



SWEDEN AQUATICS
JUNIOR AND SENIOR NATIONAL ARTISTIC
SWIMMING CHAMPIONSHIPS AND
MASTERS COMPETITION
1-2 JUNE 2024


+46(0)10-476 53 00

svensksimidrott.se

Heliosgatan 3
120 30 Stockholm

Organisationsnummer
802002-9719

GENERAL INFORMATION

DATE	Competition: 1-2 June 2024 Training days: 31 May 2024
VENUE	 <p>Gustavsviksbadet Gustavsviksvägen 11 702 30 Örebro SWEDEN</p>
CONTACT DETAILS	Event Manager: konstsim@osasim.se
OFFICIAL WEBSITE	svensksimidrott.se

COMPETITION INFORMATION

REFEREE	Ingela Ternström ingela.tabysynchro@yahoo.se
ASSISTANT REFEREE	Mariann Svensson mariann.svensson@skanska.se
CHIEF RECORDER	Jenny Karlsson konstsim@osasim.se
RULES	World Aquatics competition regulations (link) and Sweden Aquatics competition adjustments (link) will govern the championships.
PROTESTS	Protests shall comply with Swedish Swimming Federation Rules (protests). The protest fee is SEK 600 and shall be paid in cash or Swish.

START LISTS	Link to start lists are found here . The start order for all events is done automatically through the scoring program.
RESERVES	Changes of reserves shall be informed at the team leader's meeting. And the latest submitted to the Referee at least two hours prior to the start of the session.
SHOWING OF SCORES	Scoring during music routines: Basemarks are announced after the next routine has finished. The preliminary total score is announced as soon as the scores have been computed.
RESULTS	Link to results and detailed results will be posted here after each session and award ceremony is completed.
CEREMONIES	Please wear club uniforms and shoes/slippers during the opening and award ceremonies. Line-up for opening ceremony is in the corridor outside locker rooms, with clubs and national teams in alphabetical order.
COMPETITION AND PRACTISE POOLS AND RULES	<p>Competition pool: 25m x 25m (2,2 -4,5 m deep) Warm-up/cool-down pool: 15m x 15m (1,4-2 m deep)</p> <ul style="list-style-type: none"> • No tapping is allowed at any time. • Practise in competition pool only according to schedule or after announcement by Referee. • See appendix for scheme of the pool set up during competition. • Note! There will be judges and technical controllers on both sides of the pool. It is important that the athletes consider this by for example not starting in the middle of the bridge, but as close to the middle of the pool as possible.
LOCKERS	Locker rooms on the second floor shall be used. To lock your valuables, clothes and shoes, wrist bands are needed. Team Managers and Officials will be given wrist bands upon arrival.
SPECTATORS	There is no entry fee to the spectator area during the competition. Spectators are referred to the stands by the poolside to get the best view of the competition.
STREAMING	The competition will not be broadcasted.

EVENT KEY DATES AND DEADLINES

Please respect all deadlines! Deadline for making changes to Coach Cards is two weeks prior to the start of the competition. Deadline for making changes to Music Files is one week prior to the start of the competition.

1 APRIL 2024	Preliminary entry
14 MAY 2024	Final entry <i>The entry fee is 350 SEK/competitor. An invoice will be sent out by the event manager.</i>
14 MAY 2024	Music Files deadline
17 MAY 2024	Coach Cards submission
31 MAY 2024	Official Training – with and without music

1-2 JUNE 2024	Daily Team Manager' Meetings <i>All team managers are expected to attend the Team Manager' Meetings or arrange for a reserve to participate. The meetings will be held daily in the spinning room behind the diving towers. Times are found in the competition schedule.</i>
1-2 JUNE 2024	Daily Officials Meetings <i>All judges, DTCs and STCs that are summoned to participate in the championships are expected to attend the Officials Meetings the days they are judging. The meetings will be held daily in the spinning room behind the diving towers. Times are found in the competition schedule.</i>

SUBMISSION OF MUSIC

Music Files shall be submitted via e-mail to per@hillius.se. Please send all music files in one go and by one club contact person. Each file should be clearly labelled according to the following examples:

team_free_junior_Örebro_2

solo_free_senior_Örebro_Kajsa Andersson

All coaches are highly recommended to have another copy of the music as backup.

Only the file formats of good quality and mp3/wav files are permitted.

SUBMISSION OF COACH CARDS

Coach Cards shall be submitted via e-mail to konstsim@osasim.se. Please send all Coach Cards in one go and by one club contact person. Each Coach Card should be clearly labelled according to the following examples:

team_free_junior_Örebro_2

solo_free_senior_Örebro_Kajsa

Only the current Coach Card version found [here](#) will be permitted for use during the championships.

REFUSAL OF ENTRIES

Please note that entries, Coach Cards, and Music Files must be presented in the format required and before the deadline. Entries that do not respect these deadlines and formats may be rejected. These regulations are specified to respect the organizing clubs and officials to carry out their preparations in time.

LUNCH

Clubs who have ordered lunch will receive food tickets, to be presented when collecting the meals. Judges and technical controllers will receive food tickets at the Officials' Meetings. All meals on Saturday and Sunday are served at restaurant Södra Vattentornet. Food for accompanying families and other audience is available in the restaurant at Gustavsvik.

MEDICAL SERVICE

Basic medical services/equipment will be available during the competition by the competition pool.

HANDLING OF GELATINE

It is important that we do not leave residue of gelatine in wash basins or any other surface in the toilets, showers and changing rooms. **Please make sure that you clean any gelatine residue after applying or removing gelatine (on both floor and other surfaces).** Please use the intended baskets. Team Managers are responsible for checking that their club cleans up properly.

OTHER INFORMATION

Information about participation, qualification and accommodation can be found in the invitation, [here](#).

COMPETITION SCHEDULE

Since there are many competitors, it is essential that the timetable is kept. Team Managers are responsible for the athletes to be on time.

MAY 31	18:00-21:00	Official Training –Warm-up in pool C+B with and without music according to schedule
JUNE 1	08:00	Main entrance door opens for admission
	08:15-09:15	Official Training – Warm-up in pool A+B with and without music
	08:15-08:45	Team Managers' Meeting
	08:15-09:15	Officials Meeting
	09:30-10:00	Competition – Masters Team Technical
	10:05-10:25	Competition – Masters Duet Technical
	10:25-10:50	Competition – Masters Solo Technical
	11:10-12:30	Competition – Junior & Senior Solo Free
	12:30-13:30	LUNCH Official Training – Warm-up in pool A+B without music
	13:30-13:50	Opening Ceremony – <i>gathering is in the corridor outside the locker rooms, clubs are placed in alphabetical order with host club last</i>
	14:10-14:55	Competition –Acrobatic Team
14:55-15:00	Competition – Senior Duet Mixed	
15:20-16:10	Competition – Junior & Senior Solo Technical	
16:30-17:15	Competition – Junior & Senior Team Technical	

	17:35-18:15	Competition – Junior & Senior Duet Technical
	18:30	Award Ceremony Gathering arranged by Sweden Aquatics and AS committee (KU) – <i>more information on Team Leaders' and Officials meeting</i>
	21:00	Locker rooms and Competition Arena shall be empty / pool closed
JUNE 2	08:00	Main entrance door opens for admission
	08:15-09:15	Official Training – Wamp Up in pool A+B with and without music
	08:15-08:30	Team Managers' Meeting
	08:15-09:00	Officials Meeting
	09:15-09:55	Competition – Masters Team Free
	10:05-10:20	Competition – Masters Duet Free
	10:20-10:40	Competition – Masters Solo Free
	10:55-11:50	Competition – Junior & Senior Duet Free
	12:40-13:30	Competition – Junior & Senior Team Free
	13:45	Award Ceremony



SEE YOU IN ÖREBRO!