

Invitation

Swedish Open Youth Championships in synchronized swimming 21st -24th of May 2020 in Stockholm

The Swedish Swimming Federation, SK Neptun, Järfälla Simsällskap and Täby Synchro have the pleasure to invite you to the Swedish Open Youth Championships in synchronized swimming 21st -24th of May 2020 in the swimming pool of Eriksdalsbadet, Stockholm.

Participation: Each federation/club is allowed to participate with:

- Juniors (15-18 year) - 2 solos, 2 duets, 2 mixed duet and 1 team
- B (13-15 year) - 2 solos, 2 duets, 2 mixed duet and 1 team
- C (12 year and younger) - 2 solos, 2 duets, 2 mixed duet and 1 team
- 1 Free Combination team (can be mixed age groups from B and Juniors)

Competitors 12 and under are only allowed to participate in their own age group.

B (13-15 years) are allowed to compete in both B and Junior, but not in the same event.

Juniors (15-18 years) will compete in technical and/or free routine in solo, duet and team.

Age group B (13-15 years) and C (12 years and under) will compete in figures and free routine.

Participation in figures is only for C- or B-swimmers also participating with solo, duet, mixed duet or team routine. At least 2 competing participants have to swim in a medal event.

Each competitor's identity and date of birth will be checked according to L.E.N rule E 13.1

Events: C (12 years and under) and B (13 – 15 years) – Total of 4 medal events for each age category

- Solo + Duet + Mixed Duet + Team: Figures 100% + Free routine 100% = Total 200%

Juniors (15-18 years) – Total of 8 medal events

- Solo + Duet + Mixed Duet + Team: Technical routine 100%

- Solo + Duet + Mixed Duet + Team: Free routine 100%

Combined age group (13-18 years) – One medal event

- Free combination 100%

Rules:

The competition will be held according to FINA rules 2017-2021 and the rules of the Swedish Swimming Federation (SSF).

SSF rules changes the following FINA rules:

- ASAG 2.2 - A combination team can have mixed age groups. 13-15 and juniors.
- ASAG 6 - Time limits for all combination team will be 4.00 minutes.
- AS 4.4 and 13.3 - Combination teams can have 4-10 swimmers in the team.
- Appendix VII/Required Elements - At least 2 parts must have fewer than three swimmers and at least 2 parts must be with all swimmers in the team.
- AS 18.5 - Free Combination teams with less than 8 swimmers will be given penalty depending on how many team members that participate:
 - 8-10 swimmers - No penalty
 - 7 swimmers - 0.5 points
 - 6 swimmers - 1.0 points
 - 5 swimmers - 2.0 points
 - 4 swimmers - 3.0 points

Entry:

Please send the preliminary entry no later than March 15, 2020.

Send the final entry no later than April 15, 2020.

The Entry forms are enclosed this invitation.

Please send the entries to synchro.anmalan@gmail.com

Entry fee:

350 SEK / competitor

One entry fee per competitor allows to swim in multiple events

Music:

CD or audio files can be used. They should be of good quality according to FINA rules and be clearly labeled with federation, club, discipline and name (one CD per program).

Send the Audio files or CD's no later than April 15, 2020 to e-mail: david.kornelson@gmail.com

or by mail to: Mr. David Kornelson, Vaniljvägen 5, 123 55 Farsta, Sweden

Also bring a copy of the music to the competition!

- Draw of figures:** Draw of figures will be held Wednesday May 19th at 09.00.
Information will be published on www.svensksimidrott.se/Varagrenar/Konstsim/
- Swimming pool:** Eriksdalsbadet, [Hammarby Slussväg 20](#), Stockholm.
- Judges:** Federations/clubs with more than 5 competitors are required to bring minimum one judge.
- Accommodation:** We kindly ask the participating team to reserve accommodation themselves.
In the end of this invitation, you can find some suggestions of Hotels located close to the swimming pool.
- Meals:** We offer lunch packages for Friday, Saturday and Sunday 22nd-24th of May.
Price per person: 100 SEK/person/day. You find the lunch form enclosed this invitation.
Send lunch orders to synchro.anmalan@gmail.com **no later than April 30, 2020.**
Other meals have to be arranged and paid for by each club. There is a restaurant in the pool area.
- Payments:** Payments for meals and entries have to be made **no later than April 30, 2020**, according to directions below:
Account-holder: NEPTUN SIMKLUBB
Swift/BIC: HANDSESS
IBAN: SE 68 6000 0000 0006 5916 7182
Currency: SEK
Bank: Handelsbanken, 6126 STOCKHOLM SKANSTULL
Send a receipt of the payments to synchro.anmalan@gmail.com no later than April 30, 2020.
- Prel. schedule:** **Thursday, May 21st**
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 me 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 22nd

- 06:00 Doors open for admission
- 06:00-12:00 Swimming without music
- 12:00-12:45 Judges and Team Captains meeting
- 11:00-14:00 Lunch
- 13:00-14:30 Tech solo juniors
- 14:45-15:45 Figures 12 and under, 4 panels
- 16:00-17:00 Tech duet juniors
- 17:15-18:15 Figures 13-15, 4 panels
- 18:30-19:00 Tech team juniors
- 19:30-20:00 Awards ceremony for Tech solo juniors, Tech duet juniors, Tech team juniors

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

Saturday, May 23rd

- 07:30 Doors open for admission
- 07:30-08:45 Swimming without music
- 08:00-09:00 Judges and Team Captains meeting
- 09:00-09:30 Gathering before the opening ceremony
- 09:30-10:30 Opening Ceremony
- 10:30-11:30 Combination team
- 11:00-14:00 Lunch in the restaurant
- 12:30-14:30 Free team 12 and under, Free team 13-15, Free team juniors
- 14:45-16:15 Free Duet 13-15
- 16:30-17:30 Free Duet juniors
- 18:00-19:00 Awards ceremony for Combination team, Free Team 12 and under, Free Team 13-15,
Free Team juniors, Free Duet 13-15, Free Duet juniors

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



Svenska Simförbundet
Heliosgatan 3
120 30 Stockholm
svensksimidrott.se

Sunday, May 24th

07:30 Doors open for admission

07:30-08:45 Swimming without music

07:45-08:45 Judges and Team Captains meeting

09:00-15:00 Free Solo 12 and under, Free Solo 13-15, Free Solo juniors, Free Duet 12 and under

11:00-14:00 Lunch in the restaurant

15:30 Awards Ceremony Free Solo 12 and under, Free Solo 13-15, Free Solo juniors,
Free Duet 12 and under

The final competition schedule will be decided after final entry.

Information:

If you have any questions, don't hesitate to contact Annika Bäcklin Freund: synchro.anmalan@gmail.com

WELCOME TO ERIKSDALSBADET!

With kind regards,

Swedish swimming federation

SK Neptun

Järfälla Simsällskap

Täby Synchro



Accommodation suggestions

Hotels:

Clarion Hotel Stockholm (situated very close to the swimming pool)

[Ringvägen 98](#)

104 60 Stockholm

Tel: +45 8 462 10 10

E-mail: sales.stockholm@choice.se

Website: www.clarionstockholm.com



CLARION STOCKHOLM
BY NORDIC CHOICE

Special offer: This offer is available for athletes, coaches/trainers and their families/supporters during the period of 20th-24th of May 2020 and includes a daily generous breakfast buffet. This weekend is a Swedish bank holiday therefore it is beneficial to book as early as possible.

The hotel will use the first come first served policy and there is a limited amount of rooms.

Prices are per room per night and includes a daily generous breakfast buffet.

Single room 1095:-/night (1 person)

Double room 1195:-/night (2 persons)

Triple room 1445:-/night (3 persons)

To book accommodations mail the hotel sales.stockholm@choice.se and refer to discount code **"USM2020"** at the latest the 28th of february 2020

Hotel Point Stockholm (situated 700 meters from the swimming pool)

Östgötagatan 65

116 64 Stockholm

Tel: +46 8 640 00 65

E-mail: info@hotelpoint.se

Website: www.hotelpoint.se

Hotel SoFo (situated 500 meters from the swimming pool)

Östgötagatan 64

116 64 Stockholm

Tel: +46 8 640 63 33

E-mail: info@sofo-hotel.com

Website: www.sofo-hotel.com

Scandic Hotel Malmen (situated 1100 meters from the swimming pool)

Götgatan 49-51

102 66 Stockholm

Tel: +46 8 517 347 00

E-mail: malmen@scandichotels.com

Website: www.scandichotels.se/malmen

Hostels:

Mosebacke Hostel

Högbergsgatan 26

116 20 Stockholm

Tel: +46 8 641 64 60

E-mail: info@mosebackehotel.se, bokning@mosebackehotel.se

Website: www.mosebackehotel.se

Skanstull Hostel (situated near the swimming pool)

Ringvägen 135

116 61 Stockholm

Tel: +46 8 643 02 04

E-mail: bokning@skanstullsvandrahem.se

Website: www.skanstullsvandrarhem.se



Svenska Simförbundet
Heliosgatan 3
120 30 Stockholm
svensksimidrott.se

Zinkensdamm Hostel (appr. 2km from the swimming pool)

Zinkens väg 20

117 41 Stockholm

Tel: +46 8 616 81 00

E-mail: mailzinkensdamm.com

Website: www.zinkensdamm.com

Långholmens Hostel (appr. 2km from the swimming pool)

Långholmsmuren 20

102 72 Stockholm

Tel: +46 8 720 85 00

Fax: +46 8 720 85 75

E-mail: vandrarhem@langholmen.com

Website: www.langholmen.com

Renstierna Hotel & Hostel (appr. 1km from the swimming pool)

Renstiernas gata 15

116 28 Stockholm

Tel: + 46 8 615 21 36

E-mail: reservation@hotelrenstierna.se

Website: www.hotelrenstierna.se



Pool area:

