

ONTARIO **ARTISTIC** **SWIMMING**

LISA ALEXANDER TECH & ROUTINE FEEDBACK EVENT & OWG QUALIFIER

GENERAL INFORMATION

**(This is not a meet package. It is information as
of November 28)**

**THURSDAY JANUARY 12, 2023
TO
SUNDAY JANUARY 15, 2023**

NOVEMBER 28, 2022

GENERAL INFORMATION

Competition Dates	January 12-15, 2023
Registration	OPENS Monday December 5, 2022 @ 8:00am CLOSES Sunday December 16, 2022 @ 11:59pm
Hosts Club	GO CAPITAL ARTISTIC SWIMMING
Meet Manager	TBA
Ontario Artistic Swimming	Mary-Jane Ling mjling@ontarioartisticswimming.ca
Venue	Nepean Sportsplex 1701 Woodroffe Ave, Nepean, ON K2G 1W2
Events	<u>FIGURES ARE MANDATORY</u> AWD , 10 & Under, 11-12 & 13-15 (YOUTH) Figures <u>ROUTINES ARE FEEDBACK ONLY</u> 10U Duet & Team 11-12* , 13-15* (YOUTH), Solo, Duet & Team* 11-12*, 13-15* (YOUTH) Teams are judged for OWG Qualifier AWD : Team, Mixed Team Junior: Tech & Free Solo, Duet & Team Senior: Tech & Free Solo, Duet & Team Open: Combo & Highlight Teams
Rules	The competition will be held in accordance with Ontario Artistic Swimming Rules
Byes	Byes will only be granted to individual swimmers on medical or compassionate basis. Link for Bye Request Form: https://ontarioartisticswimming.formstack.com/forms/bye_request_form

REGISTRATION FEES AND PAYMENTS

Entry Deadline	Sunday December 16, 2022 @ 11:59pm
Entry Fees	Figures\$37.00/athlete Solo\$45.00/ routine Duet70.00/ routine Team\$120.00/ routine Combo/ Acrobatic Routine\$140.00/ routine Athlete Surcharge.....\$25.00/per athlete
Entry Submission	TBD
Payment Options	Payment must be received by Ontario Artistic Swimming no later than 10 days after registration closes Authorized Club Credit Card or Personal Credit Card – call Sue at 416-679-9522 ex 221 eTransfer - oaspayments@ontarioartisticswimming.ca
Late Entry Fee	<p>Each club’s whose entry package has not been received or is incomplete by the stated deadline is automatically assessed a \$25.00 fine per routine. 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>

COMPETITION INFORMATION

Email Policy	<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>
Communications	<p>All meet information and communications will be circulated to clubs via email.</p>
Pronunciation	<p>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 submitting hint for difficult names to the meet manager</p>
Figures	<p>The 10U, 11-12 & AWD figures will be 2 figures. 1 compulsory and 1 random from the other groups.</p> <p>The 13-15 (YOUTH) will be the same procedure that CAS and FINA are doing. We will draw either Section A,B,C. Whichever section we draw - those will be the 4 figures (2 groups for the meet. Ted will split the draw in half and each half will do one of the two groups. The event will still run as just 2 figure panels on the pool deck.</p> <p>Figure draws will be done Monday December 12.</p>
Order of Swim	<p>In an effort to provide added security and privacy for our Athletes and Coaches in advance of each competition the Order of Swim will be emailed to Club Head Coaches</p>
Results	<p>Will be emailed to participating Club Head Coaches.</p>
Admissions	<p>Figures – To be confirmed.</p>
	<p>Routines – To be confirmed</p>
	<p>Children under 10 are FREE</p>
Photography	<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 events</p> <p>No flash Photograph</p>

2023 Lisa Alexander Meet/Routine Meet/OWG Qualifier

Nepean Sportsplex

January 12-15, 2023

Tentative Schedule # 1

Key	Warm-up	Coaches	Officials	
	10 & Under	11-12 Provincial	13-15	Junior
	Senior	AWD	Combo	

Date	Time	#	Event
Thursday	8:00AM-8:30AM	W	Junior and Senior Free Solo Warmup
	8:35AM-8:55AM		Senior Free Solo Competition
	8:55AM-11:10AM		Junior Free Solo Competition
	11:15AM-11:45AM	W	13-15 Duet Warmup
	11:50AM-11:55AM		13-15 Mixed Duet Competition
	11:55AM-2:15PM		13-15 Duet West Competition
	2:20PM-2:50PM	W	Junior Tech Duet Warmup
	2:55PM-4:05PM		Junior Tech Duet Competition
	4:10PM-4:40PM	W	13-15 Solo Warmup
	4:45PM-6:45PM		13-15 Solo Competition
	6:50PM-7:20PM	W	Junior Tech Solo Warmup
	7:25PM-8:20PM		Junior Tech Solo Competition
8:20PM-8:30PM		Senior Tech Solo Competition	
	8:30AM-9:00AM	W	Junior Free Duet Warmup
	9:05AM-10:50AM		Junior Free Duet Competition

	W	11-12 Duet Warmup	
		11-12 Duet Competition	
	W	Free Combination Team & Acrobatic Team Warmup	
		Free Combination Competition	
		Acrobatic Team Competition	
	W	11-12 Solo Warmup	
		11-12 Solo Competition	
	W	Junior Free & Senior Free Team Warmup	
		Junior Free Team Competition	
		Senior Free Team Competition	
Friday			
Saturday		11-12 & 13-15 Figure Warmup	
		11-12 Figure Competition - 2 Panels	
		13-15 Figure Competition - 2 Panels	
		W	Junior Tech Team & Mixed Ability Team Warmup
			Mixed Ability Team Competition
			Junior Tech Team Competition
		W	AWD Duet, Mixed Ability Duet, 10U Duet Warmup
			AWD-P Duet Competition
			AWD-C Duet Competition
			Mixed Ability Duet
			10&Under Duet Competition

	4:40PM-5:10PM	W 13-15 Team Warmup
	5:10PM-6:10PM	13-15 Team Competition
	6:10PM-6:40PM	W 13-15 Team Warmup
	6:40PM-7:40PM	13-15 Team Competition
Sunday	8:00AM-8:30AM	W 10&Under Figure & AWD Figure Warmup
	8:35AM-9:45AM	10&Under Figure Competition - 2 Panels
	8:35AM-9:45AM	AWD Figure Competition - 2 Panels
	9:50AM-10:20AM	W 11-12 Team Warmup
	10:20AM-11:10AM	11-12 Team Competition
	11:00AM-11:30AM	W 11-12 Team & AWD Team Warmup
	11:30AM-12:10PM	11-12 Team Competition
	12:10PM-12:15PM	AWD Team Competition
	12:20PM-12:35PM	W AWD Solo Warmup
	12:35PM-12:40PM	AWD Tech Solo
	12:40PM-12:55PM	AWD-P Solo Competition
	12:55PM-1:10PM	AWD-C Solo Competition
	1:15PM-1:45PM	W 10&Under Warmup
1:45PM-2:15PM	10&Under Team Competition	

ONTARIO ARTISTIC SWIMMING

Preferred Hotels:

DID YOU KNOW THAT BOOKING INTO THE COMPETITION RECOMMENDED HOTELS ACTUALLY MAKES A HUGE DIFFERENCE?

- It provides a competitive rate to participating teams
- It supports overall competition costs. Being able to prove the high economic impact that our competitions have on a host city and tourism boards offers more grant opportunities and increases host city interest in future years.
- Negotiate more services with hotels who are able to service youth sports teams

Using the recommended hotels is a gesture of solidarity towards the organizers of the competition and, at the same time, it goes a long way towards helping the sustainability of our provincial competition system. We are counting on you!



LISA ALEXANDER
 Nepean Sportsplex
 January 12 –15, 2023

HOTEL INFORMATION

Please note that it is the Club's responsibility to book the ir own accommodations Clubs & competitors attending are invited to choose a hotel from the list below

HOTEL	Residence Inn by Marriott Ottawa Airport	Homewood Suites by Hilton Ottawa Airport	Sandman Signature Ottawa Airport Hotel
Address	1172 Walkley Rd, Ottawa, ON K1V 2P7	3605 Paul Anka Dr, Ottawa, ON K1V 2S6	250 W Hunt Club Rd, Ottawa, ON K2E 0B7
Phone # Email address	(613) 523-9600	(613) 422-3678	(613) 216-7263 or 1-800-SANDMAN res_signatureyow@sandman.ca
Booking Reference	OAS	OAS	Ontario Artistic Swimming Group Quote #2301SWIM
Proposed Rates	Studio King - \$199.00+tx TwoQueenSuite-\$219.00+tx	Studio King - \$149.00+tx TwoQueenSuite-\$159.00+tx	Two Queen Beds - \$149+tx
Booking Deadline	December 11, 2022	December 11, 2022	December 11, 2022
Parking Cost	Parking included	Parking included	Parking included
Breakfast	Breakfast included	Breakfast included	Breakfast NOT included
Distance to the Pool	10.9 km	7.8 km	4.4km

Residence Inn booking link <https://www.marriott.com/events/start.mi?id=1659109369718&key=GRP>

To book at the Homewood Suites Ottawa Airport, here are your booking options:

- 1) Call the hotel directly (613-422-3678) and provide dates and block code **OAS** and the front desk staff will take care of the rest;
- 2) [Go to homewoodsuites.com](https://www.marriott.com/events/start.mi?id=1659109369718&key=GRP)
 - a) Enter city and dates
 - b) Click on "add special rate codes"
 - c) Enter **OAS** in the "group code" section.

ONTARIO WINTER GAMES*

The Ontario Winter Games (OWG) is open to all registered competitive athletes who are between 11 and 20 years of age as of December 31 of the year of the games (December 31, 2023).

Qualification is open to both Provincial and National Stream teams as mandated by Ministry guidelines. Artistic Swimming event categories for the 2023 Ontario Winter Games are:

- 11-12 YRS (average age as per rulebook explanation of calculating team ages) compete in ONE category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- 13-15 YRS (YOUTH) (average age as per rulebook explanation of calculating team ages) compete in ONE category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- **AWD Cognitive** athletes compete in ONE category in the following events: **AWD-C** Solo & Figures
- **AWD Physical** athletes compete in ONE category in the following events: **AWD-P** Solo & Figures

The Ontario Winter Games will follow rules for competitions as in the Ontario Age Group OPEN Championships (Provincial Rulebook) with the inclusion of the following:

Team/Athlete participation:

- **TEAM EVENT:** In either age group, teams are permitted a maximum of 8 swimmers in pattern plus 1 alternate (for a total of 9 athletes attending the games). Team athletes can only swim on one team (either 11-12 or 13-15).
- **FIGURES EVENT:** All athletes compete in the figure event as per provincial rules. Figure group (1 category/2 figures) will be announced 2 weeks prior to the start of the games. **AWD** athletes compete figures within their category and level as per provincial rules.
- **DUET EVENT:** Each team that qualifies for and attends the OWG may enter 2 duets who swim in their proper age group from their team roster. Duets are comprised of 2 swimmers as per provincial duet rules. Duet athletes can swim in one duet event only.
Duets may be comprised from a combination of two different teams from the same club who have both qualified for the Games. No alternates permitted. No trios permitted.
- **SOLO EVENT:** Each team that qualifies for and attends OWG may enter 2 solos from their team roster. Teams who qualify are allowed to provide 11-12 or 13-15 solos only, who swim in their proper age group.
- **AWD-C/AWD-P SOLO:** Up to 12 AWD athletes (across both Cognitive & Physical) may qualify for OWG and enter the solo event in either the Cognitive or Physical category, as per provincial rules.
- **FLEXIBILITY EVENT:** Flexibility is a stand-alone event. All athletes will participate (with the exception of AWD athletes).
- **LAND DRILL EVENT:** The Land Drill event is a stand-alone event and does not affect any other event at the Games. Land drill events will be: 11-12 Team and 13-15 Team.

COACHES:

- Each qualified 11-12/13-15 (YOUTH) Team is permitted to send up to two coaches; one coach must be designated as the Lead Coach and must be minimum Competition Introduction Certified. The second coach must be an Assistant Coach (attending for development/mentoring purposes) and must be minimum Competition Introduction Trained as per Coach Eligibility Rule ON 3.1.9.1.

- Each qualified **AWD** athlete is permitted to send one coach (minimum Competition Introduction Trained as per Coach Eligibility Rule ON 3.1.9.1).

- **TEAM EVENTS** – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- **FIGURE EVENTS** – Awards by age group (11-12; 13-15 (YOUTH)); and any additional required categories; **AWD** figures shall be awarded by category and by level as per provincial rules; OAS single ribbons; top 6 in each category
- **DUET EVENTS** – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- **SOLO EVENTS** – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- **AWD-P/AWD-C SOLO EVENTS** – Awards for **AWD-C** category and **AWD-P** category; OWG medals for gold, silver, bronze shall be awarded to the highest score in each category (regardless of level)
- **FLEXIBILITY** – Certificates (Gold, Silver, Bronze standards)
- **LAND DRILL EVENT** – Awards for 11-12 category and 13-15 (YOUTH) category; OAS single ribbons, top 3 in each Category

QUALIFYING PROCEDURE:

- All TEAM routines must be judged at the designated 2023 Ontario Winter Games Qualifier
- The 2023 Ontario Winter Games Qualifier will consist of: 11-12 figures, 13-15 (YOUTH) figures, 11-12 team, 13-15 (YOUTH) team, **AWD-C/AWD-P** Figures, **AWD-C/AWD-P** Solo events only (and any additional required figure categories). There will be no awards at the qualifying meet. Draws will occur as per provincial competitions listed in the rulebook.
- The championship scores obtained at the 2023 Ontario Winter Games Qualifier shall be the mark used to qualify for Ontario Winter Games. By attending the Qualifying event, you are committing to attend the games should you place in the top categories. If a team declines their spot at the OWG Qualifier or fails to attend the Games, that team will pay a \$500.00 fine to OAS. Note: For 2023, the 11-12 & 13-15 (YOUTH) Team events at the OWG Qualifier and Lisa Alexander & Routine Feedback Event will be combined into one event. Teams must declare at the time of meet registration which meet they are entering; results will be posted for the OWG Qualifier separately.
- The top two teams in each age group from the East, Central and West regions qualify to the Games. The top team in each age group from the North qualify to the games.
- Pending availability of athlete spots or need to increase participant numbers (determined by OAS in accordance with the Ontario Winter Games), a wildcard draw will be used. Additionally, should a region be unable to field a team, spots may be filled by the next highest-ranking team in the region that is drawn in the wildcard selection.

Pre-Swimmers:

- There will be no pre-swimmers at this event.