



XI International Synchronised Swimming Tournament  
"Russian Matryoshka"  
December 11-15, 2019, Russia, Chekhov

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## Invitation and *Information*

*Dear Friends,*

The Russian Synchronised Swimming Federation and the Synchronised Swimming Federation of Moscow region are pleased to invite you to the XI International Synchronised Swimming Tournament "RUSSIAN MATRYOSHKA" to take place in the city of Chekhov on December 11-15, 2019.

### THE EVENT

"RUSSIAN MATRYOSHKA" is an open competitions aimed to promote our sport and facilitate technical growth of young athletes.

### ORGANISERS

Russian Synchronised Swimming Federation  
Synchronised Swimming Federation of Moscow Region

### DATES

Competitions – December 12-14, 2019  
Official Training – December 11, 2019

### RULES

According to FINA Rules 2017-2021 for all events  
Figures for Age group - 12 and under (100%)  
Free routine: Solo, Duet, Mixed Duet, Team (100%), Combination (100%)  
Time: Solo 2'00", Duet 2'30", Mixed Duet 2'30", Team 3'00", Free Routine  
Combination 3'00"

### ENTRIES

National or club teams (**athletes born in 2007 and under**)  
2 Solos, 2 Duets, 2 Mixed Duets, 1 Team, 1 Combination  
Officials – max. 2 Judges, 1 team manager, up to 5 coaches

### SWIMMING POOL

Indoor pool, 25 m x 50 m (2, 20 m depth).



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#### **MUSIC**

CD or USB of good quality and marked with event and name of the competitor

#### **SCHEDULE (preliminary)**

December 11 Arrivals and training

December 12 Figures,

December 13 Free Combination / Duet, Mix Duet

December 14 Team / Solo

December 15 Departure

#### **ACCOMMODATION :**

##### **Hotel "OLIMPISKAYA»**

Address: 2, Sovetskaya Str., Chekhov

Single room – 80 euro per person per day

Double room - 60 euro per person per day

Triple room - 50 euro per person per day

or

##### **Sport Hotel «Chekhov»**

Address: Novoselki village, (p\o Vaskino), - Double room - 40 euro per person per day

The price of accommodation includes food.

#### **VISA to RUSSIA**

Participants from the foreign countries should arrange their visas to Russia well in advance. In order to get assistance in this matter please fill "Visa Form" and send it together with passport copy by fax + 7-495 725 4720 or by

e-mail: [russiansynchro@yandex.ru](mailto:russiansynchro@yandex.ru) or [tg25@bk.ru](mailto:tg25@bk.ru)

#### **FINANCIAL CONDITIONS**

Travel and accommodation are at the expense of the participating teams. should also reimburse visa support fee to Organizing Committee (20 € per person).

#### **TRANSPORTATION**

The Organizing Committee will provide all teams and officials with local transportation and transfer from/to the Chekhov city Railway station.



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**TRAVELLING TO CHEHOV**

The nearest airport is "Domodedovo" (60 km)", also "Sheremetyevo-1" "Sheremetyevo-2" (180 km), "Vnukovo" (100 km) are international. Please check if there is a direct flight to Moscow from your country.

**DEADLINES**

ALL FORMS ARE TO BE RETURNED TO THE ORGANISERS

Preliminary Entry Form – October 11, 2019

Visa Form – October 11, 2019

Final Entry Form – December 1, 2019

**ORGANISING COMMITTEE ADDRESS**

**Synchronised Swimming Federation of Moscow Region**

30, Poligrafistovst., 142300, city Chehov, Russia

Contact person Ms. Brusnikina Olga

Fax: +7-496 723-47-38

Tel.: +7-985 921-91-67

e-mail: [fsp\\_mo@mail.ru](mailto:fsp_mo@mail.ru)

**RUSSIAN SYNCHRONISED SWIMMING FEDERATION ADDRESS**

Luzhnetskaya nab, 8, 119992, Moscow, Russia

Contact person Ms. Galkova Tatiana

Fax: +7-495 725 47 20

Tel: +7-495 637 02 16

e-mail: [tg25@bk.ru](mailto:tg25@bk.ru) and [russiansynchro@roc.ru](mailto:russiansynchro@roc.ru)

**With kind regards**

XI "RUSSIAN MATRYOSHKA" Organizing Committee