

## Jean Peters Provincial Championship & Invitational

Technical Package for Out-of-Province athletes & any BC athlete who does not qualify for or attend Canadian Championships.

### Registration

Registration for the competition will be completed through CAS's online system. The registration deadline for out of Province Competitors is **March 9<sup>th</sup>, 2020**. For BC athletes who do not qualify for the Canadian Championships the registration deadline is extended to **April 1, 2020**. If you do not see the event you are registering for or run into any other issues, please email Disa Fladmark, Sport Services Coordinator at [ssc@bcartisticswimming.ca](mailto:ssc@bcartisticswimming.ca).

**Note:** *If you are sending Adaptive Artistic Swimming athletes to the competition, please refer to our [technical package](#) for time limits, figures, and other rules.*

### Music Submission

Music will be submitted through Dropbox. An email with further instructions will be sent to all registered coaches. Please ensure music is professionally recorded and adheres to the specifications established in the 2017-2021 FINA manual. Music must be uploaded to the designated BC Artistic Swimming DropBox at least two weeks prior to competition (**Friday May 8<sup>th</sup>** at the latest) and labelled in the following format:

- Solos & Duets: Club Name– Event – AG – Athlete Name
- Team, Combos & Highlight: Club Name– Event – AG – Coach Name

### Provincial Stream Time Limits

	Solo	Duet & Mixed Duet	Team
10 & Under	1:15	1:45	2:15
11-12	1:45	2:15	2:45
13-15	2:15	2:45	3:30
16-20	2:30	3:00	4:00

Times listed are the MAXIMUM time limits

- All routines are +/- 15 seconds.
- Deck work must be 10 seconds or less.
- Walk on must be 30 seconds or less. Timed from the first athlete crossing the starting point until all are stationary.

## Provincial Stream Figures

10&Under PS	11-12 PS	13-15 PS	16-20 PS
<b>Compulsory Figures</b>			
Ballet Leg Single (1.6)	Straight Ballet Leg (1.6)	Ariana (2.2)	Ariana (2.2)
Blossom (1.4)	Barracuda (1.9)	Rio with 180 spin (fast spin) (3.1)	Rio with 180 spin (fast spin) (3.1)
<b>Optional Group 1 Figures</b>			
Kipnus (1.6)	Walkover Back (1.9)	Jupiter (2.8)	Jupiter (2.8)
Walkover Front (2.1)	Ballerina (1.8)	Oceanea with 360 spin (slow spin) (2.1)	Oceanea with 360 spin (slow spin) (2.1)
<b>Optional Group 2 Figures</b>			
Back Tuck Somersault (1.1)	Kip (1.6)	Albatross Half Twist (2.2)	Albatross Half Twist (2.2)
Neptunus (1.8)	Swordfish (2.0)	Swordtail (2.3)	Swordtail (2.3)
<b>Optional Group 3 Figures</b>			
Surface Prawn (1.5)	Swan (2.1)	Porpoise Spin 360 (slow spin) (2.1)	Porpoise Spin 360 (slow spin) (2.1)
Somersub (2.3)	Waterdrop (1.5)	Seagull (2.1)	Seagull (2.1)

\*Novice Athletes will compete the figure group lower than their competitive age category\*

### Rule 4.5.1 Figure Re-starts

Figure re-starts are no longer permitted at the 13-15 age group and above. A zero will be given for any incorrect figure performance. A score of zero will NOT be automatically given to athletes in Adaptive Artistic Swimming, Novice, 10 & Under and 11-12. We will continue to allow athletes to re-do the figure with a 2.0 point penalty after the first re-start attempt or a zero if performed incorrectly a second time.

## Novice Category

Novice is a category meant to help transition athletes who are new to the sport or coming from the recreation level into the competitive stream. Athletes are allowed to be in this category for one or two seasons depending on how they enter into the novice category. If an athlete enters into novice in the final year of AG11-12 or AG 13-15, they will be allowed to have two years in the novice category to prevent the athlete from skipping an entire figure age group.

For example, an athlete who enters novice in their final year of AG11-12 will:

- Year 1 - compete AG10 & Under figures in the AG11-12 Novice event; and
- Year 2 - compete AG11-12 figures in the AG13-15 Novice event
- Year 3 – compete AG13-15 figures in the AG13-15 event

After their one or two seasons in novice, they must choose to move up to competitive or return to the recreation level. This is a figure-event only category, which means that the athletes would swim on a team in their respective age category. The rationale for this is to allow athletes to have meaningful competition when they are not ready to be a competitive athlete.

## Team Composition

In Provincial Stream, teams may be composed of a minimum of 4 and a maximum of 10 swimmers. Two additional athletes may be named on the roster for a maximum of 12 athletes – i.e. 10 swimmers competing and two alternates. Teams may be composed of up to three consecutive age groups whereby no swimmer may swim up or down more than 2 age groups. The average age of the swimmers on the team, including alternates, will determine the age group in which they will compete. An average of 0 to .49 will have the team swim in that age group and an average of .5 - .99 will have the team swim up an age group, as applicable. Athletes on a team will swim in their respective age group for figures and there will be no degrees of difficulty used.

## Figure Draw

The Figure Draw will take place one week prior to the competition (**May 15, 2020**) and will be posted on the BCAS website within the events calendar. An email will go out to all registered coaches on this date which will include the figure draw and other important event details.

## Awards

Out-of-Province & any BC athlete who does not qualify for or attend Canadian Championships will have separate results from the BC PS athletes. We will award medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place championship and ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place championship. Awards for routines will be ribbons for 1<sup>st</sup> to 6<sup>th</sup> place. Ribbons are awarded for figures places 1<sup>st</sup> to 6<sup>th</sup>. Should athletes not be able to attend awards they will be mailed to their clubs following the event.