



Coquitlam Sharks Aquatic Club

2024 Artistic Routine

Judges Feedback Meet Package

City Centre Aquatic Complex
1210 Pinetree Way, Coquitlam, BC V3B 7T8
Tuesday, July 16th, 2024, 4:00 pm - 9:00 pm

Amenities

- 20 metre lap pool
- ATM machine
- Onsite food services in the lobby (Aquatic Centre Café)
- Warm water leisure pool with wave and spray features and a separate tot pool

Parking

Pay Parking in effect 8:00 am - 6:00 pm at \$1.00 per hour. Fees are set at \$4 max for a full day of parking for event participants.

Artistic Swimming Divisions

Age Locator

An athlete's age as of December 31st each year, aquatic participation in the noncompetitive season and skill level shall be used to determine the athlete's category. All athletes shall declare all artistic swimming participation that occurs from September 1 of the previous year through to April 30 of the current year.

Division	Birth Month/Date OR Winter Skill Level
Division 3	12U (aged 12 & under)
Division 4	13O (aged 13 & over)
O Category 1	PS 12U (Provincial Stream)
O Category 2	PS 13-15 & NS (National Stream)

Technical Routine Elements

Level	Figures
Beginner	<ol style="list-style-type: none">1. Back tuck somersault2. Tub Turning 360°3. Assume a Front Pike Pull-Down4. Split Position
Intermediate	<ol style="list-style-type: none">1. Kipnus2. Surface Prawn3. Neptunus4. Walkout Front
Advanced/Ocat 1	<ol style="list-style-type: none">1. Kip2. Barracuda3. Tower4. Walkover Back
Ocat 2	<ol style="list-style-type: none">1. Seagull2. Barracuda Spin 180°3. Porpoise 360° slow spin4. Ariana

Coaches & Officials

Events may run up to 30 minutes early, please inform all swimmers, parents, other coaches etc. and be prepared for warmups and events should the schedule change.

An Artistic Swimming Coaches' Meeting will be held before the meet begins, to review competition details, "scratches", and procedures.

Coaching athletes while they are actively competing will not be permitted. Coaches debriefing competitors after they compete should be well away from the competition area and other competitors to avoid disadvantage, and away from the judges who are judging other competitors.

Spectators who are not volunteering will not be permitted on the pool deck. Coaches are asked to inform competitors and parents that spectators are to remain in the spectator viewing area. Flash photography is forbidden. The flash can be disorienting for competitors and judges. Coaches and athletes are asked to inform their relatives and friends that flash photography is forbidden, prior to the competition.

Entry Procedure

All Clubs must register athletes through the Meet Manager.

Final competition [entry forms](#) are sent to artisticmeet@coquitlamsharks.org

Registration submission deadline is 11:59 pm Wednesday July 3, 2024.

Use of the electronic (.doc) entry form is preferred.

Entry Fees

A single cheque for all meet entry fees must be received by **5:00 pm Tuesday July 16th, 2024** by the Meet Manager.

Make cheque payable to : **COQUITLAM SHARKS AQUATIC CLUB**

Routines: \$10.00 per athlete, per routine.

Music

There should be no more than a 10 second lead in before the music starts. Music must be uploaded to the [Google Drive](#) by **11:59 pm Wednesday June 26, 2024**. Music should be uploaded in the following format: Event — Skill Level — Club Name — Coach Name — Athlete Name for solo, Athlete Names for duet and theme for technical and free team.

Meet Program

Meet Schedule - Approximate Times (to be finalised upon receiving meet entries)

Time	Event	Entries
4:15-4:30pm	Coaches Meeting - mandatory for all coaches	
4:30-4:45pm	Technical Team Swim Warm Up	
4:50-5:10pm	Beginner Technical Team	#
5:10-5:25pm	Intermediate Technical Team	#
5:25-5:35pm	Ocat1/Advanced Technical Team	#
5:35-5:45pm	Ocat2 Technical Team	#
5:45-6:00pm	Technical Team Routine Feedback	
6:00-6:15pm	Technical Duets/Solos Swim Warm Up	
6:20-6:45pm	Beginner/Intermediate/Advanced/Ocat1/Ocat2 Technical Duets	#
6:45-7:00pm	Advanced/Ocat1/Ocat2 Technical Solos	#
7:00-7:15pm	Technical Duets/Solos Routine Feedback	
7:15-7:30pm	Freestyle Team Swim Warm Up	
7:30-7:45pm	Beginner/Intermediate Freestyle Team	#
7:45-8:00pm	Advanced/Ocat1/Ocat2 Freestyle Team	#
8:00-8:10pm	Freestyle Team Routine Feedback	
8:10-8:25pm	Freestyle Duets/Solos Swim Warm Up	
8:25-8:45pm	Beginner/Intermediate/Advanced/Ocat1/Ocat2 Freestyle Duets	#
8:45-9:00pm	Advanced/Ocat1/Ocat2 Freestyle Solos	#

9:00-9:20pm	Freestyle Duets/Solos Routine Feedback	
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