



Scottish
Swimming

Synchro



2019 Scottish National and Age Group Synchronised Swimming Open Championships

Drumchapel Swimming Centre

Drumry Road East, Drumchapel, Glasgow

G15 8NS

15th and 16th June 2019



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SESSION TIMES & EVENTS

Session Times:-

Date:	Registration	Warm up	Start:	
Saturday 15 June	07:45	08:00	09:00	Warm up times for events will be issued once all entries have been received and processed.
Sunday 16 June	08:30	09:00	10:00	

Programme of Events:-

Age Group Events	Figures	12 years and under, 13/14/15 Years
	Elements	Juniors (15 – 18 years)

15 year olds may swim in 1 age group only. Age as at midnight on 31st December in the year of competition. FINA FIGURE GROUPS WILL BE DRAWN 72 HOURS BEFORE THE EVENT (Fina rule SS13.6 – SS13.6.1). These will be posted on Scottish Swimming website <https://www.scottishswimming.com/compete/synchro.aspx>

Competitive Solo	12 years and under, 13/14/15 years Juniors (15 – 18 years)		
Competitive Duet	12 years and under, 13/14/15 years Juniors (15 – 18 years)		
Recreational Duet	19 years and under, 19 years and under mixed duet A recreational duet may have one (1) swimmer with the appropriate Grade and one (1) without Only 2 per club may enter.		
Competitive Free Team	12 years and under, 13/14/15 years Juniors (15 – 18 years) Free Team can consist of 4 – 8 swimmers. The result will be 50% figures and 50% routine mark.		
Competitive Open Free Combination Team	Open Free Combination Team can consist of 4 – 10 swimmers. Competitive swimmers do not have to enter the figure competition but must hold the appropriate Grade depending on their age group. The result will be 100% of the routine mark only. 15 year olds may swim in 1 age group only. (But may also swim in the Open Free Combination Team).		
Recreational Free Combination Team	no more than half the number of swimmers may have the pre-requisite Grade appropriate for the age group to enter the competitive strand. Clubs may enter more than 1 Open Free Combination team. All Grades must have been achieved on or before Friday 10 th May 2019		
National Open Events (Technical and Free)	Competitive Solo	Competitive Duet	Competitive Team
	Competitive Team	Competitive Mixed Duets	

Eligibility Information:- (Competitive)

12 & under Figures	Grade 2 Bronze
12 & under Solo/Duet	Grade 3 Bronze
12 & Under Team	Grade 2 Bronze minimum
13yrs/14yrs/15yrs Figures	Grade 3 Bronze
13yrs/14yrs/15yrs Solo, Duet	Grade 4 Bronze
13yrs/14yrs/15yrs Team	Grade 3 Bronze minimum
Juniors 15yr -18yrs Elements	Grade 4 Bronze
Juniors 15yrs/18yrs Solo, Duet	Grade 5 Bronze
Juniors 15yrs/18yrs team	Grade 4 Bronze minimum
National	Grade 5 Bronze Minimum
Open Free Combination	All swimmers in the Team must have appropriate Grades according to ages.

Recreational

- Age as at midnight on the 31st December in the year of competition
- No Grade is required. The only criteria are that swimmers must conform to SASA law regarding minimum age
- Competitors who hold the relevant Grade for their age may compete in the figure section of the competition
- For free combination in the recreational strand, no more than half the number of swimmers may have the pre-requisite Grade appropriate for the age group to enter the competitive strand
- A recreational duet may have one (1) swimmer with the appropriate Grade and one (1) without

QUALIFYING STANDARDS

Age	Grade Entry (Minimum)	Competitive	Times all include 10secs deckwork
12 & Under	Grade 2 Bronze Grade 3 Bronze Grade 3 Bronze Grade 2 minimum	Figures Solo 50% Duet 50% Free Team 50% result	2mins 2mins 30secs 3 mins
13/14 &15 yrs	Grade 3 Bronze Grade 4 Bronze Grade 4 Bronze Grade 3 minimum	Figures Solo 50% Duet 50% Free Team 50% result	2mins 15secs 2mins 45secs 3mins 30secs
Juniors (15-18yrs)	Grade 4 Bronze Grade 5 Bronze Grade 5 Bronze Grade 4 minimum	Junior Elements Solo 50% *Duet 50% Free Team 50% result	2mins 30secs 3 mins 4 mins
19 Under Recreational	A recreational duet may have one (1) swimmer with the appropriate Grade and one (1) without	Duet 100%	2mins 30secs – 3mins
19 Under Recreational Mixed Duet	A recreational duet may have one (1) swimmer with the appropriate Grade and one (1) without	Duet 100%	2mins 30secs – 3mins
Competitive Combination Team	Grades according to age	Free 100%	4 mins
Recreational Comination Team	no more than half the number of swimmers may have the pre-requisite Grade appropriate for the age group	Free 100%	3 mins – 4 mins
Nationals	Grade 5 Bronze	Tech Solo Free Solo Tech Duet Free Duet Tech Team Free Team Mixed Tech Duet Mixed Free Duet	2mins 2mins 30secs 2mins 20secs 3mins 2mins 50secs 4mins 2mins 20secs 3mins

Notes:

Swimmers competing in both Junior and Senior Free Solo and Free Duets shall swim once

All Technical routines will use FINA Junior Technical Elements (2017 – 2021)

All National routines are 100% Free

ENTRIES/GENERAL/WITHDRAWALS INFORMATION

Entries

Online line entries (link to follow)

Closing date for entries is **Friday 10th May 2019 ay 12 noon. NO LATE ENTRIES SHALL BE ACCEPTED**

Entry Fees	Figures	£10
	Solo	£10
	Duet	£20
	Team	£4.00 per swimmer up to a maximum of £40

Clubs may enter more than 1 Open Free Combination team. All Grades must have been achieved on or before Friday 10th May 2019.

More information can be found on our website: <https://www.scottishswimming.com/compete/synchro/national-events.aspx>

General

Transport - Each delegation must arrange its own hotel accommodation and local transportation between the hotel, pool and train station or airport.

Music - Once Entries have closed then Clubs will receive instructions regarding music uploading. All music information must be uploaded by **one week before the competition**.

Swimwear - The referee has the authority to exclude any competitor whose swimsuit or body symbols do not comply with Fina rules GR5.1-GR5.6

Media & Photography Information

Throughout this event Scottish Swimming will have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Scottish Swimming after which the data will be removed.

Awards & Presentations

Scottish National Medals and Trophies will be presented in competitive swimmers' events

Medals will be presented in recreational swimmers' events

No medals are awarded to reserves.

Presentations will take place at the end of each day.

Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

Withdrawals

Competitors withdrawing from events in the National & Age Group Championships will be fined as follows:

Withdrawal after the closing date **£5.00 per routine**

Withdrawal after 12 noon on the day prior to the competition **£8.00 per routine**

If the withdrawal is due to medical reasons the swimmer must produce documentary proof of the medical condition.

Merchandise

Event merchandise is available to pre order, please click [here](#) for more information.

TEAM STAFF INFORMATION

Poolside Pass Information/ Accreditation

A Scottish Synchronised Swimming pass is required for any coach/chaperone/team manager wishing access to changing rooms and poolside during the Meet. Without a valid pass any coach/chaperone/team manager will NOT be permitted in the changing rooms or on poolside.

All passes must be worn by all team personnel and made visible at all times. Passes will be emailed to the individual prior to the event where they must be printed and brought to the event. Here they will be issued with a plastic wallet and lanyard.

Applying for a Pass

All applications have to be submitted online:

Guidelines can be found here:-

<u>Scottish Member Guidelines</u>	<u>Non Scottish Member Guidelines</u>
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Book you pass via one of the following links:-

<u>Scottish Swimming Members only</u>	<u>Non Scottish Members only</u>
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- **Please Note: All chaperone/team manager passes must be confirmed by the Head Club/Team coach as detailed on the online application form**
- All applicants MUST be Disclosure Scotland/PVG/CRB checked through either: Scottish Swimming/ASA/WASA. It is the responsibility of the Club/Coach to ensure that, if they require their swimmers to have coach/chaperone representation on the poolside, their application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB)/Disclosure & Barring Service(DBS) forms have been completed and sent to the Scottish Swimming/ASA/WASA office(s)
- Scottish Swimming will not issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate/PVG/CRB through the Scottish Swimming/ASA/WASA. In-line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted. If you have any queries regarding PVG/CRB certification, please contact your Governing Body or Scottish Swimming via email to childprotection@scottishswimming.com

Applying for a pass from outside the UK

- Coaches/Chaperones applying for passes from outside the UK should make arrangements for their National Governing Body to forward a letter of declaration to the CEO of Scottish Swimming that all applicants have conformed with their 'home country's' policy concerning child protection; Passes will not be issued without such a letter
- Applicants must submit one recent photograph (jpeg format). This can be done once the order is completed on the website. Previous applicants need not submit a photograph unless their appearance has changed dramatically or they wish to update the photograph held on file. Photographs should be taken under the same rules regarding passport photographs.
- Passes will be available for collection from the Coach/Swimmer Desk at our Scottish Swimming National Events

Applications for Poolside Passes closes on 10th May 2019

Technical Officials

Events would not run if it was not for the volunteer officials. Please click on the link [here](#) to complete the form with attending officials and return to Elizabeth Bowman i.bowman6@ntlworld.com