

6th International Competition in Artistic Swimming



Wrocław, Poland 06.03-08.03.2026



KS
PŁYWANIE
ARTYSTYCZNE
WROCLAW

ORGANIZER:

**UKS PŁYWANIE
ARTYSTYCZNE TRZEBNICA**

&

**KS PŁYWANIE
ARTYSTYCZNE WROCLAW**



UKS
PŁYWANIE
ARTYSTYCZNE
TRZEBNICA

Beginners, 12U, 15U, Junior

Dear Synchro Friends,

**UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA &
KS PŁYWANIE ARTYSTYCZNE WROCLAW**

has a pleasure to invite you to participate in artistic swimming competition:

**6 th Artistic Swimming
“GNOMES 2026”
Date: 06 - 08.03.2026**

Director :	Paweł Chrzan
Referee :	Jana Vidlařová
Results :	Ondřej Cibulka
Technical controller coordinator :	Julia Bacharova
Technical support :	Piotr Rogósz

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: 20.01.2026 (GNOMESWROCLAW@GMAIL.COM)
- Coach cards: 28.02.2026 (yadlouskaya93@mail.ru)
After this date, correction CC is not possible.
- Final entry: 21.02.2026 (GNOMESWROCLAW@GMAIL.COM)
- Judges: Each club shall nominate 1 judge per 8 swimmers and 1 technical controller
- Draw Figures: 01.03.2026
- Start List: 04.03.2026

Start lists, section of figures and results will be sent to your e-mail and google drive:
<https://drive.google.com/drive/folders/1K-AVCfKSLbeBqPdEqRPqaDVTuqusFlzq?usp=sharing>

Entry Fee:

Invoicing will be based on the number of competitors registered by the final registration deadline of 21.02.2026

If a competitor starts in two different age categories, the entry fee will be doubled. For example: the competitor starts in 12U and 15U figures.

Judging:

The competition will be held in accordance with the rules WAQ available at the time of the event.

Coach cards:

Send the coach card for each routine separately.

To email: yadlouskaya93@mail.ru , by 28.02.2026 with the title **CC_country_club_category_discipline_surname** (for example: CC_POL_UKT_YOUTH_FREE DUET_Kwiecień_Kasprzyk)

Music:

Please, send us the music of your athletes as mp3 file to: GNOMESWROCLAWMUSIC@GMAIL.COM not later than 23.02.2026

Please mark every music file with the following information:

Country_Club/_Category_Routine (Solo (SF/ST), Duet (DF/DT), Mixed Duet (DMF/DMT), Team Free/Team Tech and/or Combo/or Acro) , Name(s) of the swimmer(s)

Rules:

The competition will be held in accordance with the rules WAQ available at the time of the event

- **Age group 1- Beginners “Gnomes”** (2015 and under) only figures
- **Age group 2- 12 and under** (2014 and under) - figures, 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00min \pm 5 sec/ Duet 2:30min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/
Team 3:00 min \pm 5 sec / Free combination 3:00 min \pm 5 sec

- **Age group 3- 15 and under** (2011 and under) - figures (all swimmers will do the same 2 figures), 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 3:00 min \pm 5 sec

- **Age group 4- Junior** (15-19 female (20male) years) - 2 free solo, 2 technical solo, 2 free duet, 2 technical duet, 2 free duet mixed, 2 technical duet mixed, 1 free team, 1 technical team, 1 acrobatic routine

Free routines – time limits:

Solo 2:15 min \pm 5 sec /Duet 2:20 min \pm 5 sec / Mixed duet 2:20 min \pm 5 sec /
Team 3:30 min \pm 5 sec/Acrobatic routines 3:00 \pm 5 sec

Technical routines – time limits:

Solo 2:00 min \pm 5 sec /Duet 2:45 min \pm 5 sec / Mixed duet 2:45 min \pm 5 sec /
Team 2:50 min \pm 5 sec



Schedule: (can be changed by the organizer)

The final schedule including split of disciplines to each day will be announced after preliminary and final entries.

06.03.26 Friday

- Figures 12U
- Figures 15U
- Team 12U
- Technical Routines junior
- Acro junior

07.03.2026 Saturday

- Solo Free 12U, junior
- Gnomes (beginners) Figures
- Solo Free 15U
- Opening ceremony
- Team Free 15U, junior

08.03.2026 Sunday

- Duet, Duet Mix 12U, 15U, Junior
- Free Combination 12U, 15U

Results:

- **Gnomes** – 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%, tech. solo -100%, tech. duet- 100%, tech. duet mixed -100%, tech. team- 100%
There is no final

Awards:

Medals and certificates will be awarded for 1st – 3rd places in all routines, figures events and gifts for all participants.

Accommodation (offer):

- Hotel Orbita, str. Wejherowska 34, 54-239 Wrocław
- Haston City Hotel, str. Irysowa 1/3, 51-117 Wrocław
- Boutique Hotel's Wrocław, str. Kwiska 1/3, 54-210 Wrocław
- Citi Hotels Wrocław, str.Trzemeska 10, 53-679 Wrocław

Information e-mail:

GNOMESWROCLAW@GMAIL.COM

tel. +48 516 358 031

Best regards,

Team KS

**PŁYWANIE ARTYSTYCZNE WROCLAW
UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA**



Age group 1- Gnomes

Back Layout Position to Bent Knee Back Layout Position

1,4

Begin in a **Back Layout Position**. One leg remains at the surface of the water 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 rapid exchange of the legs is performed to assume a **Bent Knee Back Layout Position**

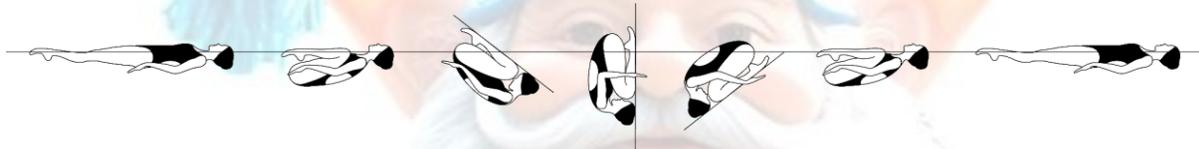


of the other leg. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

Somersault Back Tuck

1,1

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



Front Layout Position to Bent Knee Front Layout Position

1,1

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



Walkout Front

1,4

These movements start in a **Surface Split Position**. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.





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 1t-shirt

- **Keys:**

We will require 150 PLN/30 EUR deposit per club.

