



Norwegian Synchro Cup 2020



Invitation

The Norwegian Synchro Cup 2020

Saturday 28.03 and Sunday 29.03, Holmen swimming pool in Asker - Norway



Asker Synkron (a part of Asker Swimmingclub) have the pleasure of invite to the first Norwegian Synchro Cup 2020.

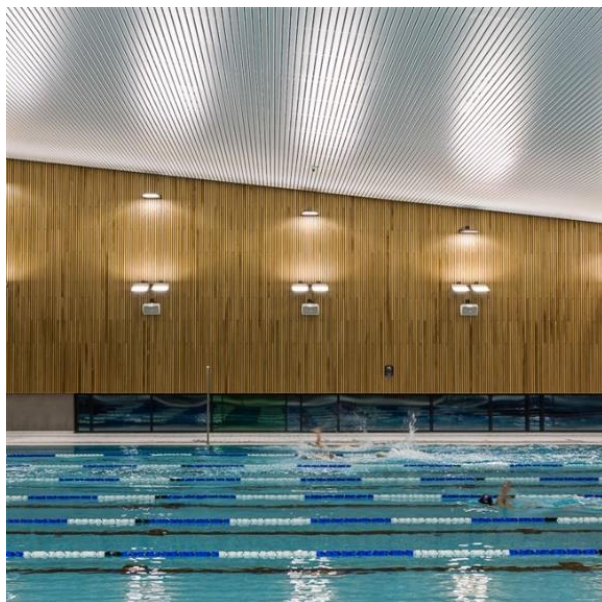


Photo: Tone Lauluten

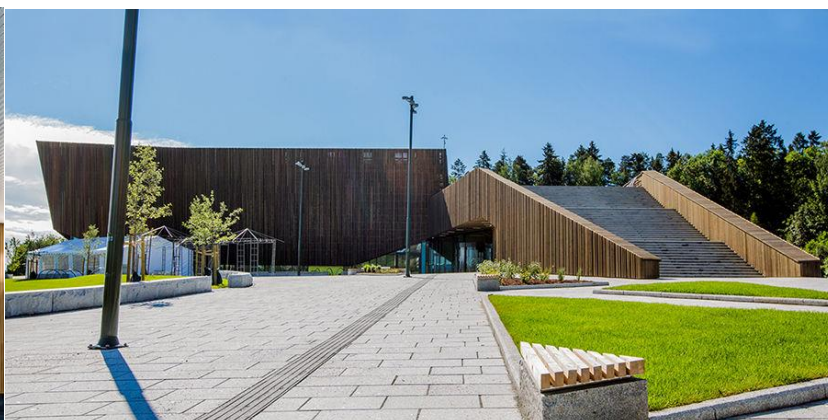


Photo: Verkis.no

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:

In The Norwegian Cup you can participate in figures, free routines and tech routines. If you do not have a tech routine you will start in this competition, the same if you only want to compete in figures or only tech routine. There will be prizes in each category, and no summary of figures + free routines.

Age group categories and routines:

Category	Figures/routines	Type	Age and country	Prizes
Norwegian Synchro Cup 11-12 years old	Fina figures	Fina figures	11-12 years old (only nordic participants)	Top 3 figures
	Solo	Free music		Top 3 solo
	Duet	Free music		Top 3 duet
	Team	Free music		Top 3 team



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Norwegian Synchro Cup 13-15 years old	Fina figures	Fina figures	13-15 years old - open for international participants	Top 3 figures
	Solo	Free music		Top 3 solo
	Duet	Free music		Top 3 duet
	Team	Free music		Top 3 team
	Free combination	Free music		Top 3 combination

Norwegian Synchro Cup Junior and Senior	Solo	Free music	Junior (15-18), Senior 18+. Open for international participants	Top 3 free solo
	Solo	Tech music		Top 3 tech solo
	Duet	Free music		Top 3 free duet
	Duet	Tech music		Top 3 tech duet
	Team	Free music		Top 3 free team
	Team	Tech music		Top 3 tech team
	Free combination	Free music		Fri kombinasjon

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:

- Figures:** 100 NOK pr person
- Solo:** 100 NOK pr solo
- Duet:** 200 NOK pr duet
- Team:** 500 NOK pr team
- Combination:** 500 nok pr Combination

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



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names.

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.

- Top 3 figures (11-12, 13-15)
- Top 3 free solo (11-senior)
- Top 3 free duets (11-senior)
- Top 3 free teams (11-senior)
- Top 3 free combinations (13-senior)
- Top 3 tech solo (junior and senior)
- Top 3 tech duets (junior and senior)
- Top 3 tech teams (junior and senior)

Event updates: Event updates, will be posted in the Facebook event: <https://www.facebook.com/events/571823860035712/>

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)



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Trippleroom per night: 1195 kr (NOK)

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

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)

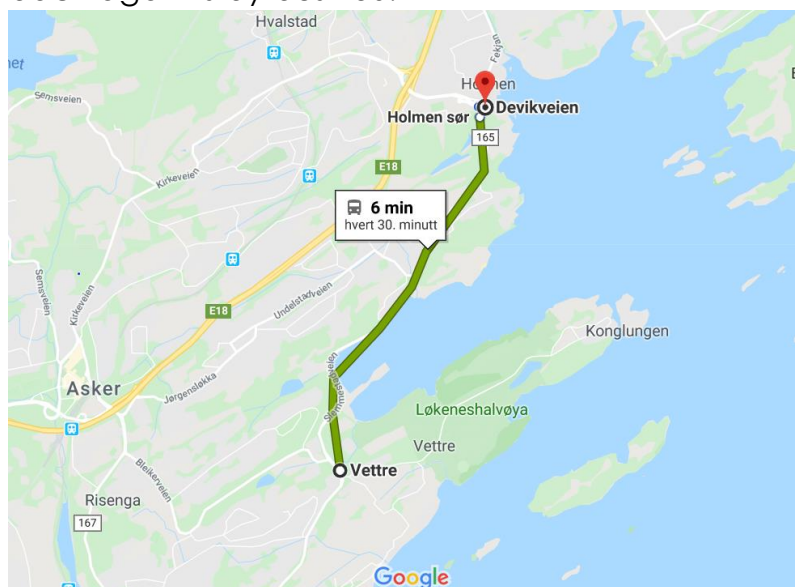


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Getting to the hotel

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 kroners 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!

