

Sweden Aquatics and SK Neptun in cooperation with Järfälla Simsällskap and SK Täby Synchron have the pleasure to invite you to:

Swedish Open Youth Championships  
in Artistic Swimming  
9-12 May 2024 in Stockholm

- Date:** Thursday 9<sup>th</sup> of May to Sunday 12<sup>th</sup> of May 2024
- Address:** Eriksdalsbadet, Hammarby Slussväg 20, Stockholm Sweden
- Participation:** The competition is open for competitors in the following categories. Athletes born 2009 (women/men) and 2008 (men) are allowed to participate in with 13-15 and Junior category but not in the same disciplines.

Categories:	Women:	Men:
Youth	2009–2011 (13–15 y/o)	2008–2011 (13–16 y/o)
Junior	2005–2009 (15–19 y/o)	2004–2009 (15–20 y/o)

- Rules:** According to the Swedish Swimming Federation competition regulations, WAQ 2022-2025 regulations and Swedish exception rules for 13-15 and Juniors. A document for the Swedish exception rules will be available on the Sweden Aquatics website in the end of January 2024.

[Click here to find the Swedish Exception Rules](#)

- Medal events:** **Youth:** Total of 4 or 5 medal events.  
**Junior:** Total of 8 to 10 medal events.  
**Youth & Junior:** 1 medal event

*There has to be at least 2 competing participants to swim in a medal event.*

**Events:** The following events are included in the competition.

Figures are not in itself an event, the athlete has to participate in team, duet or solo routine as well.

**Open:** Open event consists of both women and men in the same event.

**Regarding solo event:** If there is only 1 solo entry for women/men the competition will be held as an open event. If there is more than one solo entry for *both* women and men the competition takes place in separate events. This applies to both Youth and Junior category. This applies to the orange highlighted boxes below.

<b>Youth:</b>	<b>Open:</b>	<b>Women:</b>	<b>Men:</b>	<b>Mixed:</b>
Figures + Team				
Figures + Duet				
Figures + Solo				
<b>Junior:</b>	<b>Open:</b>	<b>Women:</b>	<b>Men:</b>	<b>Mixed:</b>
Team Free				
Team Technical				
Duet Free				
Duet Technical				
Solo Free				
Solo Technical				
<b>Youth &amp; Junior:</b>	<b>Open:</b>	<b>Women:</b>	<b>Men:</b>	<b>Mixed:</b>
Acrobatic Team				

**Maximum Entry:** Each federation/club is allowed to participate with:

**Youth:** 1 team, 2 women duets, 2 mixed duets, 2 women solos, 2 men solos.

**Junior:** 1 team, 2 women duets, 2 mixed duets, 2 women solos, 2 men solos.

**Youth & Junior:** 1 acrobatic team (mixed age groups).

**Entry:** Preliminary Entry is submitted via the following link no later than March 1<sup>st</sup> ([Preliminary Entry](#)).

Final Entry is submitted via attached entry form and needs to be sent in by April 14<sup>th</sup> to: [synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com). Each competitor's identity and date of birth will be checked according to L.E.N rule E 13.1.

**Officials:** Federations/clubs are required to bring minimum 1 judge and 1 technical controller per 5 competitors.

**Entry fee:** 350 SEK / competitor. One entry fee per competitor, allows to swim multiple events. Invoice will be sent via e-mail. Any late entries will be invoiced with med 500 SEK / competitor.

**Music:** Music files should be of good quality according to WAQ regulations and be clearly labelled according to the below examples. Bring a copy to the competition. Send the music files no later than April 30<sup>th</sup> to e-mail: [synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com)

**Example:**

Discipline\_free/tech\_13-15/Junior\_federation/club\_Swimmer(s) or team

Example 1: solo\_free\_junior\_Neptun\_Anna

Example 2: team\_tech\_junior\_Järfälla\_2

**Coach Cards:** Coach Cards are sent to [synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com) no later than X. Only the Coach Card template sent out by the organizer will be accepted.

No handwritten CC, PDF-files, word-files, etc. shall be used. Coach cards sent in the wrong format will not count as an entry and the routine will be cancelled.

**Figure draw:** Date and time for figure draw will be announced in competition-PM closer to the competition. The drawn figures will be published on Sweden Aquatics website.

[Click here to go to Sweden Aquatics website](#)

**Competition info:** All competition information (competition-PM, start lists, results, more info) will be published here after entry deadline: [Competition info](#).

**Accommodation:** We kindly ask the participating federations/clubs to reserve accommodation themselves. Attached in this invitation you will find hotel suggestions located near to the swimming pool.

**Meals:** We offer lunch packages for Friday, Saturday and Sunday 10<sup>th</sup> – 12<sup>th</sup> of May.

Price is 120 SEK/person/day. In the final entry form you will find the lunch order form. Lunch order should be sent to [synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com) no later than 14<sup>th</sup> of April.

If lunch orders are not made, meals are paid for by the participating federation/club. There is a restaurant and café at Erikdalsbadet.

**Program:** Thursday May 9<sup>th</sup>: Practice and with music (schedule will be sent out closer to the competition, any preferences can be sent to email [synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com))

Friday May 10<sup>th</sup> until Sunday May 12<sup>th</sup>: Competition. Preliminary schedule is found below. **The schedule is preliminary and may change after the final entry deadline.**

**Payments:** Payments for meals and entries have to be made no later than April 20<sup>th</sup>, 2024, according to invoice sent via e-mail.

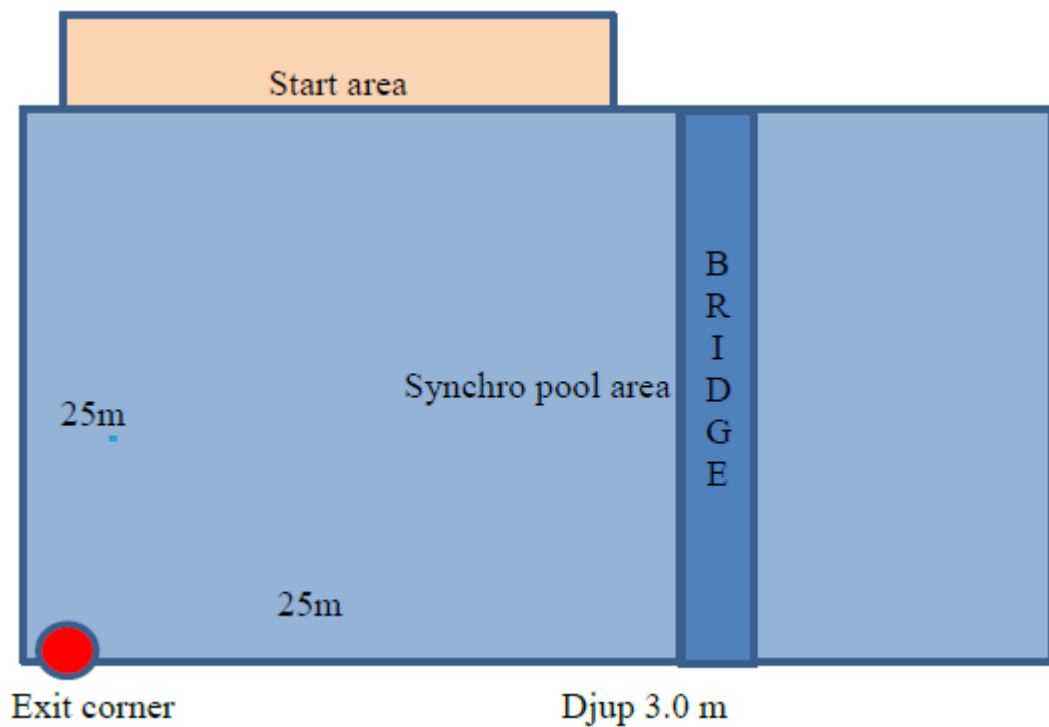
Send a receipt of the payments to [synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com) no later than April 20<sup>th</sup>, 2024.

**Information:** If you have any questions, do not hesitate to contact:  
[synchro.anmalan@gmail.com](mailto:synchro.anmalan@gmail.com)

## **WELCOME TO ERIKSDALSBADET!**

*With Kind Regards,*  
Swedish Swimming Federation and SK Neptun

Pool area:



## Preliminary schedule:

### Thursday, May 9<sup>th</sup>

09:00	Doors open for admission
09:00-10:00	Swimming without music
10:00-19:00	Swimming with music according to schedule (please let us know estimated arrival time in Stockholm with your preliminary entry)
19:00-20:00	Swimming without music

**Changing rooms and swimming hall area to be empty by 21:00**

### Friday, May 10<sup>th</sup>

07:00	Doors open for admission
07:00-10:00	Swimming without music
09:00-09:45	Officials and Team Captains meeting
10:00-11:30	Technical Solo Juniors
11:00-13:00	Lunch
12:30-13:30	Figures 12 and under (Swedish swimmers only)
14:00-15:00	Technical Duet Junior (women), Technical Duet Junior (mixed)
15:30-16:30	Figures 13-15
17:00-18:00	Free Solo 12 and under (Swedish swimmers only)
18:15-18:45	Technical Team Junior (open)
19:15-19:45	Awards ceremony for Technical Solo Junior, Technical Duet Junior, Technical Team Junior

**Changing rooms and swimming hall area to be empty by 20:00**

### Saturday, May 11<sup>th</sup>

07:45	Doors open for admission
07:45-08:45	Swimming without music
08:00-09:00	Officials and Team Captains meeting
09:00-09:30	Gathering before the opening ceremony
09:30-10:30	Opening Ceremony
10:30-10:45	Award ceremony 12 and under (Swedish swimmers only)
11:00-13:00	Lunch
13:00-13:45	Acrobatic Team
14:15-15:30	Free team 12 and under (Swedish swimmers only), Free Team 13-15 (open), Free Team Juniors (open)
15:45-16:15	Free Duet 12 and under (Swedish swimmers only)
16:30-17:30	Free Duet 13-15 (women), Free Duet 13-15 (mixed)
18:00-19:00	Awards ceremony for Acrobatic Team, Free Team 13-15, Free Team Junior, Free Duet 13-15,

**Changing rooms and swimming hall area to be empty by 19:00**

### Sunday, May 12<sup>th</sup>

07:45	Doors open for admission
07:45-08:45	Swimming without music
07:45-08:45	Officials and Team Captains meeting
09:00-14:00	Free Solo 13-15, Free Solo Junior, Free Duet Junior (women), Free Duet Junior (mixed)
11:00-14:00	Lunch in the restaurant
14:00	Awards Ceremony Free Solo 13-15, Free Solo Junior, Free Duet Junior

**The final competition schedule will be decided after final entry.**

## Accommodation suggestions:

### Hotell

#### **Clarion Hotel Stockholm**

Ringvägen 98

104 60 Stockholm

Tel: +45 8 462 10 10

E-mail: [sales.stockholm@choice.se](mailto:sales.stockholm@choice.se) Website:

<https://www.nordicchoicehotels.com/hotels/sweden/stockholm/clarion-hotel-stockholm/>

#### **Hotel Point Stockholm** (ca 700 m från Eriksdalsbadet)

Östgötagatan 65

116 64 Stockholm

Tel: +46 8 640 00 65

E-mail: [info@hotelpoint.se](mailto:info@hotelpoint.se) Website: [www.hotelpoint.se](http://www.hotelpoint.se)

#### **Hotel SoFo** (ca 500 m från Eriksdalsbadet)

Östgötagatan 64

116 64 Stockholm

Tel: +46 8 640 63 33

E-mail: [info@sofo-hotel.com](mailto:info@sofo-hotel.com) Website: [www.sof-hotel.com](http://www.sof-hotel.com)

#### **Scandic Hotel Malmen** (ca 1100 m från Eriksdalsbadet)

Götgatan 49–51

102 66 Stockholm

Tel: +46 8 517 347 00

E-mail: [malmen@scandichotels.com](mailto:malmen@scandichotels.com) Website: [www.scandichotels.se/malmen](http://www.scandichotels.se/malmen)

#### **Motel L Hammarby Sjöstad** (ca 850 m från Eriksdalsbadet)

Hammarby allé 41 • 120 30 Stockholm

Tel +46 8 40902600

E-mail: [info@motel-l.se](mailto:info@motel-l.se) Website: <https://ligula.se/en/motel-l/hammarby-sjostad/>

### Vandrarhem

#### **Mosebacke Hostel**

Högbergsgatan 26

116 20 Stockholm

Tel: +46 8 641 64 60

E-mail: [info@mosebackehostel.se](mailto:info@mosebackehostel.se), [bokning@mosebackehostel.se](mailto:bokning@mosebackehostel.se) Website: [www.mosebackehostel.se](http://www.mosebackehostel.se)

#### **Skanstull Hostel (Nära Eriksdalsbadet)**

Ringvägen 135

116 61 Stockholm

Tel: +46 8 643 02 04

E-mail: [bokning@skanstullsvandrahem.se](mailto:bokning@skanstullsvandrahem.se) Website: [www.skanstullsvandrarhem.se](http://www.skanstullsvandrarhem.se)

#### **Zinkensdamm Hostel (ca 2km från Eriksdalsbadet)**

Zinkens väg 20

117 41 Stockholm

Tel: +46 8 616 81 00

E-mail: [mailzinkensdamm.com](mailto:mailzinkensdamm.com) Website: [www.zinkensdamm.com](http://www.zinkensdamm.com)

#### **Långholmens Hostel ca 2km m från Eriksdalsbadet)**

Långholmsmuren 20

102 72 Stockholm

Tel: +46 8 720 85 00

E-mail: [vandrarhem@langholmen.com](mailto:vandrarhem@langholmen.com) Website: [www.langholmen.com](http://www.langholmen.com)