



Nordic Club Cup/Championship and Danish National Championship in Artistic Swimming May 09th-12th 2024 in Copenhagen, Denmark

The Danish Artistic Swimming Federation has the pleasure to invite artistic swimmers born before 2011 to the Nordic Junior and Senior Championship/Club Cup and Danish Junior, Senior and Masters Championship in Artistic Swimming to be held from 9th to the 12th of May 2024.

General information

Competition:	Danish Artistic Swimming National Championship and Nordic Championship/Club Cup in artistic swimming.
Venue:	Bellahøj Svømmestadion Bellahøjvej 1 2700 Copenhagen Denmark
Invited clubs/nations:	Nordic clubs and Nordic national juniors and seniors (Norway, Sweden, Denmark, Iceland, Finland, Estonia, Latvia and Lithuania) and Danish junior, seniors, and masters.
Events:	Juniors and Seniors: Competition program (12 medal events each): <ul style="list-style-type: none">● Female Solo Technical 100%● Male Solo Technical 100%● Duet Technical 100%● Mixed Duet technical 100%● Team: Technical 100%● Female Solo Free 100%● Male Solo Free 100%● Duet Free 100%● Mixed Duet Free 100%● Team Free 100%● Free Combination 100%● Acrobatic 100%
Medals:	1st, 2nd and 3 rd place medals are awarded for all events. There are separate medal award ceremonies for Nordic Championship/Club Cup and Danish Championships.



Number of participants: For Juniors and Seniors, each club can participate with 3 male solos, 3 female solos, 3 duets, 3 mixed duets, one team, one combination and one acrobatics team in line with the Nordic Championship/Club Cup rules. Danish participants with no restrictions for the Danish Championships.

If a club would like to have more than the permitted number of routines (both juniors and seniors) an application can be made to be entered into the competition either as pre-swimmer or given there is space in the program.

Social media:

Instagram:

https://www.instagram.com/artisticswimmingden?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzlxNw==

Facebook:

<https://www.facebook.com/SynkroDanmark>

Entries:

Preliminary entries are to be received before **1st of March 2024** (template attached).

The final entry should be received on the **9th of April 2024**.

Coach cards should be received on the **26th of April 2024**. And please respect this date to avoid changing all material for the judges and having to make changes in the scoring program. Changes after this date will only be accepted in case of injury or sickness.

Preliminary, final entry forms and coach cards are to be sent to synkrodk@gmail.com.

Entry Fee:

Solo	30 EURO per entry
Duet	40 EURO per entry
Team	60 EURO per entry

Invoice will be sent after the final entry date. The clubs have 14 days to make the payment. Payments will be checked before the competition; without payment the competitor cannot start. The fee of late payment is equal to the amount of the payment.

Judges and DTC/STC:

Each participating club and/or national federation is required to bring judges.

- 1-5 participants 1 judge
- 6-10 participants 2 judges
- 10+ participants 3 judges

WA-listed judges or judges who have passed the test at a WAQ school are preferred; however, clubs/nations can choose to send any judge eligible to judge at national level. Cost on not presenting an eligible judge for the competition is **250 EURO**.

Each Nordic nation should bring at least one DTC and STC who has completed a minimum of training to national certified standard. If your country does not have a DTC/STC you can apply to be exempt, if there are enough DTC/STC's.



Dress code: Black skirt or pants. T-shirt will be provided by The Danish Swimming Federation (White). Footwear optional.

Governing rules:

The competition will be held according to the WAQ 2022-2025 rules with some exceptions. Participants from the age of 13 can take part in team Junior/Senior events (e.g. tech team, free team, combi and acro). In Free Combination for Juniors and Seniors – the same rules as for Youth, but no restriction to the Degree of Difficulties of the Acros. In addition, rules for the Nordic Championship/Club Cup will be followed for that part of the competition. No finals will be held.

Music:

WA rules AS 15.3. Team managers and coaches are responsible for submitting their music electronically in .mp3 format no later than **26th of April 2024** to synkrodk@gmail.com.

Each submission shall be labeled:

<event_name of competitor club/nation>

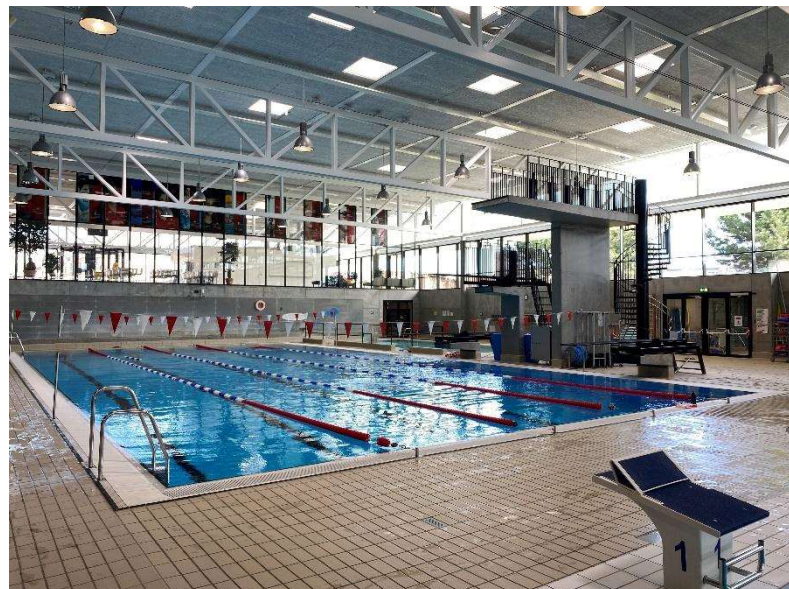
for example

<Senior solo free_Lena Hansen_HSK>

Please also bring a backup copy of the music.

Competition Area:

Diving pool 25m x 12,5m x 3,8m deep. See plan below. The starting point for the music program is along the back wall, and stairs for leaving the pool are at the same corner.



Lockers:

There are lockers in the changing rooms. You close the locker and press a code of 4 numbers. It's for free.



Parking: To the left of the building with access through Bellahøjvej. Parking is also available at Borups Alle by Spunsvæggen. But there are only a limited number of parking spaces, so public transportation is advised.

Transportation: The most convenient way to get to the swimming pool is by public transport. BUS 26, 5C, 68 250S and 350S stops right outside the swimming pool. It is 1,8km to walk to the nearest S-train station. It is 45-60 minutes from the Airport to the swimming pool with public transport, change at Nørreport (city center) to the bus 5C. In taxi or car it takes 30 minutes from the airport/bridge to Sweden/Malmø to the swimming pool. A map is provided on the last page.

Food and accommodation

Food: We kindly ask the participating teams to provide food for themselves. The pool is located in the center of Copenhagen with several supermarkets, restaurants and fast-food shops close to the pool. Food is only to be consumed in the bleachers and common areas outside the pool.

Accommodation: We kindly ask the participating teams to reserve the accommodation themselves. Copenhagen gives a wide array of options for accommodation from AirBnB, hostels to hotels close to the pool.

Organizing Personnel

Organization: Competition Director Dorte Stautz Hansen (dorte.stautz@gmail.com). Should you have any questions or comments regarding the information provided in this document please feel free to get in touch (synkrodk@gmail.com).

Communication before and during the competition: WhatsApp groups will be set up for team leaders/coaches, judges and DTC/STC after the final entry date. Please note in the entry form if you do not wish to be included in the WhatsApp groups but prefer information by email only (GDPR).

Competition information

Starting order: Drawing of start lists will occur by the referee no later than 48 hours before the competition and provided on the various communication platforms.

Opening ceremony: Opening ceremony will be held on Friday evening. Gathering place will be announced closer to date. Dress in club and national team gear for the ceremony. Parade takes place in alphabetical order of clubs/nations with the host clubs last.

Awards ceremony: The awards ceremony will take place after the sessions are completed on each competition day. Please wear the club/national team uniforms.

Results: Preliminary results are given right after the subsequent swimmer for all programs. All results are preliminary until checked by the referee/chief recorder. Completed result lists at the latest after the competition.



PRELIMINARY SCHEDULE

NOTE: This is a preliminary schedule. Updated schedule will be made after the final entry date.

Thursday May 9th

12:00 - 18:00

Practice and practice with music, all clubs will be given an allotted time based on the number of entries.

Friday May 10th

08:00 - 19:30

Competition, technical programs

17:00:

Opening Ceremony

20:00

Award ceremony

Saturday May 11th

08:00 - 19:30

Competition, Free programs

20:00

Award ceremony

Sunday May 12th

08:00 - 14:30

Competition, Free programs

15:00

Award ceremony

Map of Copenhagen:

