



2025 Sharks Feedback Meet

Tuesday, July 15th, 2025,
4:00 pm - 9:00 pm

City Centre Aquatic Complex
1210 Pinetree Way,
Coquitlam, BC V3B 7T8

Hosted by:

Coquitlam Sharks Aquatic Club

email: artistic@coquitlamsharks.org

Entry Fees:

A single cheque for all meet entry fees must be received by **5:00 pm on July 15, 2024** by the Meet Manager.

Make cheque payable to: COQUITLAM SHARKS AQUATIC CLUB

Routines: \$15.00 per athlete, per routine.

Entry Sheets:

Please submit your entry sheets by **Tuesday July 8, 2025** via the following link:

[Sharks Feedback Meet Entries](#)

Entry sheets should contain the athlete's full name, age, level and division listed.

Additionally, each routine should be listed and labeled as either technical or free.

Music:

There should be no more than a 10 second lead in before the music starts.

Music must be uploaded to the [Music Entries](#) by **Tuesday July 8, 2025**.

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.

Example: Tech Solo - Ocat1- COQ- Jane Doe - Pirates

Tech Team- Beginner- COQ- A.Chen-V.Hung- A.Yuza- C.Yip- Pop Muzik

Rules:

Please refer to the 2025 edition of the BCSSA Artistic Swimming Rules available on the BCSSA website or in the BCSSA Rule Book:

https://www.bcsummerswimming.com/files/ugd/58773e_7a828530d9bb4f0aa4529942574c59ab.pdf

Check-in:

Please check-in with our Sharks volunteer when your club arrives and they will let you know where to go this year.

Parking:

Pay Parking in effect 8:00 am - 6:00 pm. \$1.00 per hour.

Address: City Centre Aquatic Complex 1210 Pinetree Way, Coquitlam, BC V3B 7T8



Dryland Warmup:

For dryland warmup/land-drilling, clubs may bring tents/yoga mats and set up on the little grassy strip adjacent to the building beside the parking lot. (Just do not set up where the HVAC doors are. The city trucks need to be able to have access and park there.)

We will have a volunteer to let you in and out of the pool door, as we are not permitted to prop the door open.

Facility Amenities:

- ATM machine
- Food services provided by Aquatic Centre Café
- 8-lane, 20 metre lap pool and dive tank
- Warm water leisure pool with wave and spray features, lazy river, slide, separate tot pool, dry sauna, steam room, whirlpool, fitness centre

Schedule of Events TENTATIVE:

4-4:30pm	Arrival and preparation
4:10-4:20pm (15min)	Coach meeting
4:30- 4:50 pm (20 min)	Solo warm up (all categories)
4:55-5:30pm (35 min)	Solo competition (8, plus 1 pre-swimmer)
5:35-5:55pm (20 min)	Duet warm up (all categories)
6-6:40pm (40 min)	Duet competition (9)
6:45 -7:05pm (20 min)	Beginner and Intermediate team warm up
7:10-7:45 pm (35min)	Beginner and Intermediate team competition (7)
7:50-8:10pm (20 min)	Advanced and OCAT 1/2 team warm up
8:15-8:35 pm (20 min)	Advanced and OCAT 1/2 team competition (4)

Details of the Event:

- This will be a feedback-only meet.
- Athletes can compete in their Technical and/or Free routines.
- Each athlete may compete in up to **two events for this meet**.
Limited Solo and Duet entries will be accepted under the two events per athlete cap.
- Athletes are asked to wear swimsuits and caps with no club logos or labels on them.
- Athletes should not have any nail polish, jewelry or theatrical make up for the technical routine.
- The use of goggles during routine events is not permitted unless required by medical reasons.

*parents/spectators/coaches/athletes - **please bring clean "deck" shoes** (indoor flip flops or crocs). You may take your shoes off and walk over to the stands barefoot if you don't have deck shoes. A limited amount of shoe covers will be available to slip over your outdoor shoes.

Awards:

This meet will be feedback only so there will be no formal awards.

All athletes will get a treat bag!

Coaches:

- Events may run up to 30 minutes early, please inform all swimmers, parents, other coaches *etc.* and be prepared for warm-ups and events should the schedule change.
- A Coaches' Meeting will be held before the meet begins, to review competition details, "scratches", and procedures.
- Athletes may warm-up outside on the grass; however, the facility asks that we not prop the outside door open as it affects the ventilation system.
- 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.
- Only volunteers are 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. Coaches and athletes are asked to inform their relatives and friends that flash photography is forbidden, prior to the competition.



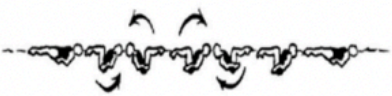
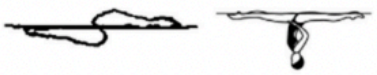










APPENDIX 2025 BCSSA rules

Age Groups : Athlete Categories, Skill Levels and Age Divisions

An Athlete's age as of December 31st each year, aquatic participation in the non-competitive 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. The Athlete categories and skill levels for Artistic swimming are (Rulebook 7.1 Athlete Categories, Skill Levels and Age Divisions)

Categories	Skill Level	Age Divisions
Summer Categories (S)	Beginner: once an athlete's marks from element panel from the technical routine reaches 4.6, they will move up to Intermediate.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Intermediate: once an athlete's marks from element panel from the technical routine reaches 5.6, they will move up to Advanced.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Advanced Athletes can stay as advanced once the marks from the technical routine reaches 5.6 and they remain in this category.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
Open Categories (o-cat)	O category 1 artistic athletes were registered, trained and/or have competed in a provincial stream artistic swimming program age group 11-12 or younger, excluding recreational or limited competition.	PS 12u (Provincial Stream)
	O category 2 artistic athletes were registered, trained and/or have competed in any provincial or national stream artistic swimming program age 13 and older.	PS 13-15 & NS (National Stream)

Elements

Level	1. Back Tuck Somersault, FINA310 dd 1.1	3. Assume a Front Pike Pull-Down, BM 3
		
Beginner	2. Tub Turning 360, Star 1	4. Split Position, BP 1
		
Level	1. Kipnus, FINA 316 dd 1.4	3. Neptunus FINA 344 dd 1.6 was waterdrop
		
Intermediate	2. Surface Prawn FINA 362 dd 1.3	4. Walkout Front BM6
		
Level	1. Kip FINA 311 dd 1.6	3. Tower FINA 349 dd 1.9
		
Advanced/Ocat1 PS	2. Barracuda FINA 301 dd 1.9	4. Walkover Back FINA 420 dd 1.9
		
Level	1. Seagull FINA 315 dd 2.1	3. 1 Porpoise Spin 360° FINA 355e dd 2.2
		
I O Category 2 NS	2. Barracuda 180° Spin FINA 301d dd 2.	4. Ariana FINA 423 dd 2.3
	