Duet FREE									6														
Medals in 2018				1	2				2	4													6
4-12 in 2018				1	1				2	2													9
Medals in 2019				1	2				1	2		1	2										6
4-12 in 2019				1	1				2	2		6	6										9
TOTAL		3		7				2		10		12		2		2		2		2		2	48



# **OAS QUALIFICATION PROCESS FOR SOLOS AND DUETS TO ONTARIO OPEN CHAMPIONSHIPS**

Age Group 10 & Under, 11-12, 13-15 Teams, Junior FINA Tech/Free Teams, Senior FINA Tech/Free Teams, Free Combinations, and Highlight Routines: All team routines that enter and compete at Leslie Taylor Ontario Cup are eligible to enter Ontario Championships (provided they did not attend National Championships – see rule 4.9 regarding National Exhibition entries).

Age Group 13-15 Solo and Duet/Trio, Junior FINA Tech/Free Solo and Duet/Trio, and Senior FINA Tech/Free Solo and Duet/Trio: Quotas will be based on proportional representation based on the number of entries registered at the qualification event (Hilton) from each Region (Central, East, North, and West), who have declared their intent to try to qualify on to Ontario Championships. A total of 15 duet/trio entries and 15 solo entries in each age group will be eligible to advance to Ontario Championships.

Age Group 13-15 Solos and Duets, Junior FINA Tech/Free Solos and Duets, and Senior FINA Tech/Free Solos and Duets: that qualify to compete at National Qualifier automatically move to Ontario Championships as follows:

1. Any Solo and Duet that qualifies to compete at and swims at CAS National Championships may compete at Ontario Championships as EXHIBITION (see rule 4.9 page 49)
2. Any Solo and Duet that qualifies and competes at National Qualifier but DOES NOT enter to compete at Nationals may compete at Ontario Championships (Seeded - go directly to OOAGC) with NO impact on current OAS Regional quotas)
3. The top 6 Solos and Duets that do not qualify for AND/OR compete at National Qualifier may compete at Ontario Championships (Seeded - go directly to OOAGC) but are part of OAS Regional Quotas)
4. 10 & Under Duets and all other Solos and Duets must qualify through Hilton to a maximum of 1 North, and 2 Central, 2 East & 2 West in addition to the 6 from Leslie Taylor Cup

There may be no pre-swimmers selected for Ontario Championships if video recordings of pre-swimmers are used (see rule 4.5.3 d) regarding pre-swimming).

# AWD Levels & Figures

## LEVELS 1-5

Athletes with disabilities with physical, intellectual, and visual classifications will all compete the same figures. Alternate figures have been provided for athletes who have a limited range of motion.

Level	Group 1	Group 2	Group 3
1	Back Layout	Front Layout	Split Alt. Swirly
	Vertical at Ankles	Tub	Pike
2	Bent Knee Alternate	Back Tuck Somersault	Bent Knee Vertical Position
	Split to Vertical (Ankles) Alt. Swirly to Vertical (Ankles)	Front Pike Pulldown	Oyster
3	Ballet Leg Single	Kipnus1	Surface Prawn Alt. Surface Prawn with Swirly instead of Split
	Blossom Alt. Blossom with no Split	Front Pike Pulldown Lift to Fishtail	Bent Knee, Vertical Descent
4	Straight Leg Ballet Leg	Kip	Water Drop (No Spin)
	Front Walkover	Tower	Barracuda
5	Flamingo Bent Knee	London	Albatross
	Arianna Alt. Ballerina	Porpoise	Barracuda Spin 180

AWD falls under the same figure rules as competitive.

## Level 6 (Technical Routine):

Choose 4 elements from the list below. Elements may be performed in any order.

\*Athletes with disabilities with physical, intellectual, and visual classifications will all compete the same technical elements.

\*Athletes will complete three (3) of the four (4) technical elements listed below for both technical solo and technical duet events.

- Airborne Split
- Flying Fish
- Barracuda 360
- Ballet Leg Sequence (must include two alternate bent knees, a single ballet, flamingo)
- Twist Spin
- Tower
- Body Boost (1 or 2 arms immediately followed by eggbeater with arms)
- Walkover
- Thurst

Judges will be notified of the elements prior to athlete competing

### Time Limits for Routines

Category	Level	Tech Solo	Free Solo	Tech Duet	Free Duet	Free Team
AWD	1	-	1:30	-	1:45	2:15
	2	-	1:45	-	2:00	2:45
	3	-	2:00	-	2:15	3:00
	4	-	2:15	-	2:30	3:30
	5	-	2:30	-	2:45	3:45
	6	2:00	2:30	2:20	3:00	4:00
Mixed Abilities	Coaches can follow the AWD level time guidelines that best suit the level of their athletes to a maximum of 4:00 (+0:15)					