



**SYNCHRONIZED SWIMMING
EASTERN/ATLANTIC DIVISIONALS 2010
MARCH 10-14, QUEBEC CITY**

**National Team Workshops
March 15-16, 2010**

LUCIEN-FLAMAND POOL

Hosts
Club Synchro Élite de Québec,
Synchro Québec, Synchro Canada

INFORMATION PACKAGE #1
December 15, 2009

Green Alert – Print this document double-sided on recycled paper!

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GENERAL INFORMATION

NOTE: All amounts are expressed in Canadian dollars.

Rules	This meet will be conducted under CASSA Rules.
Dates and Location Divisionals (Schedule p. 5)	March 10-14, 2010 Lucien-Flamand Pool 7, Robert-Rumilly Street, Door 19 Quebec City (Quebec)
Dates and Location Workshop	March 15-16, 2010 Lucien-Flamand Pool 7, Robert-Rumilly Street, Door 19 Quebec City (Quebec)
Host	Club Synchrono Élite de Québec 7, rue Robert-Rumilly Quebec City, Quebec 418-691-4658 http://www.synchro-elite.qc.ca
Meet Manager (Information by e-mail or during the event)	Mr. Guy Marcotte 9305, rue de l'Amazone Quebec City, Quebec G2B 3S9 418-845-9417 Cosystech@sympatico.ca
Entry Address	By e-mail or mail at : Entry CCSWEAD 2010 Club Synchrono-Élite de Québec 84, rue Notre-Dame Boischatel (Québec) G0A 1H0 syncel@mediom.qc.ca
Entry Deadline	Entries must be in the hands of the meet managers by Friday, February 26, 2010, 23:59.
Late Entry Fees	CASSA Rule, 5.1.5) Fee of \$100.00 CAD per routine for any late, incorrect and/or incomplete entries, payable to Synchrono Canada

Note: Send a check payable to Synchro Élite de Québec with the Entry Form.

GENERAL INFORMATION (cont'd)

<p>Communication</p> <p>Transmission</p> <p>Language Policy</p>	<p>Information Package 1 and all other required correspondence linked with the meet will be sent by email ONLY.</p> <p>All official information packages and correspondence will be provided in both French and English. All event announcements will be made in English and French.</p>
<p>Photo and video</p>	<p>TBD.</p>
<p>Athlete Hospitality and Additional Information</p> <p>Athletes Banquet</p> <p>Snacks during Figures Competition</p>	<p>TBD</p> <p>Snacks will be offered to swimmers during Figures panels.</p> <p>All other meals are the responsibility of the swimmers and their teams. Take note that the athletes and their coaches will have the opportunity to buy healthy meals in the cafeteria of the neighboring school, at an affordable price (around \$5).</p>
<p>Transportation</p>	<p>Transportation is the responsibility of the swimmers and their teams.</p> <p>Please note that all proposed hotels are situated less than 10 kilometers from the swimming pool. It will be easy to go to Old Quebec, Nouvo Saint-Roch and shopping malls by bus. Booklets will be available at the general registration. You may also visit the RTC Web site, at http://www.rtcquebec.ca/francais/accueil.html (French only).</p>

SYNCHRONIZED SWIMMING EASTERN/ATLANTIC DIVISIONALS 2010

TENTATIVE SCHEDULE, DECEMBER 15, 2009

Wednesday March 10

07:00 -11:00	Club Spacing (Music Practice)
11:10 -11:30	Warm Up
11:35 - 14:15	Duet prelims Tier 6, 15 & under
14:15 -14:35	Warm Up
14:40 - 15:55	Duet prelims Tier 6, 16 & over
15:55 -16:55	Break
16:55 -17:15	Warm Up
17:20 - 19:30	Duet prelims Tier 7, Junior
19:30 -19:50	Warm Up
19:55 - 20:05	Senior Technical Team
20:05 -20:25	Warm Up
20:30 - 21:30	Combo Finals, Tier 6
21:35 - 22:05	Combo Finals, Tier 7

Thursday March 11

07:00 - 07:20	Warm Up
07:25 - 09:50	Solo prelims Tier 6, 15 & under
09:50 - 10:10	Warm Up
10:15 - 10:25	Senior Solo Technical
10:25 -10:45	Warm Up
10:50 -12:10	Solo prelims Tier 7, Juniors
12:10 -13:10	Break
12:50 -13:10	Warm Up
13:15 -13:30	Senior Duet Technical
13:30 -13:50	Warm Up
13:55 -15:30	Team prelims Tier 6, 15 & under
15:30 -16:30	Break
16:30 -16:50	Warm Up 1st Y2 Competitors
16:50 -17:10	Warm Up 2nd Y2 Competitors
17:20 -19:45	Figures, Tier 7 junior

SYNCHRONIZED SWIMMING EASTERN/ATLANTIC DIVISIONALS 2010

TENTATIVE SCHEDULE, DECEMBER 15, 2009 (cont'd)

Friday March 12

07:00 - 07:20	Warm Up 1st Y2 Competitors
07:20 - 07:40	Warm Up 2nd Y2 Competitors
07:50 - 11:30	Figures, Tier 6, 15 & U
11:30 - 11:50	Warm Up 1st Y2 Competitors
11:50 - 12:10	Warm Up 2nd Y2 Competitors
12:20 - 14:50	Figures, Tier 6, 16 & O
14:50 - 15:10	Warm Up
15:15 - 16:15	Figures, AWAD
16:15 - 17:15	Break
16:55 - 17:15	Warm Up
17:20 - 18:35	Solo prelims, Tier 6 16 & U
18:40 - 19:00	Warm Up
19:05 - 20:05	Team prelims Tier 7 junior
20:05 - 20:25	Warm Up
20:30 - 21:40	Team prelims, Tier 6 16 & O

Saturday March 13

07:30 - 07:50	Warm Up
07:55 - 09:10	Duet Finals Tier 6, 16 & over
09:10 - 09:30	Warm Up
09:35 - 10:50	Duet Finals Tier 6, 15 & under
10:50 - 11:10	Warm Up
11:15 - 12:45	Duet Finals Tier 7, Junior
12:45 - 13:45	Break
13:25 - 13:45	Warm Up
13:50 - 14:10	Senior Solo Free
14:10 - 14:30	Warm Up
14:35 - 15:30	Solo Finals Tier 6, 16 & over
15:30 - 15:50	Warm Up
15:55 - 17:05	Team Finals, Tier 7 Junior
17:05 - 18:05	Break
17:45 - 18:05	Warm Up
18:10 - 19:20	Solo Finals Tier 6, 15 & under
19:20 - 19:40	Warm Up
19:45 - 20:00	Senior Free Team

Sunday March 14


07:30 - 07:50	Warm Up
07:55 - 09:10	Solo Finals, Tier 7 Junior
09:10 - 09:30	Warm Up
09:35 - 10:05	Senior Duet Free
10:05 - 10:25	Warm Up
10:30 - 11:50	Team Finals Tier 6, 15 & under
11:50 - 12:50	Break
12:30 - 12:50	Warm Up
12:55 - 14:15	Team Finals Tier 6, 16 & over
14:15 - 14:35	Warm Up
14:40 - 15:30	Routines, AWAD

ACCOMMODATION INFORMATION

The host of the event, CLUB SYNCHRO-ÉLITE de Québec, has made arrangements with the following hotels: Best Western (Nouvo Saint-Roch); PUR (Nouvo Saint-Roch); Hilton Québec (Côte d'Abraham); Hôtel Classique (Sainte-Foy); Hôtels Jaro (City Center and Sainte-Foy), and Hôtel Le Dauphin (Québec). Teams and family members will receive preferred rates from March 8 to 16. The first 3 are situated near the competition site (about 3km), but the last 3 are closer to shopping malls.

Note that it is the Clubs' responsibility to book their own accommodation. If you choose one of the hotels listed below, please mention that you are part of the 2009 Canadian Open Synchronized Swimming Championships. Make sure to check each hotel's cancellation policy.

Option #1.

Name	Hôtel Hilton Québec
Address	1100, boulevard René-Lévesque Québec (Québec) G1R 4P3
Distance (driving) from competition site	About 3 km (7 min)
Indoor Parking	\$20/day (incl. tax)
Distance from restaurants and shops	0,5 km
Distance from Old Quebec	0,5 km
Facilities	Visit the Hotel's Web site, at www.hiltonquebec.com
Rates per room, per night (before taxes)	\$109/night, 4 guests Click on the following link for more details:  Offre Synchro Élite FR.pdf
Reservations	Ask for Guy Godin or Hélène Dugal (Indicate that you're with the group Synchro-Élite) 1-800-447-2411

Option #2.

Name	Hôtel PUR
Address	395, rue de la Couronne Québec (Québec) G1K 7X4
Distance (driving) from competition site	1,3 km (3 min)
Indoor Parking	\$18/day (before taxes)
Distance from restaurants and shops	0,5 km
Distance from Old Quebec	5 km
Facilities	Visit the Hotel's Web Site, at www.hotelpur.com
Rates per room, per night (before taxes) (teams, coaches and managers)	\$109/room w/king bed \$119/room w/2 beds
Reservations	Ask for <u>Audrey Lavoie</u> (Mention the name of the event) 418-647-2611 1-800-267-2002


Option #3.

Name	Hôtel Best-Western Centre-Ville de Québec
Address	330, rue de la Couronne Québec (Québec) G1K 6E6
Distance (driving) from competition site	1,2 km (3 min)
Indoor Parking	\$18/day (before taxes)
Distance from restaurants and shops	0,5 km
Distance from Old Quebec	5 km
Facilities	Visit the Hotel's Web site, at www.bestwestern.qc.ca (minifridges and micro-waves available for additional costs; limited number)
Rates per room, per night (before taxes) (teams, coaches and managers)	\$90/room w/2 beds Single, double, triple or quadruple occupancy
Reservations	Ask for <u>Michel Lafleur</u> (Mention the name of the event) 418-649-1919 1-888-223-9918

Option #4.

Name	Hôtel Classique	
Address	2815, boulevard Laurier Québec (Québec) G1V 4H3	
Distance (driving) from competition site	About 10 km (15-20 min)	
Indoor and Outdoor Parking	Free	
Distance from restaurants and shops	0,5 km	
Distance from Old Quebec	5 km	
Facilities	Visit the Hotel's Web site, at www.hotelclassique.com	
Rates per room, per night (before taxes)		
<u>Teams, coaches and managers</u> (confirmation # 203978)	1 room w/2 beds (1 to 4 guests)	\$99
	1 suite w/1 bed and sofa bed (1 to 4 guests)	\$129
<u>Families and friends</u> (confirmation #203979)	1 room w/1 or 2 beds: (single or double occ.)	\$99
	1 room sup. w/king bed (1 to 4 guests)	\$139
Réservations	Ask for <u>Hélène Côté</u> (Mention confirmation number) 1-800-463-1885, ext. 367 418-658-2793	

Option #5.

Hotel Chain	Hôtels Jaro	
Address and Rates	Click on the PDF link to see details on each hotel Jaro in Quebec City 	
	Publicité internet Champ. divisionnels d	
Distance (driving) from competition site	Between 5 and 10 km (15-20 min)	
Reservations	Ask for <u>Caroline Jobin</u> (Mention the name of the event) 1-800-567-5276 418-658-5624, ext. 6140	

Option #6.

Name	Hôtel Le Dauphin Québec
Address	400, rue Marais Québec (Québec) G1M 3R1
Distance (driving) from competition site	About 5 km (10 min)
Outdoor Parking	Free
Distance from restaurants and shops	2 km
Distance from Old Quebec	5 km
Facilities	Visit the Hotel's Web site, at www.hotelsdauphin.ca
Rates per room, per night (before taxes) (teams, coaches and managers)	\$109.95/room (4 guests) Breakfast included
Reservations	Ask for Marie-Claude Nadeau (Mention the name of the event) 418-688-3888 1-800-668-5911

Hotels and restaurants in the vicinity

Go to the following websites:

<http://www.bonjourquebec.com/qc-fr/quebec.html>

<http://www.quebecregion.com/f/>

OFFICIAL WEB SITE**Under construction**

- INFORMATION PACKAGES
- INSTRUCTIONS
- FORMS TO BE COMPLETED AND RETURNED TO syncel@mediom.ca or by mail
- FINAL SCHEDULE OF THE MEET
- RESTAURANT MENU

All new information received from Synchro-Canada or the organizers will be posted on the Web site as soon as possible. It is well advised to visit regularly to stay up-to-date.