



North / East Regional League
& Masters Winter Meet 2025

COMPETITION INFO PACKAGE

ONTARIO 
ARTISTIC 
SWIMMING

GENERAL INFORMATION

DATES	Saturday, March 1, 2025
VENUE	Nepean Sportsplex 1701 Woodroffe Avenue Nepean, ON
REGISTRATION DEADLINE	Sunday, February 9, 2025
HOST	GO Capital Artistic Swimming Club
MEET MANAGER	Chris Duc
OAS RESOURCE	Lauren Lindner
ELIGIBLE CATEGORIES	Regional League (all age categories) Masters (all age categories)
REGIONAL LEAGUE EVENTS	8U, 10U, 11-12 & Adapted: Figures, Team 13-15 & 16-20: Team
MASTERS EVENTS	19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+: Solo Tech, Solo Free, Duet Tech, Duet Free 18-34, 35-49, 50-64, 65-79, 80+: Team Tech, Team Free, Free Combo, Acrobatic Routine

RULES	This competition will be conducted under <u>Ontario Artistic Swimming rules</u> .
BYES	There will be no byes required for this event.
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>
GELLING	This will be a gelling meet.
AWARDS: REGIONAL LEAGUE EVENTS	<p>Ribbons will be awarded to the top six scores in each figure and routine event category, separated by region. Ribbons will also be awarded to the top six championship scores in each age category.</p> <p>There will be no separate solo or duet categories.</p>
AWARDS: MASTERS EVENTS	<p>OAS Medals (rank 1-3) and Ribbons (rank 4-6) will be awarded to the top six routine scores in each event category.</p> <p>Please note that awards will not be separated by region for Masters events.</p>
FIGURE DRAWS	Figure draws have been attached below.

REGISTRATION, FEES & PAYMENT

REGISTRATION DEADLINE

Sunday, February 9, 2025

ENTRY SUBMISSIONS

Each club must submit their Excel registration booklet which includes a routine and figure entry list, invoice cost calculation and ISS-compatible athlete registration spreadsheet.

Registrars will receive full instructions for completing their registration booklet by email.

ENTRY FEES: REGIONAL LEAGUE

Entry fees have been updated for the 2024-2025 season. For more information, [click here](#).

Figures	\$35.00 per entry
Team	\$100.00 per entry
Athlete Surcharge	\$15.00 per athlete

ENTRY FEES: MASTERS

Solo	\$75.00 per entry
Duet.....	\$100.00 per entry
Team	\$140.00 per entry
Combo / Acrobatic Routine	\$160.00 per entry
Athlete Surcharge	\$50.00 per athlete

PAYMENT OPTIONS

Entry payments must be received by Ontario Artistic Swimming no later than 10 days following the registration deadline.

Payments can be received through two methods:

1. Electronic Fund Transfers can be sent to oaspayments@ontarioartisticswimming.ca
2. Authorized Club Credit Cards or Personal Credit Cards
To coordinate, please call Sue Marnica-Wall at 416-679-9522 (ext. 221)

LATE ENTRIES

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 (for Ontario competitions) or to the Chief Referee/designate at the coaches meeting prior to the competition. Routines whose fines are not paid will be disqualified from the event.

For Ontario sanctioned competitions, 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:

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.

MUSIC SUBMISSION

MUSIC SUBMISSION DEADLINE

Routine music files must be received no later than one week prior to the start of the competition, by **Friday, February 21, 2025.**

DROPBOX ACCESS

To avoid issues of Dropbox storage space, OAS will request music files from each coach be submitted into an OAS-owned Dropbox folder.

Head coaches will receive access to the submission folder via email following registration.

LABELLING CONVENTIONS

Music files must be labelled with the following information, separated by underscores with NO blank spaces (underscores are acceptable).

- 1. Category**
- 2. Event Name**
- 3. Club Call Letters**
- 4. Athlete Last Name**

For duets, use both last names. For teams, please use the first swimmer's last name, by alphabetical order.

For example:

Masters_30_39_SoloTech_WRASC_Smith.mp3

10U_Team_LRASC_Jones.mp3

16_20_Team_IGNT_Bryant.mp3

FILE FORMAT

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.

Coaches are asked to review each digital file for quality, timing and completeness. Please ensure that volume is consistent throughout all cuts of music.

METADATA & ID3 TAGS

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.

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.

For instructions on changing ID3 tags, [click here](#) for Windows and [click here](#) for iTunes.

COMMUNICATION & MEDIA

EMAIL POLICY

Entry and registration correspondence as required will be done through email using registrar contact information. Results will be emailed to head coaches following events.

COMMUNICATIONS

Meet packages and relevant information will be distributed by email through the OAS Communications account.

Competition information, schedules and results will also be made available on the OAS website and on the Sportity app.

SPORTITY

The Sportity App is used to store meet information packages, schedules, publish results and other pertinent information throughout the competition.

The password for this event is: WinterNE2025

The Sportity app can be downloaded from the App Store or from Google Play.

ACCESSIBILITY

ACCOMMODATION REQUESTS

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](#).

ACCESSIBILITY COORDINATOR

As per new OAS meet manager guidelines, host clubs are asked to identify an accessibility coordinator to assist as needed. The accessibility coordinator will be identified by each host club prior to the competition.

FIGURE DRAWS

8 & Under

FIGURE GROUP #1

Somersault Back Tuck

Sailboat Alternate

10 & Under

FIGURE GROUP #1

Ballet Leg Single

Kipnus

11-12

FIGURE GROUP #2

Ballet Leg Single

Walkout Front

Adapted

FIGURE GROUP

Group 1