

4th International Meeting in Artistic Swimming
Wrocław, Poland 1-3.03.2024

GNOMES

WROCLAW 2024



ORGANIZER:

- **UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA**
- **KS PŁYWANIE ARTYSTYCZNE WROCLAW**



Beginners, 12U, 15U, Junior

Dear Synchro Friends,

UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA and **KS PŁYWANIE ARTYSTYCZNE WROCŁAW** has a pleasure to invite you to participate in artistic swimming competition:

4th Artistic swimming “Gnomes 2024”

Date: 1-3.03.2024

Referee: MONIKA SZCZEŚNIAK

Results: ONDREJ CIBULKA

Music: PIOTR ROGÓSZ

Photo: WIKTORIA FRĄSZCZAK

Place: Orbita Swimming Pool (Pływalnia ORBITA - WCT Spartan)

str. Wejherowska 34, 54-239 Wrocław

25 m indoor pool (deep 2,5 m)

Deadlines:

Preliminary entry- 15.01.2024(ukssynchrowro@gmail.com)

Coach cards- 15.02.2024 (ukssynchrowro@gmail.com)

Final entry- 15.02.2024 (ukssynchrowro@gmail.com)

Judges: Each club shall nominate 1 judge per 8 swimmers and 1 technical controller

Draw Figures: 25.02.2024

Start List: all Figures / Free Combination 12u 15u/Acrobatic routine junior:
28.02.2024

Start lists and section of figures will be sent to your e-mail and google drive.

Rules:

- **Age group 1- Gnomes A** (2014- 2015) only figures
- **Age group 2- Gnomes B** (2016 and under) only figures
- **Age group 3- 12 and under** (2012 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** (2009 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** - 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:

WAQ 2022 – 2025

Results:

- **Gnomes A/B**– Figures 100%
- **12U**- The final results are the sum of the figures and free routines, free combination 100%
There is no final
- **15U**- The final results are the sum of the figures and free routines, free combination -100%
There is no final
- **Junior**- free solo 100%, free duet 100%, free duet mixed 100%, free team 100%, acrobatic routine-100%
There is no final

Coach cards:

Send the coach card for each routine separately.

To email: **ukssynchrowro@gmail.com**, by 15.02.2024 with the title

CC_country_club_category_discipline_surname (for example:

CC_POL_UKT_YOUTH_FREE DUET_Petrova_Sidorova)

Music:

Please, send us the music of your athletes as mp3 file to:

ukssynchrowro@gmail.com

not later 15.02.2024

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)

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

Warm up of figures for 12U at 11a.m. and the beginning of a competition at 12

FIGURES 12U
FIGURES 15U
JUNIOR- ACROBATIC ROUTINE
Awarding ceremony

2.03.2024 *please, do gelatin only in the gelatin zone*

BEGINNERS A/B FIGURES
Opening ceremony
Awarding ceremony beginners
SOLO 12U
SOLO 15U
SOLO JUNIOR
TEAM 12U
TEAM 15U
TEAM JUNIOR
Awarding ceremony

3.03.2024 *please, do gelatin only in the gelatin zone*

DUET 12U
DUET15U
DUET JUNIOR
DUET MIXED 12U
DUET MIXED 15U
DUET MIXED JUNIOR
COMBINATION 12U
COMBINATION 15U

Awarding ceremony



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: ukssynchrowro@gmail.com,

tel. +48 516 358 031

Best regards,

Team

*KS PŁYWANIE ARTYSTYCZNE WROCŁAW
UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA*

Age group 1- Gnomes A (2014, 2015)

1. BACK LAYOUT POSITION TO BENT KNEE POSITION 1,0

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A fast exchange of the legs to **Bent Knee Back Layout Position** of the other leg is executed. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.



2. FRONT LAYOUT POSITION TO BENT KNEE POSITION 1,0

From a **Front Layout Position**, a **Bent Knee Position** is assumed. A fast exchange of the legs to **Bent Knee Position** of the other leg is executed. A Front Layout Position is resumed. Face is in the water throughout.



3. 310 SOMERSAULT BACK TUCK 1,1

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



4. BACK LAYOUT POSITION, REVERSE PROPELLER, PROPELLER 1,0

Back layout position, arms move up to propeller scull. Body moves head first (5 meters) and then foot first (5 meters).



Age group 2-Gnomes B (2016-2017)

1. BACK LAYOUT POSITION – 1,0

The body is extended with face, chest, thighs and feet at the surface. Head (ears specifically), hips, and ankles in line.



2. FRONT LAYOUT POSITION – 1,0

The body is extended with head, upper back, buttocks and heels at the surface. Face is in the water.



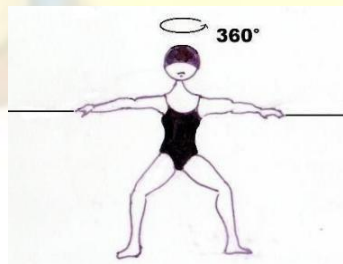
3. BACK LAYOUT POSITION TO TUB POSITION 1,0

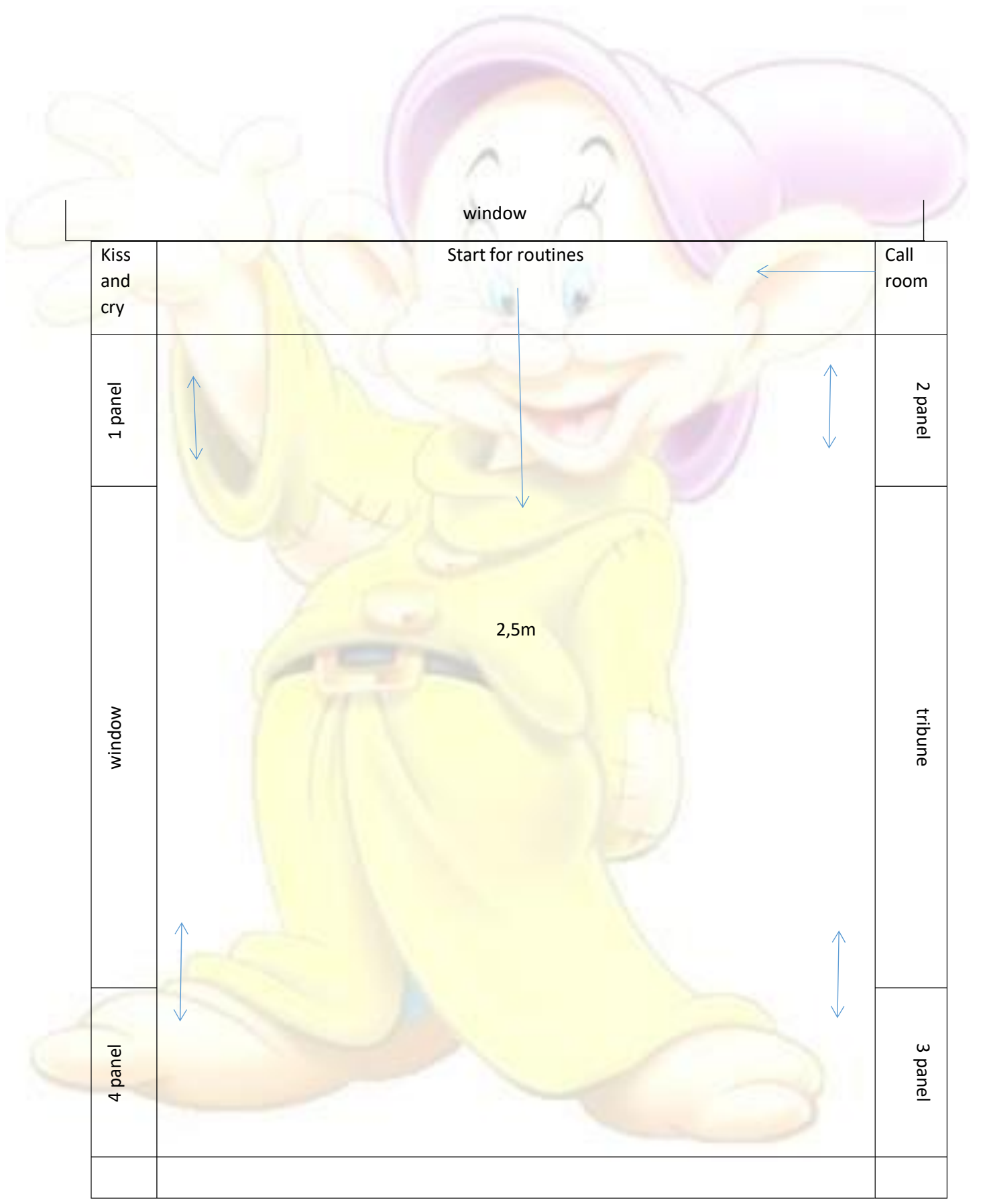
From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. A **Back Layout Position** is resumed.



4. EGGBEATER TURNING 360° -1,0

Establish body position vertical from head to hips with arms extended along the surface. Using alternate rotating kick, perform eggbeater facing front for two seconds; execute a quarter turn; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter in the same direction; perform eggbeater for two seconds; execute a quarter turn to return to original position. Water level should be constant with shoulders at or above surface throughout.





window

Kiss
and
cry

Start for routines

Call
room

1 panel

2 panel

window

tribune

2,5m

4 panel

3 panel



INFO

Judges and TCs:

Please make sure you bring your own black trousers or skirts below the knees and black shoes. You will be provided with 1 t-shirt

Keys:

We will require 100PLN/25EUR deposit per club.