



**FINNISH SYNCHRO OPEN &
NORDIC CLUB -CUP 2022
17-19th OF JUNE 2022
IN HELSINKI, FINLAND**

UIMALIITTO
SIMFÖRBUNDET AQUATICS FINLAND

Vantaan Pyörre



INVITATION

Finnish Synchro Open and Nordic Club -cup 2022 17-19th of June 2022 in Helsinki, Finland

Aquatics Finland and the swim club Vantaan Pyörre ry have the great pleasure to invite You to compete in the Finnish Synchro Open and Nordic Club -cup 2022 to be held from Friday 17th to Sunday 19th of June 2022 in Helsinki, Finland.

GENERAL INFORMATION:

Competition: Finnish Synchro Open and Nordic Club -cup 2022 in synchronized swimming

Date: Friday 17th of June till Sunday 19th of June in Helsinki

Venue: Mäkelänrinne Swimming Centre (indoor pool)
Mäkelänkatu 49
00550 Helsinki
Finland

Under: Aquatics Finland

Host: Vantaan Pyörre ry
Raappavuorenkuja 7 E 63
01650 Vantaa
Finland

Referee: Maiju Ojala

Website: [Competition page](#)
www.uimaliitto.fi
www.vantaanpyorre.sporttisaitti.com

Social Network: [Facebook Uimaliitto](#) & [Facebook Vantaan Pyörre](#)
[Instagram Synchro Finland](#) & [Instagram Vantaan Pyörre](#)



COMPETITION INFORMATION:

Pool size: 25m x 16,5m - Depth: 5m

Rules: The competition will be held according to FINA rules 2017 - 2021 and the rules of the Aquatics Finland.

Exceptions from FINA rules are:

- SS 4.4 – Free Combination and highlight routine can have 4-10 swimmers in the team

The Senior category is open to all. In Junior category the competitions are open to all athletes born 2004 or later (modification from FINA SSAG 2.1.)

Rules for the Nordic Club -cup will be published in the [competition page](#) soonest.

Events: Events will include figure competition, technical and free routines for solos, duets, mixed duets, teams, highlight and free combination.

Seniors:

Competition program (10 medal events):

- Solo Technical 100%
- Duet Technical 100%
- Mixed Duet technical 100%
- Team: Technical 100%
- Solo Free 100%
- Duet Free 100%
- Mixed Duet Free 100%
- Team Free 100%
- Free Combination 100%
- Highlight 100%

Juniors:

Competition program (10 medal events):

- Solo Technical 100%
- Duet Technical 100%
- Mixed Duet Technical 100%
- Team Technical 100%
- Solo: figures 100% + free routine 100%
- Duet: figures 100% + free routine 100%
- Mixed Duet free 100%
- Team: figures 100% + free routine 100%
- Free Combination 100%
- Highlight 100%



Participation: Each federation/club is allowed to participate in each age group category with three (3) Solos, three (3) Duets, three (3) Mixed Duets, one (1) Team, one (1) Free Combination and one (1) highlight routine. Finnish participants with no restrictions. You must start your program in every category you make an entry. E.g., if the soloist is entered both in FINA Jr and SR, the soloist must start in both categories. Each competitor's identity and date of birth will be checked.

Entries: The Final entry should be sent latest on **Wednesday 1st of June 2022**. If the final entry is sent later than announced, participating in the competition is possible only as a pre-swimmer. Entry forms can be found from the [competition page](#). Please send the entries to vantaanpyorre(at)hotmail.com

Entry fees:

- Solo free 25€
- Solo technical 25€
- Duet free 35€
- Duet technical 35€
- Mixed duet free 35€
- Mixed duet technical 35€
- Team free 60€
- Team technical 60€
- Free combination 70€
- Highlight 70€
- Figures 15€/person

Invoice will be sent after the final entry to the contact email that You have informed in the entry form. You have seven (7) days to make the payment. Payments will be checked before the competition and without payments swimmers can't start.

The payments are tripled, if the final entry is sent later than the informed date.

Judges: Every attending federation or club must bring their own judges. The number of judges depends on the number of attending swimmers from the federation/club. Foreign countries should bring at least one judge per club - preferably who have passed the test in Fina School.

- 1-3 swimmers 1 judge (minimum Finnish B-level)
- 4-10 swimmers 2 judges (both minimum Finnish B-level)
- 11-20 swimmers 3 judges (two minimum Finnish B-level and one C-level)
- 21 or more swimmers 4 judges (two minimum Finnish B-level and one C-level)

Preliminary schedule:

Friday 17.6.2022 2:00 pm Technical and judges' meetings
3:00 pm – 8:30 pm Warm up & competition
Saturday 18.6.2022 8:00 am – 8:00 pm Competition
Sunday 19.6.2022 8:00 am – 1:00 pm Competition

Changes in the schedule are possible. The final Schedule will be sent to the attending clubs/federations as soon as all the entries are registered.

License: Finnish participants must have valid Blue Card -license.

Music: **Fina rules AS 15.3, Method 2**
Team managers/Coaches are responsible for submitting their music electronically via the internet in .mp3 format.
Each submission shall be labeled as:
< event, name of the competitors and the name of the club/national federation >
Example: Fina Senior Solo Free_Virtanen Viivi_Finland

Audio files must be sent no later than Wednesday 1st of June 2022 to:
vantaanpyorre(at)hotmail.com
(Please, also bring a backup copy of music to competition.)

Draw of figures:
Draw of figures will be organized on the 15th of June 2022 at 8:00 am at Zoom (link will be provided in competition page). Information will be sent to participants by email and be published at competition website immediately after the draw.

Order of appearance:
Draw for the order of appearance will be organized on the 15th of June 2022 at 8:00 am at Zoom (link will be provided in competition page).

Summary of important dates:

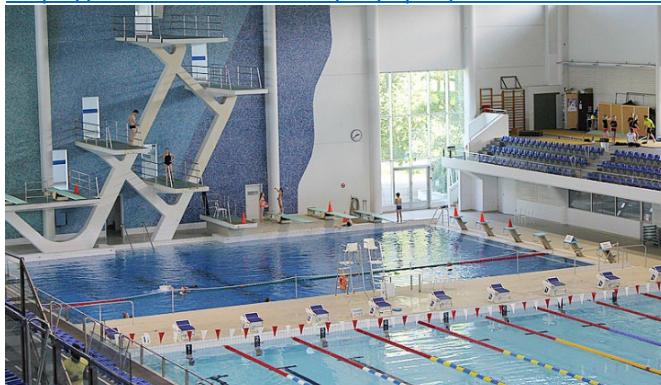
Final Entries	1 st of June 2022	vantaanpyorre(at)hotmail.com
Meals (in Final Entry)	1 st of June 2022	vantaanpyorre(at)hotmail.com
Audio Files	1 st of June 2022	vantaanpyorre(at)hotmail.com
Draw for the order	15 th of June 2022	
Draw of Figures	15 th of June 2022	

Lockers: Every participant will be given their own locker, which works with a card. If the card gets lost, the club will be charged 50€ per lost card.

Meals: We will organize the **lunch** for Friday, Saturday and Sunday and **dinner** for Friday and Saturday. Please fill your lunch reservations into the [Meals and T-shirts](#) form. The invoice of the meals will be sent to the contact email. Please note, that you are entitled for the meals only with paid invoice.

Swimming pool:

Mäkelänrinne Swimming Centre
Mäkelänkatu 49, 00550 Helsinki, Finland
Tel. +358-9-3488 6550
<https://www.urheiluhallit.fi/en/open/makelanrinne.html>





How to get to Mäkelänrinne:

Distance to Mäkelänrinne

- | | |
|---|---------|
| - By plane to Helsinki-Vantaa international airport | 14,6 km |
| o then take the train to Pasila | |
| - By train to Pasila railway station | 1,5 km |
| - By bus to Mäkelänrinne | |
| - By boat to Helsinki | |
| o Tallink Silja | 6,2 km |
| o Viking Line | 5,9 km |

Accommodation:

We kindly ask the participating teams to reserve the accommodation themselves. Please find enclosed some suggestions in the neighborhood of the swimming pool, marked with the distance

- | | |
|---|--------|
| - Original Sokos Hotel Tripla, Helsinki | 1,1 km |
| - Holiday Inn Helsinki, Expo | 0,7 km |

More information:

Please contact the competition manager, Ulla Lucenius (ulla.lu(at)kolumbus.fi)
All information about the competition will be updated in [competition page](#).

You are warmly welcome to Helsinki!

With Best regards,

Maiju Ojala
The Referee

Ulla Lucenius
Chairman of Vantaan Pyörre ry