

ASAJ Artistic Swimming Development Meet and National Artistic Swimming TRIALS 2018 Official Meet Summons

DEVELOPMENT MEET: To develop Artistic Swimming Skills in New AS swimmers.

NATIONAL TRIALS: To select National Team and Development Squad to CCCAN 2018.

COMPETITION DATE: Saturday 12th May, 2018

TIME: 1:00 to 4:00 pm (Warmup and judges meeting at 1:00 pm, competition at 2:00 pm)

LOCATION: National Aquatics Complex Diving pool (Venue to be confirmed)

HOSTED BY: ASAJ

ASAJ SANCTION #:

RULES: *Unless otherwise specified, FINA and ASAJ Bylaws and Regulations are in force at time of competition.*

http://www.swimjamaica.com/Regulations/By-Laws_and_procedures.htm

ELIGIBILITY: For National Trials: Synchronized Swimmers from ASAJ registered clubs or schools in good standing (swimmers must be registered with the ASAJ by Friday May 11, 2018). Development (novice) swimmers may be unregistered.

OFFICIALS (Judges): Meet Referee: To be confirmed
Judges will be provided by the ASAJ

PRACTICE JUDGES: Practice judging will be allowed.

COMPETITION: The development competition will consist of novice figures and optional routines; the National trials will consist of Age Group Figures, Free routines and Technical routines (juniors) and Senior/Masters free routines.

- 12 & Under
- 13 – 15
- 15 – 18 (Juniors)
- Seniors/Masters (19 and over)

ATTIRE: **Black One Piece Swimsuit, white swim cap, nose clip, no jewelry or nail polish**

MEET ENTRY FEES: JA\$800 per entry per competitor

DEADLINES: ***Final Meet Entry: Monday May 7, 2018***

SUBMIT ENTRIES WITH PAYMENT TO:

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POOL FACILITIES: National Stadium Pool 25 M X 8 Lane Diving Well (5 M depth)

**National Team
Criteria (new based
on average of top 6
CCCAN 2017)**

12 & Under
Solo: 5.5; Duet 5.2

13 – 15
Solo: 6.1; Duet 5.8

Undecided:
Junior Tech Solo:
Junior Tech Duet:
Seniors/Masters:



TENTATIVE SCHEDULE:

- **1:00 pm warm up and judges meeting**
- **Pool will be open 1 hour before start of trials for lap warm-up**
- **Pool closes 10 Minutes before trial start time**

ORDER OF APPEARANCE MEETING: Thursday May 11, 2018

FIGURES:

Novice:

101 Ballet Leg Single	1.6
310 Somersault Back Tuck	1.1
301 Barracuda	1.9
360 Walkover Front	2.1

12 and Under

COMPULSORY:

1	106	Straight Ballet Leg	1.6
2	301	Barracuda	1.9
Group 3			
3	226	Swan	2.1
4	363	Water Drop	1.5

13-15

COMPULSORY:

1	423	Ariana	2.2
2	143	Rio	3.1
Group 3			
3	355f	Porpoise Continuous Spin 720°	2.1
4	315	Seagull	2.1

15-18 (Juniors)

Technical routine elements as per FINA AS rules Appendix VI pages 11 to 14 and viewed at:

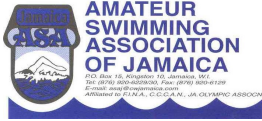
<http://www.synchro.ca/resources/competitions/2017-2021-figures-required-elements/>

JUNIOR SOLO REQUIRED ELEMENTS

1. Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

2. Starting in a Vertical Position, the body rotates 360° as the legs are lowered symmetrically to assume a Split Position. Continuing in the same direction an additional rotation of 360° is completed as the legs are raised symmetrically to assume a Vertical Position. Followed by a *Continuous Spin 1080°* (3) in the same direction. [DD 2.5]

3. 141 - Stingray



A Flamingo is executed to a Surface Flamingo Position, travelling head first. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a Fishtail Position. The horizontal leg is lifted in an arc over the surface. As it passes the vertical leg which moves symmetrically, a 180° rotation is started and is completed as a Split Position is assumed. A *Walkout Front* is executed. [DD 3.2]

4. Starting in a Vertical Position a *Combined Spin of 720°* (2 rotations + 2 rotations) is executed. [DD 1.9]

5. Starting in a Submerged Back Pike Position with the legs perpendicular to the surface, a Barracuda Spin 360° is executed. [DD 2.0]

JUNIOR DUET REQUIRED ELEMENTS

1. Starting in a Vertical Position, a *Full Twist* is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction an additional *Full Twist* is completed, as the bent knee is extended to a Vertical Position. Followed by a *Continuous Spin of 720°* (2 rotations) is executed. [DD 2.2]

2. From a Back Layout Position a straight leg is lifted to a Ballet Leg Position. The shin of the horizontal leg is drawn along the surface to assume a Surface Flamingo Position. The bent knee is straightened to a Surface Ballet Leg Double Position. Maintaining the legs vertical, the body submerges to a Submerged Back Pike Position until the feet are just below the surface. Executing a 360° rotation the body rises to the surface simultaneously lowering one leg with foot at the surface to assume a Surface Flamingo Position. The horizontal leg is straightened horizontally to a Ballet Leg Position. The vertical leg is lowered straight to a Back Layout Position. Head first travel is allowed during the Ballet Leg sequence. [DD 2.9]

3. Starting and maintaining a Fishtail Position, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. [DD 1.8]

4. A Cyclone is executed to a Vertical Position. A *Half Twist* is executed. Continuing in the same direction an additional rotation of 180° is executed as the legs are symmetrically opened to assume a Split Position. A *Walkout Front* is executed. [DD 3.0]

5. Starting in a submerged Back Pike Position with the legs perpendicular to the surface, a Flying Fishtail is executed. [DD 2.5]

6. The routine must contain a lift, jump or throw, this can be placed anywhere in the routine.

7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.