



May 1-4, 2025

WINNIPEG, MB

Pan Am Pool, 25 Poseidon Bay, Winnipeg, MB R3M 3E4

Hosted by: Manitoba Artistic Swimming

COMPETITION MANAGERS

1. For Technical Questions:

Laurel Hindle
MAS Technical Director
technical@manitobaartisticswimming.ca

2. For Event Questions:

Michelle Savard
MAS Competition Organizer
competitions@manitobaartisticswimming.ca

RULES

Canadian Prairie Championship (CPC) is conducted under the Canada Artistic Swimming (CAS) Rules. Any exceptions to the CAS rules will be noted in the CPC Technical Package, which will be sent out later this Fall, after the new rules are approved by World Aquatics and CAS. For any questions related to the rules, please contact the Manitoba Artistic Swimming (MAS) Technical Director.

ELIGIBILITY

CPC is an invitational competition for athletes who do not attend CAS national competitions.

INTERESTED CLUBS

All clubs must submit their interest in attending by **December 12, 2024**, by completing the Excel spreadsheet titled 2025 CPC Tentative Registrations. Please rename your individual file to include your Club name before sending back to the MAS Competition Organizer.

AGE GROUPS

Age Group	Description	Birth Year
10U	Ages 9-10	2015, 2016
12U	Ages 11-12	2013, 2014
Novice	11 and over first year competitive athletes	2014 or earlier
Youth	Ages 13-15	2010, 2011, 2012
Junior / 16-20	Ages 16-20	2005, 2006, 2007, 2008, 2009
Adaptive Artistic Swimming (AdAS)	N/A	N/A
Masters	19+	2005 or earlier

EVENTS

- Figures
- Solo (Tech & Free)
- Duet (Tech & Free)
- Mixed Duet (Tech & Free)
- Trio (Tech & Free)
- Team (Tech & Free)
- Free Combination (12U, Youth, Masters)
- Acrobatic (Junior)

FIGURES

Figures for all age groups will be drawn on March 30, 2025. All age groups will compete two figures.

SCHEDULE

The following schedule is tentative:

- Thursday, May 1, 2025 (evening): Spacing
- Friday, May 2, 2025 (all day): Spacing and start of competition
- Saturday, May 3, 2025 (all day): Competition and banquet
- Sunday, May 4, 2025 (all day): Last day of competition.

A draft schedule will be sent in early 2025, with a final schedule published after registration deadline.

COMPETITION DEADLINES

Registration: March 14, 2025

Music Submission to MAS Music Coordinator: April 17, 2025

Coach Card Submission to MAS TD: April 24, 2025

Spacing Requests to MAS Competition Organizer: March 20, 2025

REGISTRATION

All registrations must be submitted using CAS's RAMP online competition registration system.

Clubs are permitted to enter two solos and two duets per age group. This quota may be adjusted, based on registration numbers.

LATE ENTRIES

The club will be charged a **fine of \$25.00** for each late entry and a **fine of \$200.00** will be charged for each late "club" entry. It is the club / coach and/or athlete's responsibility to pay this fine to the Chief Referee no later than one hour prior to the beginning of the competition. Failure to do so shall result in disqualification.

If their Qualifying Event occurs after the registration deadline, clubs need to notify the MAS Competition Organizer prior to the registration deadline to avoid a penalty. If clubs need to change their registration based on Qualifying Event results, they can submit a change without a penalty on the Monday after that event. They will have 48 hours to provide music and coach card(s).

Competition Fees – CPC 2025

Event	Fee
Figures	\$35.00 per athlete
Solo (Technical or Free)	\$33.00 per athlete
Duet (Technical or Free)	\$66.00 per duet
Trio	\$98.00 per trio
Team (Technical or Free)	\$132.00 per team
Combo	\$132.00 per team
Acrobatic	\$132.00 per team

REGISTRATION FEES MAS uses the RAMP registration system. All fees must be paid through RAMP at time of registration.

COACH ACCREDITATION The minimum coaching certification for CPC is the standard set in each province.

MUSIC FORMAT Music will be uploaded via Google Drive. Clubs will receive the link after the registration deadline.

There must be one digital file for each registered routine in the following format:

MP3 files with a .mp3 file extension

It is suggested there is a 3-5 second lead from “play” until the music starts and a 3-5 second delay after the music ends.

MUSIC FILE NAME Each routine/music file named as follows:

Age Group_Event_Club Name_Athlete Last Name

Athlete Last Name: for duets, use both last names, listed alphabetically. For teams, use the first athlete’s last name, by alphabetical order.

Samples of how to name files:

- Youth_Solo_Aquatica_Jones.mp3
- Junior_DuetTech_TBASC_Jones_Smith.mp3
- 10U_Team_Regina_Chernoff.mp3

Coaches should review each digital file for quality, timing and completeness.

OTHER FINES **Music:**

A **\$25.00 fine** will be assessed for the following:

- each late submission.

- each file submitted in the wrong digital format.
- each file submitted with the wrong file naming format.

In the event of a music failure during a competition, the club must immediately provide a backup in the required format. Failure to provide a working copy will result in a **\$50.00 fine**. If the fine is not paid immediately after the event, a one-point penalty will be applied. The Chief Referee shall instruct the Chief Scorer to deduct the penalty.

Coach Cards:

A **\$25.00 fine** will be assessed for the following:

- each late submission.
- each file submitted in the wrong format.
- each file submitted with the wrong file naming format.

**ROUTINE
ELEMENTS**

There is a set number of elements per routine. A CPC Technical Package will be provided later in the Fall with more information.

AWARDS

Medals will be awarded for 1st, 2nd and 3rd place in:

- Championship scores in AdAS, Novice, 10U, 12U and Youth events
- Junior and Masters Tech/Free events

Ribbons will be awarded for:

- 4th to 6th place Championship scores in AdAS, Novice, 10U, 12U and Youth events
- 4th to 6th place in Junior and Masters Tech/Free events
- 1st to 6th place in Figures
- 1st to 6th place Routine scores in AdAS, Novice, 10U, 12U and Youth events

RESULTS

Results will be emailed to the Club contact and/or Head Coach by the Chief Scorer during the competition and posted on the MAS website www.manitobaartisticswimming.ca after the competition.

LIVESTREAMING

MAS may livestream this event. Watch for an announcement closer to the date of the competition.

PHOTOGRAPHY

Professional photography is not allowed of the event, neither in the stands nor on pool deck. A professional photographer hired by MAS will be at the event to take pictures for later purchase by athletes and clubs.

All athletes, coaches, volunteers, and officials may be filmed or photographed during the competition. The videos and photos may be

used without permission or authorization of individuals, parents, or clubs.

BANQUET

The athlete and coach banquet is Saturday, May 2, 2025. Location and banquet details will be included in following information packages, closer to the event.

FACILITY REQUIREMENTS

To ensure that artistic swimmers continue to uphold a high standard of conduct, and that we are always welcomed at pool facilities, we respectfully ask that coaches discuss the following rules with their athletes and club members (parents, club volunteers, etc) and request these rules are followed:

- All street shoes **MUST** be removed when on the deck area.
- All food and drink must be consumed in the designated eating areas at the pool facility.
- Degelling is not allowed at the pool.
- All clubs must follow these general rules for gelling:
 - We ask that where possible, athletes gel their hair in the hotel rooms prior to coming to the pool.
 - If it is not possible to gel at the hotel, there will be a designated gelling station at the pool. Do not gel hair in the stands or on the pool deck.
 - Any excess gel must be disposed of in the garbage and not down any sink, shower or toilet drains.
- There will be a **\$200.00 fine** to a club who has any athletes degelling at the pool or applying gel outside of the designated areas. MAS reserves the right to increase the fine if there is any egregious disregard for this directive (ie several athletes from one club degelling at the pool together).
- Coaches are responsible to ensure that athletes do not remove bobby pins, hairpins, or hairnets in the pool area or showers. They are to be removed only in the change area and disposed of in the garbage or marked containers.
- Everyone attending the event, including athletes, coaches, officials, volunteers and spectators are to behave in a mature manner, respecting the guidelines set out by the facility. Any individual not respecting the guidelines may be asked to leave the facility.
- All facilities are to be left in the manner in which they were found at the beginning of the day.

MERCHANDISE

Information about CPC merchandise will be provided closer to the date of competition. Some merchandise will be available for pre-order.

ACCOMMODATIONS

MAS is currently in contact with hotels near the pool to secure a block of rooms that coaches/athletes and parents can book at a discounted rate for the competition. We will ensure that there are options with kitchenettes. Information on the Host Hotels will be sent in the Second Information Package in January 2025.