



## Järfälla Simsällskap invites you to: Järfälla Synchro Open 2025

**Date** Friday March 14<sup>th</sup> to Saturday March 15<sup>th</sup> 2025

**Location** Medley Järfällabadet, Mjölnavägen 1B, 177 41 Järfälla

**Referee** Mats Stellwall, [mats.stellwall@gmail.com](mailto:mats.stellwall@gmail.com)

**Organization** Sandra Allerrud, [konstsim@jarfallasim.org](mailto:konstsim@jarfallasim.org)

**Participation** The sanctioned competition is open to competitors in the following categories.

Athletes born 2010 (women/men) and 2009 (men) are allowed to participate in with Youth and Junior/Senior category but not in the same disciplines.

<b>Categories:</b>	<b>Women:</b>	<b>Men:</b>
Youth	2010–2012 (13–15 y.o)	2009–2012 (13–16 y.o)
Junior	2006–2010 (15–19 y.o)	2005–2010 (15–20 y.o)
Senior	2010 & older (15+ y.o)	2010 & older (15+ y.o)

**Rules** According to the Swedish Swimming Federation competition regulations, AQUA 2022-2025 regulations as of November 2024 (draft manual as of 1 November 2024) and Swedish exception rules. Read more [here](#). For international competitors, please contact us at [konstsim@jarfallasim.org](mailto:konstsim@jarfallasim.org) if you have any questions!

**Draw of Figures** The drawn youth figures will be published on our website: [here](#).  
Two figures will be drawn.

**Competition info** All competition information (competition-PM, start lists, results, more info) will be published in a Google Drive folder: [here](#).

**Important dates** Preliminary entry deadline: **2 February 2025** via [THIS](#) form.

Final Entry deadline: **16 February 2025** via excel file (1 file/club).

Make sure the entry is filled in correctly. Late entry is OK to **23 February 2025**.

E-mail to: [konstsim@jarfallasim.org](mailto:konstsim@jarfallasim.org)

Music (.mp3/.wav) deadline: **2 March 2025**. A Google Drive map will be shared with participating clubs. Contact [konstsim@jarfallasim.org](mailto:konstsim@jarfallasim.org) if you need access.

Coach Cards (xlsx) deadline: **2 March 2025 and all files shared by ONE person/club and once**. Use the Coach Card template found [HERE](#).

E-mail to: [konstsim@jarfallasim.org](mailto:konstsim@jarfallasim.org)



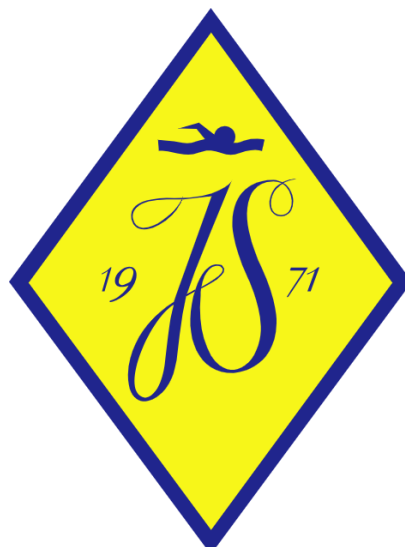
<b>Entry Fee</b>	300 SEK / competitor. One entry fee per competitor. The invoice will be sent via e-mail. Any late entries will be invoiced with med 500 SEK / competitor.						
<b>Events</b>	<p><b>Youth:</b> Solo, Duet, Mixed Duet, Team + figures.</p> <p><b>Junior/Senior:</b> Solo (free/tech), Duet (free/tech), Mixed Duet (free/tech), team (free/tech), acrobatic team (youth athletes can be included according to Swedish exception rules).</p> <p>We reserve the right to limit the number of competitors for each club if there are more entries than we have time for according to the time schedule. As of now there is no limit.</p>						
<b>Music labelling:</b>	<p>Music files should be of good quality according to AQUA regulations and be clearly labelled according to the below examples. Delete quiet parts in the music.</p> <p>Example: Discipline_free/tech_13-15/Junior_federation/club_Swimmer(s) or team</p> <p><i>Example 1: solo_free_junior_Järfälla_Anna</i></p> <p><i>Example 2: team_tech_junior_Järfälla_2</i></p>						
<b>Gelatine</b>	Gelatine is handled outside of the balcony only. Team managers are responsible for making sure their club follows this rule and keeps their area clean.						
<b>Officials</b>	<table><tr><td>1–4 competitors</td><td>= At minimum 1 judge/technical controller</td></tr><tr><td>5–10 competitors</td><td>= At minimum 2 judges and 1 technical controller</td></tr><tr><td>10+ competitors</td><td>= At minimum 3 judges and 1 technical controller</td></tr></table> <p>At least 2 judges must be able to judge music routines.</p> <p><b>We would appreciate it if your club send as many judges and technical controllers as possible.</b></p>	1–4 competitors	= At minimum 1 judge/technical controller	5–10 competitors	= At minimum 2 judges and 1 technical controller	10+ competitors	= At minimum 3 judges and 1 technical controller
1–4 competitors	= At minimum 1 judge/technical controller						
5–10 competitors	= At minimum 2 judges and 1 technical controller						
10+ competitors	= At minimum 3 judges and 1 technical controller						
<b>Lunch</b>	Järfälla Simsällskap organize lunch to Officials. Order is made in the final entry. The cost is 120 SEK.						
<b>Walk-on</b>	All music routines must start from the bridge. Pyramids, platforms or other acrobatic movements are not permitted. Please note that this is an exception to the AQUA regulations 2022–2025 which is justified by increased risk of damage due to the width of the pier.						
<b>BM questions</b>	Coaches have the possibility to ask about basemarks (BM) during the competition or at the end, depending on the competition schedule of the DTCs. It takes place under orderly conditions (when/where is reviewed at the team leader's meeting or by the speaker).						
<b>Warm-up</b>	It is OK to warm up in the competition pool during the breaks/lunch. Warm-up before the start of the competition takes place only on the designated in-swim lane.						



- Spectators** Spectators can stand on the balcony. The balcony is reached by following the stairs from the reception.
- Transport** The nearest bus station is "Frihetsvägen" (5 minutes' walk from the pool), and the train station is "Jakobsbergs station" (10 minutes' walk from the pool). Remember to update your P-skiva (4 hours) if you come by car.
- Hotel** The organizer does not provide hotel bookings. Below you can find recommendation for hotels/hostels.
- Welcome Hotel, <https://www.welcomehotel.se/en>  
Hoom Home & Hotel, <https://www.hoomhotel.com/en>  
Golden Hostel, [goldenhostel.se/home\\_eng.html](https://goldenhostel.se/home_eng.html)
- Other info** Remember to bring your own padlocks for the lockers in the changing rooms.  
25m indoor pool (12.5m x 25m, 1.8m – 4m). See pool sketch on page 5.

## WELCOME TO JÄRFÄLLABADET!

With Kind Regards,  
Järfälla Simsällskap





## Preliminary Schedule

Please observe that the schedule is preliminary and can change leading up to the competition!

### Friday 14th of March

- 18:30-19:30 Warm-up: Youth Figures  
18:30-19:30 Officials- and team manager meeting (conference room, in the gym)  
19:30-20:30 Youth Figures (1 panel, 2 figures)

### Saturday 15th of March

- 08:00-09:00 Warm-up  
08:00-09:00 Officials- and team manager meeting (conference room, in the gym)

- 09:15-12:00 Technical Team (open, Junior/Senior)  
Technical Duet (mixed, Junior/Senior)  
Technical Duet (women, Junior/Senior)  
Technical Solo (open, Junior/Senior)

- 12:00-13:00 Lunch and Award Ceremony Technical Routines  
Warm-up

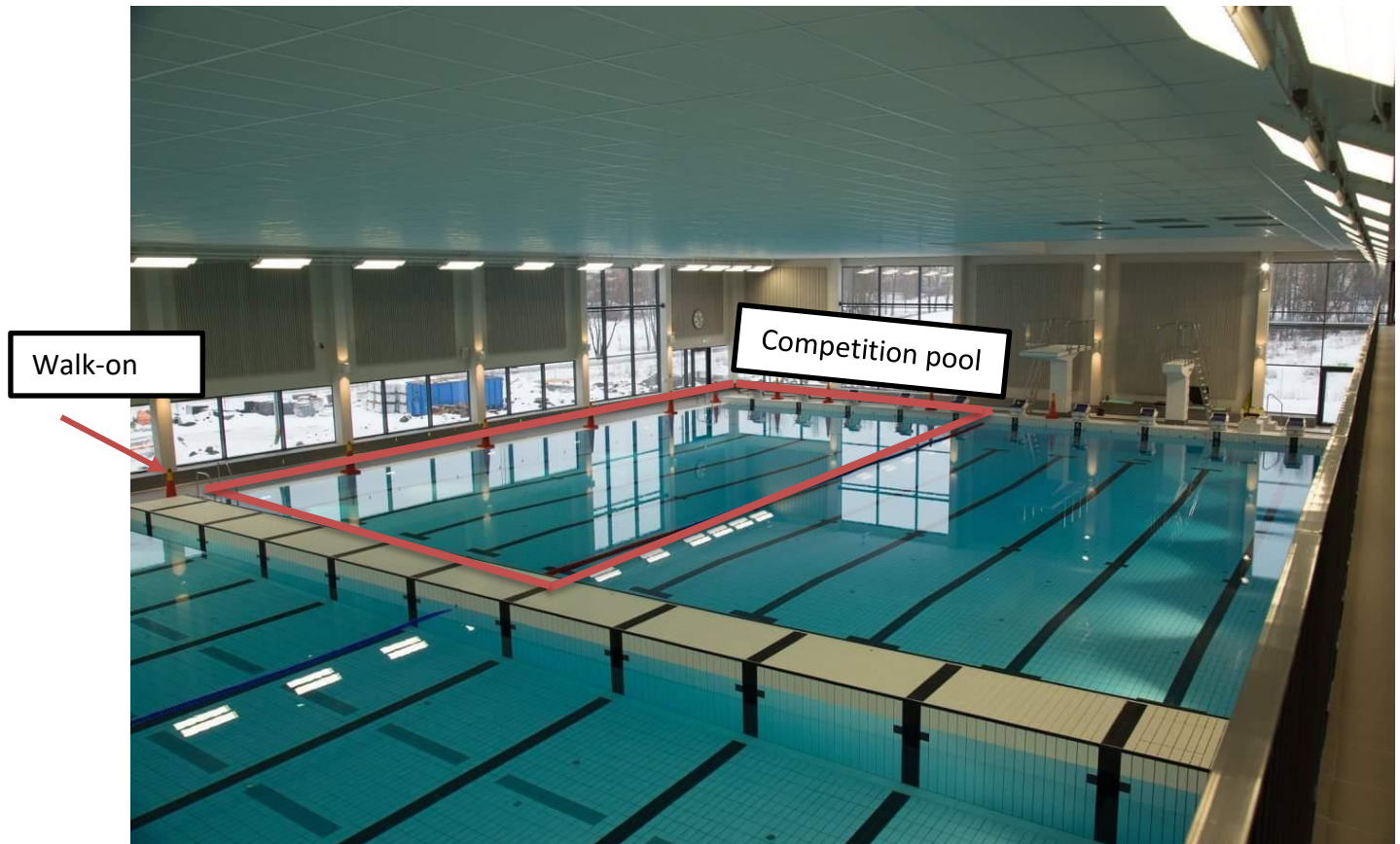
- 13:00 Acrobatic team (open)  
Free Solo (open, Youth)  
Free Solo (open, Junior/Senior)  
Free Duet (mixed + women, Youth)  
Free Duet (mixed + women, Junior/Senior)  
Free Team (open, Youth)  
Free Team (open, Junior/Senior)

- Approx. 18:00 Award Ceremony Free Routines



## Competition pool

25m indoor pool (12.5m x 25m, 1.8m – 4m).



Walk-on

Competition pool