



Asker Synchro Open 2019



Invitation

## Asker Synchro Open

30<sup>th</sup> November – 01<sup>st</sup> December, Tønsberg, Norway

Asker Synkron (a part of Asker Swimmingclub) have the pleasure of inviting clubs from Norway, Sweden, Denmark, Finland and Estonia to the first Asker Synchro Open Competition.





## Asker Synchro Open 2019



**Participation:** Each club is allowed to participate with:

**Senior\*:** 1 solo & 1 duet only

**Junior (15-18 years old):** 2 solos, 2 duets and 1 team

**13-15 age group:** 2 solos, 2 duets and 1 team

**11-12 age group:** 2 solos, 2 duets and 1 team

Each club can send one combination team. Age of team members can range from 11-18.

\*Senior is limited to solo and duet due to time limitations. Please contact us if you would like to enter more than one solo/duet.

\*\* Due to time limitations we will take reservations on the number of participants in the competition.

**Rules:** The competition will be held according to the FINA rules 2017-2021 and the rules of the Norwegian Swimming Federation (NSF).

**Exceptions from the FINA rules:**

SSAG 2.2 and 5.1 – A combination team can have mixed age groups, 11-13, 13-15 and Junior.

**Entry:** Please send the preliminary entry no later than the 01st of august 2019. After the preliminary deadline we will see if there is available spots for participants from other countries, or if there is a need for reducing the number of routines in total.

The final entry has to be sent in no later than the 2<sup>nd</sup> of September 2019 to [hilde.skaslien@icloud.com](mailto:hilde.skaslien@icloud.com). Entry forms are enclosed. Include the billing address.

**Entry fees:** **Solo:** 100 NOK pr. Solo

**Duet:** 200 NOK pr. Duet

**Team:** 500 NOK pr. Team

**Combination:** 500 NOK pr. Team



## Asker Synchro Open 2019



**Payments:** Each club will be billed by Asker swimming club by email with deadline for payment set to 01.11.2019. 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\_Hannah\_Ylva\_Junior\_Asker Synkron  
Teams/combo use Team/combo+number 1 or 2 instead of first names.

**Send the music to:**

[Magnus.myhre@askeroppm.no](mailto:Magnus.myhre@askeroppm.no)

No later than 01.10.2019. If you are sending multiple songs, please use wetransfer.com. Also, bring a copy of the music to the competition.

**Figures:** Draw of figures will be published 28.11.2019 at 09.00. Information will be published on [www.askersvom.no](http://www.askersvom.no), in the [Facebook event](#) and our Facebook account [Asker Synkron](#).

**Medal events:** There will be medals for the top 3 routines in each category.

- 11-12 years old: figures + free routine (100%)
- 13-15 years old: figures + free routine (100%)
- Junior: technical routine + free routine (100%)
- Senior: technical routine + free routine (100%)

**Event updates:** Event updates, will be posted in the facebook event.



## Asker Synchro Open 2019



### Swimming pool:

Wilhelm Wilhelmsens vei 1, 3112 Tønsberg



### Pool information:

25m x 10,4m. Approximately 12,5m is 4-meter-deep, then the pool gets shallower after that.

The water is chlorinated and has a temperature of 29 degrees.

### Judges:

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

1-4 participants: 1 judge

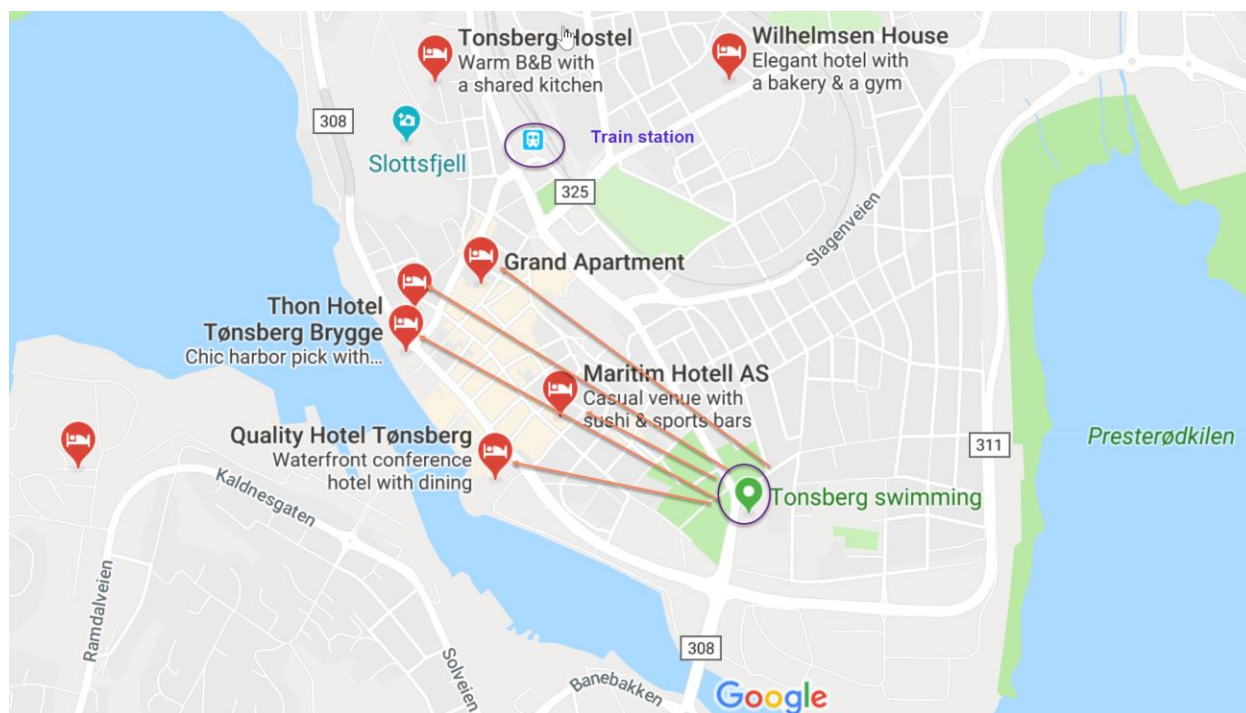
5-10 participants: 2 judges

10-16 participants: 3 judges



**Accommodation:**

We kindly ask each participating club to book accommodations themselves. We have some hotels nearby the pool:



Distance example: Quality Hotel Tønsberg to the pool: 800 m walk (2 min).

**Getting to Tønsberg:**

**Flights:**

The nearest Airport is **Torp Luffhavn** (22 min with car). Please note that there is limited flights to this airport; please check your airline company.

**Oslo Airport Gardermoen** has regular flights from all the Nordic countries. From here you can catch a train to Tønsberg.

**Trains from Oslo Airport Gardermoen** leaves once every hour. Please check [vy.no](http://vy.no) for tickets. The train takes 1 hour and 37 minutes.



## Asker Synchro Open 2019



### From the train station to the pool

You can walk from the train station to the pool in 13 minutes.

### Meals:

We will have a Café at the pool during the whole competition where you can buy baguetts, salads, Norwegian waffles, fruit, different sorts of drinks and more.

Payment is by card only, or Vipps for Norwegian participants.

### 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.

**Saturday 30. November 2019.** 08.30-20.00  
(approximately)

- Warmup
- Opening, presentation of participants and judges
- Technical team junior
- Technical solo junior
- Technical solo senior
- Technical duet junior
- Technical duet senior
- Lunch
- Figures 11-12 years old
- Figures 13-15 years old
- Break
- Junior duet
- Senior duet
- 11-12 duet
- 13-15 duet
- Free combination



## Asker Synchro Open 2019



**Sunday 01. December 2019.** 08.30-16.00  
(approximately)

- Warmup
- Opening, presentation of participants and judges
- 11-12 solo
- 13-15 solo
- Junior solo
- Senior solo
- Lunch
- 11-12 team
- 13-15 team
- Junior team
- Award Ceremony

**More information:** [hilde.skaslien@icloud.com](mailto:hilde.skaslien@icloud.com)

Welcome to Asker Synchro Open, and to Norway!

