

GNOMES WROCLAW 2023

3rd International Meeting in Artistic Swimming

Wroclaw, Poland 4-5.03.2023

organizer:

UKS PA TRZEBNICA



Beginners, 12U, 15U, Junior

Dear Synchro Friends,

UKS PLYWANIE ARTYSTYCZNE TRZEBNICA has a pleasure to invite you to participate in Artistic Swimming competition:

3rd Artistic Swimming “Gnomes 2023”

Date: 4-5.03.2023

Place:

Orbita Swimming Pool (Pływalnia ORBITA (kryta) - WCT Spartan)
str. Wejherowska 34, 54-239 Wrocław
25 m indoor pool (deep 2,5 m)

Deadlines:

Preliminary entry- 15.01.2023(ukssynchrotrzebnica@gmail.com)

Final entry- 15.02.2023 (ukssynchrotrzebnica@gmail.com)

Judges: Each club shall nominate 1 judge per 8 swimmers.

Draw Figures: 02.03.2023

Start List: all Figures / Free Combination 12u 15u/Acrobatic routine junior: 03.03.2023

Entry fees:

Deposit for the keys 20 euros from the club (1 key for 2 swimmers).

Rules:

Every swimmer can perform in just one age category!

Age group 1- Beginners A (2012, 2013) only figures

Age group 2- Beginners B (2014 and under) only figures

Age group 3- 12 and under (2011 and under) - figures (2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min \pm 5 sec/ Duet 2:30 min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/ Team 3:00 min \pm 5 sec / Free combination (6 – 10 competitors) 3:00 min \pm 5 sec

Age group 4- 15 and under (2008 and under) - figures (all swimmers will do 4 figures 2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min \pm 5 sec/ Duet 2:30 min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/ Team 3:00 min \pm 5 sec / Free combination (6 – 10 competitors) 3:00 min \pm 5 sec

Age group 5- Junior- (2004 and under) - 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 acrobatic routine

Only Free Routines!

Free routines – time limits:

Solo 2:15 min \pm 5 sec /Duet 2:45 min \pm 5 sec / Mixed duet 2:45 min \pm 5 sec / Team 3:30 min \pm 5 sec/Acrobatic routines 3:00 \pm 5 sec

Judging:

According to FINA rules 2017 – 2021

Results:

Beginners A/B– Figures 100%

12U- free solo, free duet, free duet mixed, free team (100% figures+ 100% routine), free combination -100%

15U- free solo, free duet, free duet mixed, free team (100% figures+ 100% routine), free combination -100%

Junior- free solo 100%, free duet 100%, free duet mixed 100%, free team 100%, acrobatic routine-100%

Music:

Please, send us the music of your athletes as mp3 file to: ukssynchrotrzebica@gmail.com
not later than 15.02.2023

Please mark every music file with the following information:

**Country_Club/_Category_Routine (Solo (SF), Duet (DF), Mixed Duet (DMF), Team
Free and/or Combo/or Acro)
Name(s) of the swimmer(s).**

Awards:

Medals and certificates will be awarded for 1st – 3 rd places in all routine and figures events in both age groups. Diplomas and gifts for all participants.

Schedule-DRAFT (can be changed by the organizer)

04.03.23 *please, do gelatin only in the gelatin zone*

07.30 Presentation of competitors

08.00-8.30 warm up beginners A/B and 12u

8.30 judges meeting

08.45 Figures beginners A/B

judges meeting

10.00 Figures 12u

judges meeting

12.30-13.00 warm up 15u

judges meeting

13.00-15.30 Figures 15u

gelatin time

Draw for junior solo, junior duet, junior duet mixed, junior team

16.00 Opening ceremony and awarding ceremony Figures beginners A/B/12u/15u

16.15-16.45 warm up Free Combination 12u

16.45-17.15 warm up Free Combination 15u

judges meeting

17.15-18.30 Free Combination 12 u /15u

18.30-19.00 warm up Acrobatic routine junior
19.00-19.30 Acrobatic routine junior
19.45 Awarding ceremony Free Combination 12u/15u/Acrobatic routine junior
Draw for solo 12u15u, duet 12u15u, duet mix 12u15u, team 12u15u

5.03.2023 *please, do gelatin only in the gelatin zone*

07.30-8.00 warm up Duet and Duet Mixed 12u/15u
08.00 judges meeting
08.15-10.30 Duet and Duet mixed 12 u /15u
10.30-11.00 warm up Duet and Duet mixed junior
11.30-13.00 Duet and Duet Mixed junior
judges meeting
13.00-13.30 warm up solo 12u/15u/junior
13.30-14.30 Solo 12u/15u/junior
14.30 Awarding ceremony Solo, Duet, Duet mixed
judges meeting
15.00-15.30 warm up Team 12u
15.30-16.00 warm up Team 15u
16.00-16.30 warm up Team Junior
16.30-18.30 Team 12u/15u/junior
18.45 Awarding ceremony Team

Accommodation (offer):

1. Hotel Orbita, str. Wejherowska 34, 54-239 Wrocław
2. Haston City Hotel, str. Irysowa 1/3, 51-117 Wrocław
3. Boutique Hotel's Wrocław, str. Kwiska 1/3, 54-210 Wrocław

Information e-mail: ukssynchrotrzebnica@gmail.com,
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Best regards,
Team
UKS PLYWANIE ARTYSTYCZNE TRZEBNICA