



Hootenanny 2024 Meet Package

Artistic Swimming

Thursday July 4th, 2024
4:30pm to 7:00 pm.

North Vancouver Cruisers Aquatics

Watermania
14300 Entertainment Blvd
Richmond, BC

Artistic Swimming

Host: North Vancouver Cruisers Aquatics
Meet Manager: Joanna Zander and Berangere Petit
Email director.artistic@cruisersaquatics.com

ARTISTIC COACH MEETING

Date: THURSDAY JULY 4, 2024 4:30-4:45

Place: On the pool deck

AWARDS

This meet will be feedback only so there will be no formal awards. All athletes will get a treat bag!

RULES

Please refer to the 2024 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_b124fa6ff09142b9ab6797981d3b2f00.pdf

ENTRY FEES

There will be a \$10 entry fee per athlete. Payment is due on July 4, 2024.

Cheques are to be made out to: North Vancouver Cruisers Aquatics Club, and can be given to Berangere (Cruisers Director for Artistic) or Joanna (Meet Manager/ Director for BCSSA Artistic) date of the meet.



ENTRY SHEETS

Please submit your entry sheets via email to Berangere Petit director.artistic@cruisersaquatics.com and Carol Ross artistic@bcsummerswimming.com by **June 24th**.

Entry sheets should be submitted in excel format, with the athlete's full name, age, level and division listed. Additionally, each team should be listed and labeled as either technical or artistic.

MUSIC

Music should be submitted by **June 20th, 2024 11:59 PM PT**. Submit music following the BCSSA guidelines for uploading to the following folder: [Summer 2024 Music Entries](#)

Please submit using the following format:

Include athlete name and theme name for technical and free team.

Examples:

Free Team- Beginner-COQ- Bill Boy- Beautiful Day

Technical Team- Intermediate- NVC- Nancy Road- Happy Days.

If you need assistance with music submissions please contact Carol Ross at artistic@bcsummerswimming.com

SCHEDULE OF EVENTS

Once all entries have been received, we will review the schedule of events and update if need be.

- Coach meeting: 4:30-4:45
- Beginner and Intermediate warm up: 4:45-5:05
- Beginner and Intermediate element competition: 5:05-5:50
- Advanced and OCAT 1/OCAT 2 warm up: 5:50-6:15
- Advanced and OCAT 1/OCAT 2 element competition: 6:15-7:00



Details of event

This will be a feedback only meet.

Athletes can compete their Technical and/or artistic Free routines. Each athlete may compete in *up to two* events for this meet (we will not be including duets or solos for this meet).

For technical routines athletes are asked to wear any practice swim suit and cap as long as **they do not have club logos or labels** on them. Athletes should not have any nailpolish, jewelry or theatrical make up for the technical routine. **Swim suits with ties are not allowed** for either technical or artistic routines.





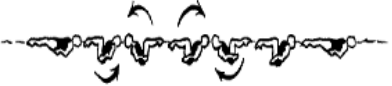
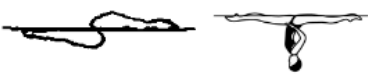

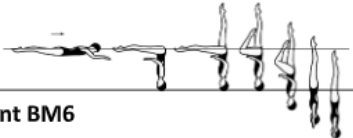


2024 BCSSA – Age Groups






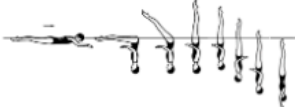
Athlete Categories, Skill Levels and Age Divisions

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)	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)
	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

Beginner	Level 1. Back Tuck Somersault, FINA310 dd 1.1 	3. Assume a Front Pike Pull-Down, BM 3 
	2. Tub Turning 360, Star 1 	4. Split Position, BP 1 
Intermediate	1. Kipnus, FINA 316 dd 1.4 	3. Neptunus FINA 344 dd 1.6 was waterdrop 
	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
	