



Synchronized Swimming Manitoba
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MASY CHALLENGE 2011

Winnipeg, Manitoba

May 13th – 15, 2011

Final Package



FINAL INFORMATION PACKAGE

April 29, 2011

Pan Am Pool
25 Poseidon Bay
Winnipeg, Manitoba
(204) 986-5890



Hosted By: Synchro Manitoba



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MEET MANAGERS

Kim Knowles
Interim Executive Director

Synchro Manitoba
145 Pacific Avenue
Winnipeg, Manitoba R3B 2Z6
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execdirector@synchro.mb.ca

Cindy Ediger
Competitions Chair

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EVENTS

The 2011 MASY Challenge will include the age Categories of:

- 10 & under
- 12 & under
- NOVICE*
- 13 – 15 years
- 16 – 18 years INTRO**
- 16 – 18 years FINA**

*To participate in novice, the athlete MUST be 13 or older AND a first year competitive swimmer. Athletes, who compete in provinces that do not offer this category, are eligible to enter this category if they fit the above listed criteria.

**16 – 18 years old whose province has chosen to do FINA figures MUST enter the FINA stream; all others may enter the INTRO or FINA stream

Any athlete who has participated in the Western Divisionals will be ineligible to compete in that routine event at MASY. i.e. an athlete who competes in team at Divisionals may compete in solo, duet, and/or combo at MASY but not team.

Events will include figures (see below), solo (a maximum of 2 solos per category per province), duet, team and free combo. All athletes in solo, duet, or team must enter the figure event. Athletes who are only entered into the free combo event may enter their age appropriate figures event.

Exhibition entries are welcome. Exhibition routines are those routines that do not meet the rule requirements for routines. Regular entry fees apply but no awards will be given to exhibition routines.

ENTRY DEADLINE April 6, 2011.

LATE ENTRY FEE \$100.00 CAD per routine for any late, incorrect and/or incomplete entries (CASSA RULE 5.1.5b).
Cheques made payable to Synchro Manitoba

SEND ENTRIES TO

Kim Knowles
 Synchro Swim Manitoba
 145 Pacific Avenue
 Winnipeg, MB, R3B 2Z6
 Phone: (204) 925-5693
execdirector@synchronomb.ca

The MASY Challenge 2011 Registration Form is attached with this email and package. The form will also be posted on www.synchronomb.ca on the "MASY 2011" Page.

***Entries can be sent by e-mail and cheques mailed to Synchro Manitoba.

FIGURE DRAW

Figures for MASY 2011: (Draw has already taken place)

Please note: In order to accommodate swimmers from all provinces during this transition year, the figures choose for MASY 2011 do not comply with FINA figure guidelines. In order to make the figure competition fair for all swimmers, these figures below have been made available prior to the usual 48 - 72 hours.

The 13-15 age category figures were selected because they were the 4 figures that all provinces had in common in the category and so would have been practiced by all 13 - 15 athletes all season.

Category

10 & under	12 & under And Novice	13 - 15	16 – 18 Intro	16 – 18 FINA
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Compulsory Figs

Blossom	Ballet Leg Single	Heron	Back Walkover	Ibis 720 continuous spin
Sailboat Alternate	Front Walkover	Flamingo Bent Knee	Porpoise Spin 360	Kip Split Closing 180

Optional Figure Groups

Group #2	Group #1		Group #3	Group #2
Front Pike Somersault	Somersub	Albatross	Barracuda Spin 180	Porpoise Full Twist
Bent Knee join, vertical descent	Kipnus	Reverse Catalina	Flamingo Bent Knee	Knight

Routine Marks - Announcing Procedure MASYS 2011

As Synchro Canada moves to its new marking system they have introduced a new way of announcing the marks to the audience at competitions. This was done at CWG, Easterns and Westerns and we will be following the same procedure at MASYS for all routine events.

This is the order to be followed:

1. Competitor #1 swims, entering the bulkhead on the south side of the pool.
2. Competitor #2 swims, when the routine is over, while this athlete is swimming off to the edge Competitor #1 will walk out onto the bulkhead, on the north side of the pool opposite the chief referee and stand for the reading of their marks.
3. Competitor #3 swims, when the routine is over, while this athlete is swimming off to the edge Competitor #2 will walk out onto the bulkhead, on the north side of the pool opposite the chief referee and stand for the reading of their marks.
4. This will continue until the last competitor...say #10.
5. Competitor #10 swims, when the routine is over, while this athlete is swimming off to the edge Competitor #9 will walk out onto the bulkhead, on the north side of the pool opposite the chief referee and stand for the reading of their marks.
6. Competitor #10 will be ready to step out onto the bulkhead, on the north side of the pool opposite the chief referee for the reading of her marks once the marks are ready, may take a few moments.

It would be appreciated if all coaches could explain this procedure to their athletes and ensure they are ready to go. They may have time for 1-2 laps of cool down on the other side of the bulkhead but need to be out of the water and ready to walk onto the bulkhead at the appropriate time.

Thank you!

Gina McGuffin
Chief Referee MASYS 2011

COMMUNICATION

All information packages and other important communication will be available on Synchro Manitoba's website at www.synchro.mb.ca

E-MAIL POLICY

Information packages and correspondence as required will be sent by email only.

RULES

This meet is being considered under CASSA Rules. Please refer to the Synchro Canada Rulebook for clarification. Any exceptions to the rules will be noted in this package. Any technical questions should be directed to your provincial office.

REQUIRED ELEMENTS

There will be NO required elements in routines.

MUSIC

Digital music will used at this competition. Music must have been emailed to masywpgmusic@live.ca by April 6th, 2011. The email accepts attachments up to 12 Megs.

Specific requirements are outlined below:

- a) There must be one digital file for each registered routine in one of the following formats:
 - Windows Media Audio (WMA) files with a .wma file extension
 - .mp3 files with a .mp3 file extension
 - .wav files with a .wav file extension
- b) It is suggested there is a 3-5 second lead from "play" until the music starts and a 3-5 second lead-out after the music ends.
- c) Each routine/music file must be names as follows:
Swimmer Last Name _ First Name _ Age Group _ Event _ Club Name _ Coach Last Name

Samples of how to name files:

Jones_Jane_13-15 Solo_Regina_Swift.mp3

Jones_Jane-Smith_Anne_16-18 Duet_Aqualenes_ Wachs.mp3

Team 1_Junior Team_Aqualenes_ Wachs.mp3

- d) Coaches should review each digital file for quality, timing and completeness

ACCOMMODATION



Please see the advertisement below regarding our official meet hotel, **The Holiday Inn South**. The Holiday Inn offers free Airport Shuttle with advanced reservations. Standard accommodation is offered at \$109.95/night, plus applicable taxes and includes two queen size beds. **The guest room block was held until April 1, 2011.**

TRANSPORTATION



Budget's discount program offers special discounts for MASY. The information below allows clubs to make their own reservations. The web address is provided below and will take you right to the reservations website and insert the BCD# automatically. For those who prefer to speak with a live reservation agent, the 800# is listed below as well.

The Budget Discount (BCD#) number for MASY is: U070343

For reservations call 1-800-772-3773 and mention your Budget Discount Number. To reserve online, use the link below and the BCD# will be entered automatically.

<https://rent.drivebudget.com/Home.jsp?GOMAIN=TRUE& ;SUBMIT=PRELOAD&RELOGIN=YES&BCD=U070343&IN=>

SCHEDULE OF EVENTS

Any changes or updates to the schedule will be posted at the MASY Information Desk in the Front Lobby.

The schedule may move forward by up to 30 minutes.

	All Athletes	All Coaches	All Officials	Volunteers/Referees	
DATE	START TIME	END TIME	EVENT	AGE	# of Competitors
Friday, May 13	8:00	8:30	General Warm-up		
	8:30	3:45	Spacing with Music		
	3:45	4:00	Coaches' Meeting – One coach from each club must attend		
	3:30		Judges' meeting		
	3:55		All Athletes will Assemble at East End of the Pool for Parade of Athletes		
	4:10	4:40	Opening Ceremonies		
	4:50	5:15	Timer & Runner Meeting		
	4:40	5:00	General Warm-up		
	5:00	5:15	Warm – up for Combo	16-18	
	5:15	5:20	Combo	16-18	1
	5:20	5:35	Warm –up for Duets	10 & under, 12 & under	
	5:35	6:15	Duets	10 & under, 12 & under	3/11
	6:15	6:35	Warm – up for Duets	13 – 15	
	6:45	7:25	Duets	13 – 15	10
	7:25	7:45	Warm – up for Duets	16- 18 intro & FINA	
	7:45	8:00	Duets	16- 18 intro & FINA	1/2
	8:45		Annual Meeting for MASY Representatives at Holiday Inn		

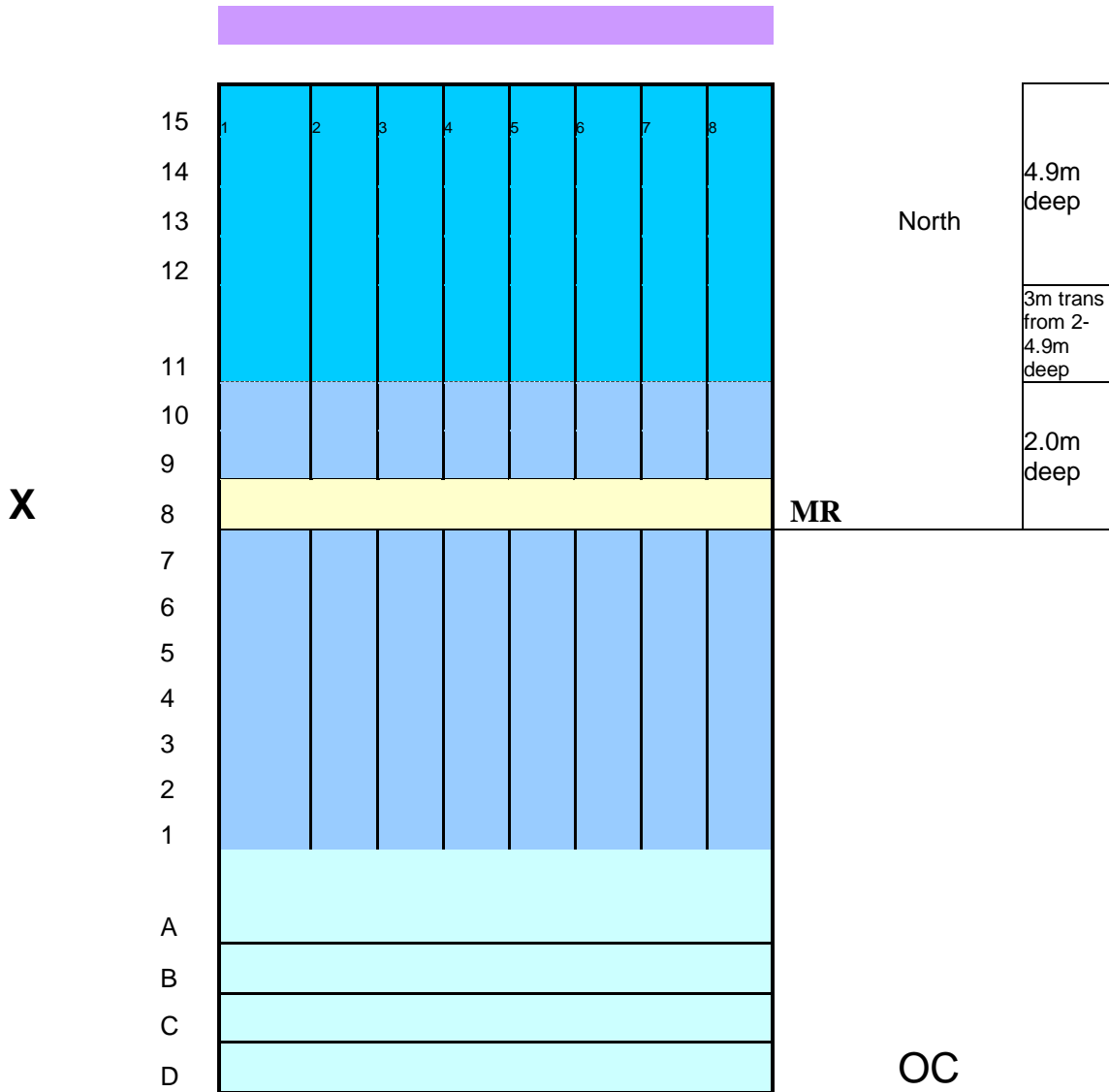
DATE	START TIME	END TIME	EVENT	AGE	# of Competitors
Saturday May 14	8:00 AM		Deck Access for Athletes		
	8:15	8:35	General Warm – up		
	8:35	9:00	Scorekeeper & Referee Meeting on deck		
	8:35	8:55	Figure Warm up	10 & under	
	8:55	9:15	Figures (Panels 1- 4)	10 & under	37
	9:15	9:35	Figure Warm up	12 & under, Novice	
	9:35	10:55	Figures (Panel 1 – 4)	12 & under, Novice	82/1
	10:55	11:15	Figure Warm up	13-15	
	11:15	12:30	Figures (Panel 1 – 4)	13-15	75
	12:30	12:50	Figure Warm up	16- 18 Intro & FINA	
	12:50	1:20	Figures (Panel 1& 4)	16- 18 Intro	13
	12:50	1:20	Figures(Panel 2 &3)	16- 18 FINA	12
	1:20	1:50	Lunch Break = Open Pool		
	1:50	2:10	Solo Warm-Up	10 & Under, 12 & Under	
	1:50	2:05	Timer and Runner Meeting on deck		
	2:10	2:55	Solos	10 & under, 12 & Under	6/14
	2:55	3:15	Solo Warm-Up	Novice, 13 – 15; 16 - 18	
	3:15	4:00	Solos	Novice, 13 – 15 16-18 Intro 16-18 FINA	1/10/1/1
	5:45		Banquet		
	7:00		Officials' Reception		

DATE	START TIME	END TIME	EVENT	AGE	# of Competitors
Sunday, May 15	8:30	8:50	General Warm-up		
	8: 50	9:10	Team Warm-up	10 & Under	
	8:50	9:10	Timer and Runner Meeting		
	9:10	9:25	Teams	10 & Under	5
	9:25	9:45	Team Warm-up	12 & U exhibition, 12 & Under	
	9:45	10:30	Teams	12 & Under	13
	10:30	10:50	Team Warm-Up	13 – 15	
	10:50	11:30	Teams	13-15	9
	11:30	11:50	Team Warm-Up	16 – 18 Intro & FINA	
	11:50	12:15	Teams	16 – 18 Intro & FINA	2/1
	12:15	12:25	Break – Set up for Awards		
	12:20	1:00	Awards		

SPACING SCHEDULE – Friday, May 13th, 2011

Club	Running Time
AQB	8:30 – 9:20
A	9:20- 9:35
CES	9:35 – 9:50
CWC	9:50 – 10:10
EASSC	10:10 – 10:30
KS	10:35 – 11:25
LSB	11:25 – 11:50
NBWD	11:50 – 12:10
Nova	12:15 – 12:45
OSC	12:45 – 12:55
RDSSC	12:55 – 1:15
RS	1:15 – 2:00
SSC	2:00 – 2:10
SAQ	2:15 – 2:40
SS	2:40 - 3:10
WS	3:10 – 3:30
TBSSC	3:30 – 3:45
Totals	

DIAGRAM OF PAN AM POOL



X Marks the starting point for all routines, south side of the pool
 Closest to the Timing Office. All routines must start on the Bulkhead.
 Audience will be seated on both sides of the pool.
MR=place on bulkhead where athletes return to while marks
 are being read.
OC = athlete marshaling area for Opening Ceremonies.

HOSPITALITY

Figure hospitality food will be available to pre-paid athletes and coaches from 9:00 am - 1:45pm on Saturday May 14th on the 2nd floor, North side of the pool.

Robin's Donuts is also available in the building. Nearby restaurants include Applebee's, Boston Pizza, The Pony Corral, Subway and fast-food restaurants. Nearby grocery stores include Sobey's and Canada's Safeway.

BANQUET

The Athlete Banquet will be held on Saturday, May 14th at The Holiday Inn South – MASY 2011 Official Hotel (see accommodation information). The banquet is open to athletes and coaches. **Each club is asked to bring one gift basket for the banquet silent auction.** These can be handed in to the MASY Registration Table at Pan Am Pool on Friday, May 13th.

We will be providing a fun and creative event for the evening's entertainment. **Project Runway** will allow our athletes and coaches to express themselves creatively and have fun creating a "Little Black Dress" and selecting a model from their group. Supplies and materials will be provided. They will also have to write a script for their creation as their outfit is modeled on the runway to the latest music. Attitude is everything! There will be 'celebrity' judges and prizes. Paris has nothing on Winnipeg! Ooh La La!

The Banquet Menu is as follows:

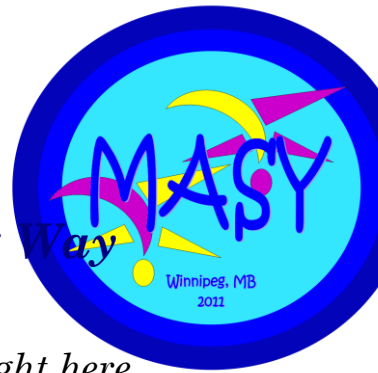
**Field Green Salad with Balsamic Vinaigrette
Rolls & Butter
Chicken Kiev
Oven Roasted Potato
Vegetable Medley**

**Choice of:
Chocolate Cake
Or**

Whipped Cheesecake with Strawberries

**Vegetarian options available upon request -
Please let us know on registration form,
as well as any allergies**

*The place you finish all depends
on the place you started.*
A Great Night's Rest Goes A Long Way



Everything any athlete needs for the big win is right here.

- *Rooms with 2 Queen Beds*
- *Coffee Makers*
- *Free Parking*
- *Bus Parking*
- *Great Food in Southwinds Bar & Grill*

*And of course, we're conveniently located close to the venue, Pan Am Pool.
Practice may make perfect, but your great night's rest will make the competition
wish they'd stayed home!*

2011 MAS Y Challenge Host Hotel

Group Rate of \$109.95, applicable taxes additional.

Reserve your guestrooms before April 1, 2011.

*Call Sandra Rosenberg
at
1-800-423-1337 or 1-204-452-4747*

About the designer of MAS Y 2011 Logo:

Kayla McMurchy is a 12 year old and has been swimming with Winnipeg Synchro for 5 years. She likes “everything” about Synchronized Swimming, but especially that it is unique; not like any other sport.

Thank you Kayla for creating such a beautiful Logo

