



ARTISTIC SWIMMING INTERNATIONAL COMPETITION

SYNCHRO LATVIA CUP

2019

04 - 07 JUNE 2019

KIPSALAS SWIMMING POOL – KIPSALAS STR. 5, RIGA



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ARTISTIC SWIMMING INTERNATIONAL COMPETITION

"Synchro Latvia Cup 2019"

Dear Friends,

Artistic Swimming sport club "Synchro Latvia" in cooperation with the Latvian Swimming Federation (LSF) is pleased to invite you to participate in the II Artistic Swimming International Competition "Synchro Latvia Cup 2019" on 04 – 07 June, 2019.

GENERAL INFORMATION

DATE AND VENUE

Synchro Latvia Cup 2019 will be held on **04 - 07 June 2019**

Kipsalas swimming pool – Kipsalas str. 5, Riga, Latvia.

Pool Specification: 50m Indoor swimming pool (50 x 13m, up to 2,30m deep)

Water temperature: up to 27,5°C

ORGANIZATION AND REGULATIONS

- Event is organized by the artistic swimming sport club "Synchro Latvia" in cooperation with the Latvian Swimming Federation (LSF).
- The competition will be performed according to the FINA Artistic Swimming rules and regulations, as well as official regulation of this competition.

ENTRIES

Preliminary entry: **no later than March 15, 2019**

Final entry: **no later than April 15, 2019**

E-mail: synchrolatvia@gmail.com

ENTRY FEES

Participation fee is set per person / per day*:

- 1 day – 25 EUR
- 2 days – 40 EUR
- 3 days – 50 EUR
- 4 days – 60 EUR

** includes – participation fee, medals, diploma, medical support, drinking water at the pool area and memorable prizes for all the teams.*

COMPETITION INFORMATION

REGULATIONS AND AGE GROUPS:

The competition is open for sport clubs and officially registered clubs and teams, age group 2000 – 2013 year. Each participant is fully responsible for her health condition and must have medical insurance.

- Competition program – *Figures*
 - Each competitor may perform only in one age group.
- Competition program – *Solo / Duet / Group / Combi / Mixed Duet*
 - Time limit for deck movements is 10 seconds.
 - For allotted time limit there are an allowance of fifteen (15) seconds less or plus.
 - Competitors from different age group in the Duet or Group program are competitors from different age group; time is counted as the oldest age group.
 - Time limit for the deck walk-on is 30 seconds, cannot be exceeded.
- It's allowed to participate in figures and routines separately.
- Results for participation in figures and routines will not be summed up.
- Age groups
 - I group 13 – 15 (FINA) 2000 – 2006
 - II group 12 and younger (FINA) 2004 – 2010
 - III group 10 and younger

A: 2008 – 2013
B: 2010 – 2013

AWARDS

Awarding in figures and routines will proceed separately by age groups, and in National ranking.

JUDGES

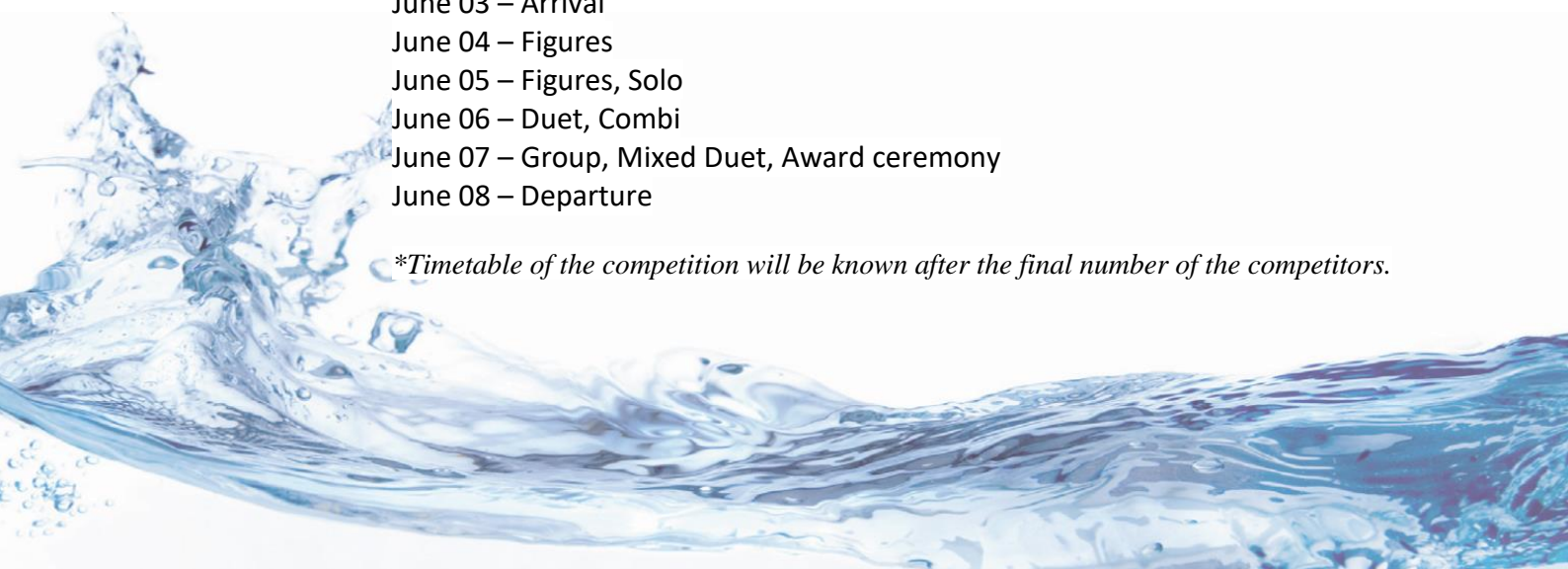
Each club shall nominate at least 1 (one) judge.

COMPETITION SCHEDULE

PRELIMINARY TIME SCHEDULE*

June 03 – Arrival
June 04 – Figures
June 05 – Figures, Solo
June 06 – Duet, Combi
June 07 – Group, Mixed Duet, Award ceremony
June 08 – Departure

**Timetable of the competition will be known after the final number of the competitors.*



- **Figures**

Group I ** 2000 – 2006	Group II ** 2004 – 2010	Group III 2010 and younger	
		A* 2008 – 2013	B* 2010 – 2013
According to FINA rules (2017-2021) 13 – 15 years	According to FINA rules (2017-2021) 12 years and under	<ul style="list-style-type: none"> • Ballet leg single • Barracuda • Blossom • Somersault back pike 	<ul style="list-style-type: none"> • Flamingo • Somersault back tuck • Somersault back pike • Sail on the front position

* Video guide according to your request.

** The draw for FINA program figures will be held 15 days before the start and announced to the club representatives.

- **Solo / Duet / Group / Combi / Mixed Duet**

The time limits for different age groups, including ten (10) seconds of deck movements and allotted time – fifteen (15) seconds less or plus, shall be:

	Solo	Duet	Group	Combi	Mixed Duet
10 years and under	1:30 min	2:00 min	2:30 min	2:30 min	2:00 min
12 years and under	2:00 min	2:30 min	3:00 min	3:00 min	2:30 min
13 – 15 years	2:15 min	2:45 min	3:30 min	3:30 min	2:45 min

Music

For each routine, music must be recorded in mp3 format and must be submitted electronically by e-mail: synchrolatvia@gmail.com. Each submission shall be labelled as to:

1. Routine
2. Name of the club
3. Athlete First Name and Second Name

ENTRY PROCEDURES:

- Entries must be completed electronically by filling the Preliminary entry form and Accommodation & Meals form should be submitted **until March 15, 2019**
E-mail: synchrolatvia@gmail.com
- Participants who need Visas to Latvia should arrange it well in advance. In order to get assistance in this matter please fill "Visa form" and send it together with passport copies by e-mail: synchrolatvia@gmail.com, **until March 15, 2019.**
- Final Entries must be completed electronically by filling the Final entry and Travel form should be submitted **until April 15, 2019**
E-mail: synchrolatvia@gmail.com

ACCOMMODATION AND MEALS

The organizers offer you to stay in 3* and 4* Hotels – in one of the largest Hotel chains in Latvia *Rixwell* and *Wellton Hotels*, both are located right in the heart of the city Riga. Following prices are per person and per day, breakfast included.

	3* Hotel	4* Hotel
DBL / TWN / TRPL	45 EUR	60 EUR

If you would like to have included a lunch or/and dinner as well, it will cost extra 5 EUR per each meal.

TRANSPORT – by your request, if you will need a shuttle please fill *“Travel form”* and send us till **April 15, 2019**.

CULTURAL ENTERTAINMENT

Join us on a cruise **Riga – Stockholm – Riga!**

The organizers give you an opportunity to enjoy cruise for two nights and one whole day in Stockholm with cultural entertainment (sightseeing program by request). As on cruise there are a wide range of entertainment options we guarantee you a two different nights on-board.

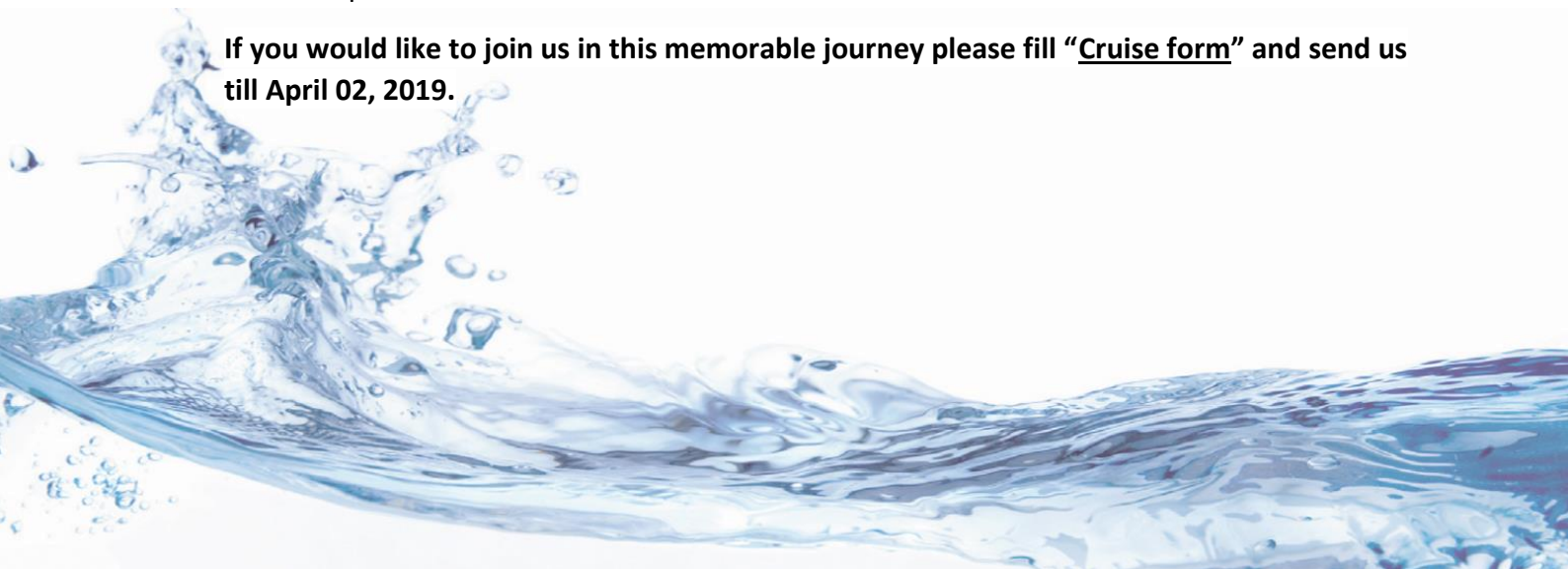
The price for a cruise Riga – Stockholm – Riga is starting from 99 EUR which includes:

- One place in 3 to 4 persons cabin;
- “Sea Breakfast” - served in Buffet restaurant, for both days;
- Excellent entertainment programs every evening – live concerts, magnificent shows and exciting dance challenges.

For an additional fee there is available:

- For children of all ages will have a memorable trip. Kidz Club is a concept of fun entertainment, spectacular shows and lots of different activities;
- SPA centre - enjoy and relax in the bubbles of the Jacuzzi, in sauna or in the pool bar.
- High class dining restaurants with uniquely designed bars offer an unforgettable experience on the sea.

If you would like to join us in this memorable journey please fill “Cruise form” and send us till April 02, 2019.



DEADLINES

Preliminary entry form **until March 15, 2019**

Accommodation & Meals form **until March 15, 2019**

VISA form **until March 15, 2019**

Cruise form (for best price, please send it as soon as possible) or **until April 02, 2019**

Final entry and Travel form **until April 15, 2019**

THESE REGULATIONS ARE OFFICIAL INVITATION FOR PARTICIPATION IN THE COMPETITION.

CONTACT INFORMATION

FOR FURTHER INFORMATION OR SPECIAL REQUEST, DO NOT HESITATE TO CONTACT US:



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