

20
25

NORTH/EAST REGION

LISA ALEXANDER
FIGURES & SKILLS MEET

COMPETITION INFO PACKAGE

ONTARIO
ARTISTIC
SWIMMING

GENERAL INFORMATION

DATES	Saturday, December 13, 2025
VENUE	Nepean Sportsplex 1701 Woodroffe Ave Nepean, ON K2G 1W2
REGISTRATION DEADLINE	Monday, November 17, 2025
HOST	Nepean Artistic Swimming Club
MEET MANAGER	Robyn Whittaker
OAS RESOURCE	Lauren Lindner
ELIGIBLE CATEGORIES	10U, 11-12, Youth, Junior, Senior, Adapted
INCLUDED EVENTS	10U: Figures, Skills Assessment 11-12: Figures, Skills Assessment Youth: Figures, Skills Assessment Junior: Elements, Skills Assessment Senior: Elements, Skills Assessment Adapted: Figures, Skills Assessment
RULES	This competition will be conducted under <u>Ontario Artistic Swimming rules</u> .

BYES

Byes will only be granted to individual swimmers on a medical or compassionate basis. To request a bye, [click here](#).

AWARDS

Figure and Elements events will be awarded at this meet. OAS ribbons will be awarded to the six highest scores in 10U, 11-12 and Adapted figure events.

Youth, Jr. & Sr. awards will be separated by stream and awarded to the top six highest scores in each stream.

EVENT STREAMS

For Youth, Junior and Senior events, coaches are asked to identify on their event registration whether each athlete will be competing in the Provincial or National Stream.

Youth, Junior and Senior events will be separated into Provincial and National draws.

FIGURE DRAW DATE

Friday, November 21, 2025

FIGURE DRAWS:
10U & 11-12

10U & 11-12 athletes will compete two (2) figures at this event. These figures will be comprised of one (1) compulsory figure, and one (1) optional group figure drawn at random.

For 10U, the compulsory figure for this event will be [Ballet Leg Single](#).

**FIGURE DRAWS:
ADAPTED**

Adapted athletes will compete two (2) figures at this event, comprised of one group drawn at random. One group will be selected for all Adapted levels.

**FIGURE DRAWS:
YOUTH**

Youth athletes will compete two (2) figures at this event. At the specified Figure Draw Date the Section (Group A, B or C) and Group # will be drawn.

In accordance with 2025 Technical Memo #1, Youth Figures will only be drawn from Group A and Group B.

REGISTRATION, FEES & PAYMENT

REGISTRATION DEADLINE

Monday, November 17, 2025

ENTRY SUBMISSIONS

Registrars must complete registration for this event on the RAMP platform. Full instructions on using RAMP will be sent directly to club registrars.

ENTRY FEES

Figures \$45.00 per athlete
Elements..... \$45.00 per athlete
Skills Assessment..... \$40.00 per athlete

ATHLETE FEE

The athlete fee for this event is \$25 per athlete.

PAYMENT OPTIONS

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

**PAYMENT OPTIONS
(CONT.)**

Payment for club registrations will now be done using the RAMP platform. Full instructions on submitting payment using RAMP will be provided to club registrars.

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:

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.

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.

COMMUNICATION & MEDIA

COMMUNICATIONS

Entry and registration correspondence as required will be done through email with club registrars

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

SPORTITY

This event will not use the Sportity app. Event schedules, results and other items will be distributed by email and made available on the OAS website.

EVENT PHOTOGRAPHY

During events, flash photography is strictly prohibited.

STREAMING

This event will not be streamed live.

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.

SKILL 1

FLEXIBILITY ASSESSMENT

SKILL DESCRIPTION

Start in a submerged Left Split Position and hold for 8 counts. Maintaining the relative position of the legs to the surface of the water, hips rotate by 90° to Middle Split Position and hold for 8 counts. Continue the hip rotation by another 90° to achieve Right Split Position and hold for 8 counts.

KEY JUDGING COMPONENTS

- Vertical alignment of ears, shoulders and torso
- Hips and shoulders are square in Left and Right Split Position
- Extension of both knees and ankles
- Flexibility and execution of Split Positions

SKILL 2

HEIGHT ASSESSMENT

SKILL DESCRIPTION

Assume the inverted position (Fishtail, Bent Knee, or Vertical, dependent on age group) and hold for two sets of 8 counts. For 10U and 11-12 categories, athletes may choose whichever leg they prefer.

10U Position: Fishtail Hold

11-12 Position: Bent Knee Hold

Youth, Junior & Senior Position: Vertical Hold

KEY JUDGING COMPONENTS

- Static and maintained height of Fishtail, Bent Knee or Vertical Position
- Vertical line, travel and stability
- Body position and extension

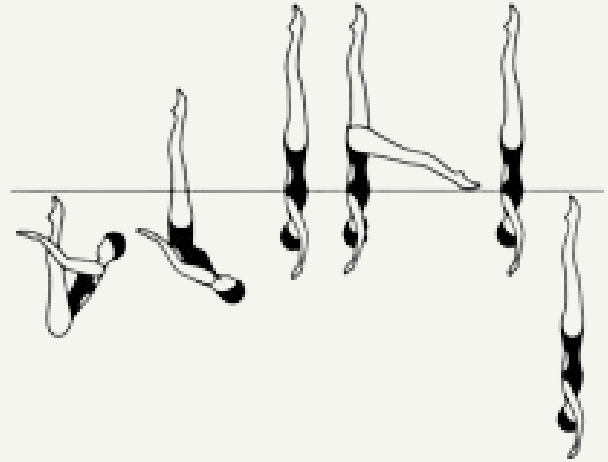
ELEMENT 1B

FLYING FISH HYBRID

ELEMENT DESCRIPTION

From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position, and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position.

Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a Vertical Descent.

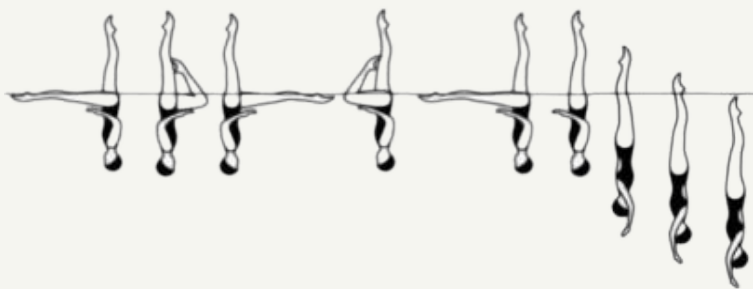


ELEMENT 3B

*TWO FOUTTÉ ROTATIONS -
VERTICAL SPINNING 360°*

ELEMENT DESCRIPTION

From a Fishtail Position, 2 Fouetté rotations ($180^\circ + 180^\circ$) are executed. The horizontal leg is rapidly lifted to a Vertical Position. Continuing in the same direction, a rapid Spinning 360° (1 rotation) is executed.



Max 45o off
Half Twists,
Max 90o off
Spin

SKILL 1

FLEXIBILITY ASSESSMENT

Athletes will complete the skill below that aligns with their level for the season. If an athlete requires further modifications or an accommodation, please complete the [modification and accommodation request form.](#)

LEVEL 2

Start in a submerged Split Position and hold for 8 counts. Athletes can demonstrate any Split Position, however, a Right Leg Split Position is preferred.

LEVELS 3 & 4

Start in a submerged Left Split Position and hold for 8 counts. Surface then repeat starting in a Right Leg Split Position and hold for 8 counts.

LEVELS 5 & 6

Start in a submerged Left Split Position and hold for 8 counts. Maintaining the relative position of the legs to the surface of the water, hips rotate by 90° to Middle Split Position and hold for 8 counts. Continue the hip rotation by another 90° to achieve Right Split Position and hold for 8 counts.

BASIC MODIFICATION

Assume a Split Position on land and hold for 8 counts. Athletes can demonstrate any Split Position, however, a Right Leg Split Position is preferred.

SKILL 2

HEIGHT ASSESSMENT

Athletes will complete the skill below that aligns with their level for the season. If an athlete requires further modifications or an accommodation, please complete the [modification and accommodation request form.](#)

LEVEL 2

Assume a Fishtail position and hold for two sets of 8 counts or as long as possible. Athletes may choose whichever leg they prefer.

LEVELS 3 & 4

Assume a Bent Knee position and hold for two sets of 8 counts. Athletes may choose whichever leg they prefer.

LEVELS 5 & 6

Assume a Vertical position and hold for two sets of 8 counts.

BASIC MODIFICATION

Assume a Sailboat position and hold for two sets of 8 counts or as long as possible. Athletes may choose whichever leg they prefer.