



Synchro Mermaids competition 2020



Invitation

Synchro Mermaids competition 2020

Saturday 28.03.2020, Holmen swimming pool in Asker - Norway



Asker Synkron (a part of Asker Swimmingclub) have the pleasure of invite to the first Synchro Mermaids competition 2020. Synchro Mermaids is a new beginner competition.



Synchro Mermaids competition 2020

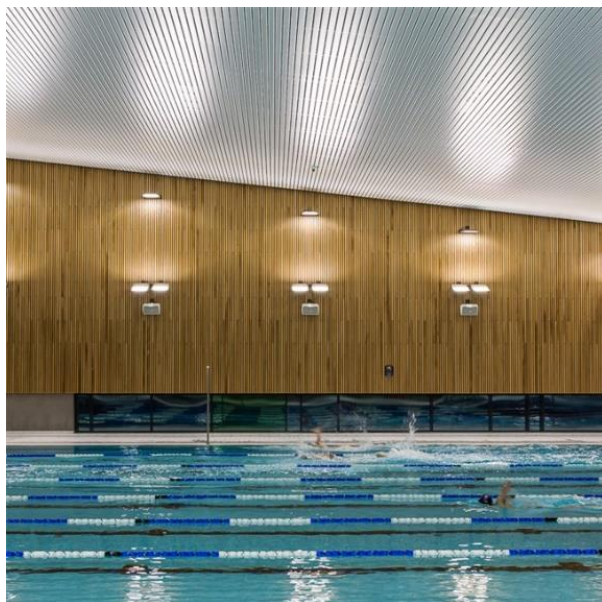


Photo: Tone Lauluten

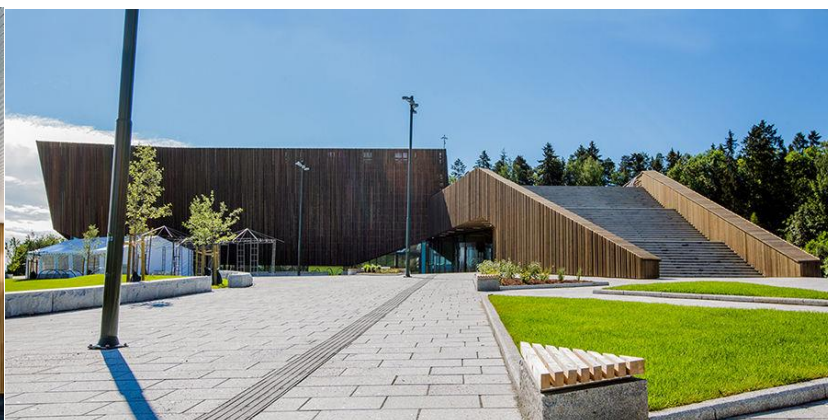


Photo: Verkis.no

Pool information:

25m x 21m. 2-meter-deep all over the pool. The water is chlorinated and has a temperature of 29 degrees.

Holmen Svømmehall, Devikveien 6, 1394 Nesbru, Norway

Participation:

This competition is for new beginners who are new to competing. Participation is for swimmers who have not previously competed with music programs and maximum 3 times in figures. All competitors will get competitors' prizes and/or diplomas.

Age group categories and routines:

| Category | Routine | Type | Age | Award |
|-----------------|------------------|--------------|--|---|
| Little mermaids | Beginner figures | Figures | 9-11 years old (only Norwegian participants) | Competitors price and no ranking (uapprobert) |
| | Solo: 1 min | Free routine | | |
| | Duet: 1 min | Free routine | | |
| | Team: 1 min | Free routine | | |



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| | | | | |
|----------------|------------------|--------------|--|--|
| Young mermaids | Beginner figures | Figures | 11-12 years old (only Nordic participants) | Competitors price and top 3 in each category |
| | Solo: 1.30 | Free routine | | |
| | Duet: 1.30 | Free routine | | |
| | Team: 1.30 | Free routine | | |

| | | | | |
|------------------|------------------|--------------|---------------------------------|--|
| Teenage mermaids | Beginner figures | Figures | 13-15 years old (international) | Competitors price and top 3 in each category |
| | Solo: 2 min | Free routine | | |
| | Duet: 2 min | Free routine | | |
| | Team: 2 min | Free routine | | |

Age group categories and figures:

| Description of figures | | | | |
|----------------------------|---|--|------------------------|------------------------|
| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
| Little mermaids (9-11 y.o) | Tub | Bent knee back layout switching | Sommersault back tuck | Sommersault front pike |
| | Back layout --> tub position --> 360 degrees turn in surface to the left, 360 in surface to the right --> Back layout | The figure is the start of a ballet leg. Back layout --> sailboat right --> back layout -> sailboat left --> back layout | 303 in the FINA manual | 323 in the FINA manual |

| Description of figures | | | | |
|----------------------------|------------------------|------------------------|------------------------|------------------------|
| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
| Young mermaids (11-12 y.o) | Sommersault back pike | Blossom | Surface prawn | Neptunus |
| | 303 in the FINA manual | 302 in the FINA manual | 362 in the FINA manual | 344 in the FINA manual |

| Description of figures | | | | |
|------------------------------|------------------------|------------------------|------------------------|------------------------|
| | Figure 1 | Figure 2 | Figure 3 | Figure 4 |
| Teenage mermaids (13-15 y.o) | Single balletleg | Ballerina | Prawn | Barracuda bent knee |
| | 101 in the FINA manual | 327 in the FINA manual | 361 in the FINA manual | 306 in the FINA manual |



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Entry: Please send the entryform no later than the 10th of February (10.02) 2020 to sara@askersvom.no

Entry forms are enclosed. Please include the billing address.

Entry fees:

Little mermaids

| | | |
|---------|-----------|--------------------------------|
| Figures | kr 100,00 | Pr participant (uapprobert) |
| Solo | | |
| Duet | | |
| Team | | |

This is only for Norwegian participants

Young mermaids

| | | |
|---------|-----------|----------------|
| Figures | kr 100,00 | pr participant |
| Solo | kr 100,00 | pr routine |
| Duet | kr 200,00 | pr routine |
| Team | kr 500,00 | pr routine |

This is only for Nordic participants

Teenage mermaids

| | | |
|---------|-----------|----------------|
| Figures | kr 100,00 | pr participant |
| Solo | kr 100,00 | pr routine |
| Duet | kr 200,00 | pr routine |
| Team | kr 500,00 | pr routine |

This is open for international participants

Payments: Each club will be billed by Asker swimming club by email with deadline for payment set to 01.03.2020. Please add invoice address in the entry form. Without approved payment the participants will not be able to start.

Music: Good quality files in .mp3 format is required. The quality should follow the FINA rules. Each track is to be labelled with the following:

Rutine type_first names_age group_club

Example: Duet_Mira_Hedda_13_15_Askersynkron

*Teams/combo: use Team/combo + number instead of first names.



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Send the music to:

Magnus.myhre@askeroppm.no

No later than 01.03.2020. If you are sending multiple songs, please use wetransfer.com. Also, bring a copy of the music to the competition.

Medal events: There will be medals for the top 3 routines in each category and age groups

- 11-12 years old: figures
- 13-15 years old: figures
- Free music 11-12 years old, solo, duets, teams
- Free music 13-15 years old, solo, duets, teams

Event updates: Event updates, will be posted in the Facebook event: <https://www.facebook.com/events/847923368970060/>

Judges: Each club is required to bring judges according to the number of participants:

1-4 participants: 1 judge

5-10 participants: 2 judges

10-16 participants: 3 judges

Accommodation: We kindly ask each participating club to book accommodations themselves at our competition hotel, Thon Hotel Vettre. The hotel is just 6 min away from the pool with frequent busses.

Prices:

Singleroom per night: 895 kr (NOK)

Dubbleroom per night: 895 kr (NOK)

Trippleroom per night: 1195 kr (NOK)

The hotel also offers dinner/buffet for 210 kr (NOK) pr person.



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For hotel bookings, please fill out the attached hotel booking form and send it directly to:

vettre@olavthon.no, with a copy to
laila.royseng@olavthon.no

Getting to Asker

Flights:

The nearest airport is **Oslo Airport Gardermoen**. From here you can catch a train to Oslo (20 min) or Asker (45 min).

Trains from Oslo Airport Gardermoen:

From the airport you can catch the airport express train (all kids travel for free with an adult over 16 years). To order your tickets and more information about train times and ticket fares, please see:
<https://flytoget.no/en/>

You can also choose the regular trains. For tickets, please see: <https://www.vy.no/en>

Oslo Central Station → pool → hotel

If you take the train to Oslo Central Station or The National Theater (the next stop), you can take **bus 250** to Holmen (right next to the pool), it takes 50 minutes. This bus also takes you to the hotel with 6 more minutes on the bus.

Asker Train station → pool → hotel

From the train station in Asker to Holmen Svømmehall, you can catch **bus 270** from Asker Station to Holmenbukta (the pool). The trip takes 12 min. If you want to go to the hotel you will have to change to bus 250 (around 250m to walk to the other bus-stop)

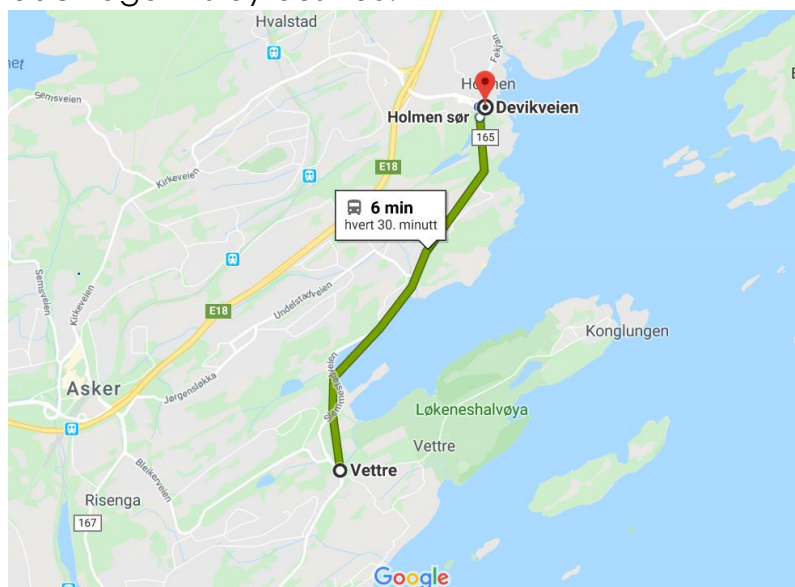


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Getting to the hotel

The easiest way to get to the hotel from the pool and back again is by bus 250.



To get tickets for the buss we recommend the RuterBillett app, as paying cash on the bus is more expensive. For more information about tickets and bus schedule, please see: <https://ruter.no/en/buying-tickets/sales-outlets/>

Café:

We will have a café at the pool during the whole competition where you can buy snacks, cakes and beverages.

Payment is by credit card, Norwegian kroner in cash, or Vipps for Norwegian participants.

Meals:

You can pre order and pre-pay for meals that will be served in our conference room at the pool. All prices below are in Norwegian Kroners.

Saturday hot meals:

Lasagna with salad, 125 kr

Chicken stew with rice, 125 kr

Meatballs with potatoes, 125 kr



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Saturday and Sunday meals:

Pasta salad with chicken, 125 kr

Vegan pasta salad, 125 kr

Big baguette with ham and cheese, 80 kr

Big baguette with chicken, 80 kr

Big baguette with roastbeef, 80 kr

Big baguette with egg and shrimps, 80 kr

To order meals, please fill put the attached meal order form by 10.02.19 and send to sara@askersvom.no with your entry form. All meals has to be payed with the competition entry fees.

Orders for judges: All judges will be given a free lunch Saturday and Sunday at the competition, so please remember to order food for your club judges!

Spectators entry:

50 NOK for both days for spectators. Coaches, judges and participants enter for free.

Schedule:

Preliminary schedule below. Please note that changes can be made after the entry deadline.

| Time | Friday 27.03.2020 |
|-------------|---------------------|
| 18.00-20.30 | Swimthroug to music |

| Time | Saturday 28.03.2020 |
|-------------|--|
| 08.00-09.30 | Warmup without music |
| 08.30-08.45 | Team managers meeting |
| 08.45-09.30 | Judges meeting figures |
| 09.30-12.00 | Figures |
| 11.00-13.00 | Warm lunch in the conference room (pre-orders) |
| 12.00-13.15 | Warmup without music |
| 12.00-12.45 | <i>Judges lunch</i> |
| 12.45-13.15 | Judges meeting free routines |
| 13.30-13.45 | Opening ceremony |
| 13.45-15.30 | Synchro Mermaids free routines |
| 15.30-15.45 | <i>Break</i> |
| 15.45-16.15 | Award Ceremony Synchro Mermaids |
| 16.15-18.45 | Free routines junior and senior |



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| Time | Sunday 29.03.2020 |
|-------------|---|
| 08.30-09.30 | Warmup without music |
| 09.30-12.00 | Free routines 11-12 years old, 13-15 years old |
| 12.00-13.30 | Warmup without music |
| 11.30-13.30 | Lunch in the conference room (pre-orders) |
| 12.00-12.45 | <i>Judges lunch</i> |
| 12.45-13.30 | Judges meeting technical routines |
| 13.45-15.45 | Technical routines |
| 16.00-16.30 | Award Ceremony the Norwegian Synchro Cup and The Norwegian Synchro Championship |
| 16.30-17.00 | Goodbye - lockerrooms has to be empty by 17.00 |

If you have any questions, please contact us at sara@askersvom.no.

We look forward to welcome you to our home pool in Asker, Norway!

