



**EUROPEAN ARTISTIC
"SYNCHRONISED" SWIMMING
CHAMPIONS CUP
2019**

INFORMATION BULLETIN # 1

Sports complex "Swimming Center"
Saint Petersburg, Russia May 10-12, 2019



Ligue Européenne de Natation and Russian Synchronised Swimming Federation is honored and pleased to invite you to the European Artistic "Synchronised" Swimming Champions Cup 2019, to be held in Saint Petersburg, Russia on May 10-12, 2019.

EVENT CONTACTS

If you have any questions regarding the information presented in this document, please do not hesitate to contact Russian Synchronised Swimming Federation:

Russian Synchronised Swimming Federation

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WELCOME TO ST. PETERSBURG

St. Petersburg is often called Russian capital of culture, northern Venice. It is the second largest city in Russia. Few world cities can boast of so many sights, museums, opera houses and drama theatres, tofts and palaces, parks and monuments.

Literary and musical heritage of this city is incredible – a lot of writers, poets and composers were working in this mysterious misty place by the side of Neva. It really blows your mind! Together with Paris, Rome and Venice St. Petersburg old city is under the patronage of UNESCO. Besides, here you can find the temples of 42 confessions including amazing mosque with a porcelain dome, the only bonzery in Europe and one of the most beautiful chapels of Malthusian Order.

St. Petersburg is also the city of bridges. 68 rivers, channels and lades cross the city in different directions forming 42 islands on its territory. Now there are 580 bridges including 20 drawbridges in St. Petersburg and its suburbs.

This city is famous for its remarkable atmosphere. Visitors can frequently hear next words: "Open your heart to the city and it will open for you and will remain in your heart forever". And if it really happens whenever you come to St. Petersburg no matter it rains or the sunshine is ferocious, it is sleety or freezing the city will receive you as its native child. It will impart its warmth to you, soothe you and infuse with hope sure enough.

Without the slightest doubt, "white nights" are the most popular time for tourists to visit St. Petersburg. A lot of festivals and excursions are conducted in the city through this period.

COMPETITION INFORMATION

European Artistic "Synchronised" Swimming Champion Cup 2019 will take place in St. Petersburg (RUS) on May 10–12, 2019.

VENUE



The competition will be held at Saint Petersburg Swimming Centre (indoor pool)

Address: 10B Khlopina str., Saint Petersburg, Russia

Competition Pool: 25 x 25 m, depth 2.8 m

Warm Up Pool: 50 x 25 m, depth 2,2 m

Seatingcapacity: 1,500 spectators

Athlete's preparation area (locker rooms, dry land) is located on the second floor, as well as competition management offices, LEN offices, Doping control area and spectator's area.

VIP zone is located on the 3rd floor, 1st floor is dedicated to info-center and accreditation office.

Parking: 140 cars. Venue is available for disabled people.

COMPETITION RULES

The events are: Duet Technical, Duet Free, Mixed Duet Technical, Mixed Duet Free, Team Technical, Team Free, Free Combination and Highlight Routine.

Each participating Federation is entitled to take part with 2 Technical Duets, 2 Free Duets, 2 Technical Mixed Duets, 2 Free Mixed Duets, 1 Team Technical, 1 Team Free and 1 Free Combination, 1 Highlight Routine.

For Games of the XXXII Olympiad in Tokyo 2020 Team and Duet Qualification: the athletes of the Free and Technical routines must be the same (for Duet 2 athletes + 1 reserve and for Team 8 athletes + 2 reserves).

There is no limitation to the number of athletes per participating Federation.

The participating Federations are responsible for their own travel and accommodation expenses.

RANKING & AWARDS

The winner of the Cup will be based on the accumulated results of each session – for Duet 12 best from the Finals, the rest from the preliminaries.

If there are more than 1 Duet participating for 1 Country (whether Free, Technical or Mixed), the scores of the 2 Duets will be added in the calculation of the results for the Cup.

For the final of the Free Duet, the pre-swimmer will be the Free Duet that scored the highest in the Preliminary Free Duet session and is not included in the Final Free Duet.

This competition is the continental qualification to the Olympic Games 2020. The best National Federation with the combined results of Team Technical and Team Free will qualify to represent Europe in Tokyo 2020. The best National Federation with the combined results of Duet Technical and Duet Free will qualify to represent Europe in Tokyo 2020.

The additional award ceremonies will be arranged by OC, the 3 top-ranked results in Duet Technical and Duet Free, Mixed Duet Technical, Mixed Duet Free, Team Technical and Team Free, Free Combination and Highlight will be awarded with medals and diplomas.

TRAININGS

Dates: May 07 - 09, 2019, St. Petersburg, Sports complex "Swimming Center"

Morning session: 08:00 - 14:30

Evening session: 16:00 - 20:00

All training sessions will be according to schedule.

COMPETITION SCHEDULE

The OC will organize a Team Leaders & Judges Meetings on May 09, 2019 to be held at the Sports complex "Swimming Center". LEN TSSC delegate will chair this meeting.

PROVISIONAL Competition schedule *(to be confirmed by LEN):*

Tuesday, 07 May

08:00-14:30 Official Training
16:00-20:00 Official Training

Wednesday, 08 May

08:00 - 14:30 Official Training
16:00 - 20:00 Official Training

Thursday, 09 May

08:00 - 14:30 Official Training
14:00 Team Leaders Meeting
16:00 Judges Meeting
16:00 - 20:00 Official Training

Friday, 10 May

10:00 - 11:30 Team Technical
14:00 - 16:00 Duet Free (Preliminary)
19:00 - 20:00 Highlight

Saturday, 11 May

14:00 - 15:30 Duet Technical
15:30 - 16:00 Mixed Duet Technical
18:00 - 19:30 Free Combination

Sunday, 12 May

10:00 - 11:30 Team Free
14:00 - 15:30 Duet Free (Final)
15:30 - 16:00 Mixed Duet Free
19:00 (18:00)-20:00 Gala

TECHNICAL OFFICIALS

Each participating Federation is entitled to bring at least one judge, preferable an A-judge from existing FINA/LEN list. All judges have to pass FINA Certification exam and have to have passed also the on-line-test.

MUSIC

The music (competition + gala) must be submitted electronically via internet before April 22, 2019 by e-mail: len-cup-2019@synchronorussia.ru

Each submission shall be labelled as to event, name of the national federation and name of the competitors (for example Duet_Tech_RUS_Name).

Please note that you still have to bring with you your music on a USB stick or a CD.

DOPING CONTROL

According to the LEN \ FINA DC Rules and the WADA International Standards.

ACCREDITATION

Please submit the completed accreditation form and photographs no later than April 15, 2019 to the e-mail: len-cup-2019@synchronorussia.ru

Accreditation desk will be deployed at the Venue.

GALA

On Sunday at the end of the event, we will organize Gala.

All federations are welcome to take part in a spectacular show to close the competition.

Each federation have to choose music that represents their culture - a famous piece that is recognized.

We would like to hear positive and upbeat music - that the audience can sing/dance/clap.

Athletes can start on the deck or in the water.

Federations can combine and work together to create a single piece.

Accessories are allowed.

Champions can show a highlight/segment from their routine.

Please be so kind to inform the OC what you are planning to swim before the April 20, 2019 so we can set up the Gala start list and organize the Show (music, lights...) in the best conditions.

ATHLETE MEDICAL SERVICES

Medical service will be available during the stay of the teams in St. Petersburg, it will be available at training and competition facilities. Mobile medical teams and an ambulance team will be working at the competition venue near competition zone. If the patient is in need of emergency medical care, he/she is taken to the city clinic of St. Petersburg on duty (5 minutes far from competition venue).

VISA ASSISTANCE

Russian Synchronised Swimming Federation & ACADEMSERVICE will provide Visa Assistance.

If your team needs the Visa, please, send us the Visa Application Form together with photo and an electronic scan of each person's passport.

Please, fill out the VISA Application Form, considering the deadlines.

TRANSPORTATION

Transportation between St. Petersburg International Airport (Pulkovo) / railway terminals and the official hotels, also between the official hotels and the venue will be provided by the Organizing Committee.

Please, make sure that your flight details are completely filled in the Travel Form in order to ensure that your transportation to and from St. Petersburg Airport / railway terminals is arranged correctly.

ACCOMMODATION

Accommodation provided by ACADEM SERVICE.

HOTEL RADISSON SONYA 4* (for TSSC, Officials)

Address : Liteyny prospect 5/19, St. Petersburg, 191187, Russia

+7 812 406 00 00 \ +7 812 406 00 01

Hotel Radisson Sonya is located in 1 km from Finlandskiy railway station, 3,5 km from Moskovskiy railway station and 17 km from Pulkovo International Airport, the Venue is in 30 min by bus (8,2 km) from the hotel.

Each room provides our guest a tea and coffee station, hairdryer, safe and TV, telephone, bathroom amenities, Desk, Wi-Fi, magnifying mirror, shower or bath, complementary drinking water.



Arrival: May 07 (2 p.m.)
Departure: May 13 (12 p.m.)

PRICE FOR ROOM PER NIGHT (70 rooms)

Accommodation with breakfast

Single room 125 EUR

Twinroom 135 EUR

Lunchbox 12 EUR

Dinner 25 EUR

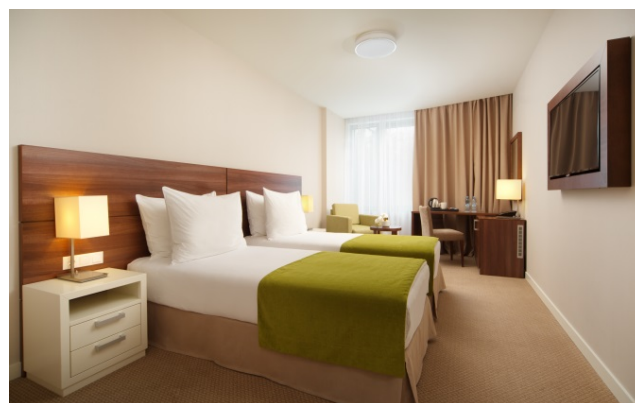
HOTEL PARKLANE RESOT and SPA 4* (for Swimmers and Coaches)

Address : 9A Ryukhina St., Krestovsky Island St. Petersburg, Russia

+7 812 499 76 76

Hotel Parklane Resort located from the Venue 20-25 min by bus (6,2 km).

The room features: 1 double queen size bed or 2 single beds (on request), free Wi-Fi, air conditioning, telephone, hair dryer, cable TV, personal safe, refrigerator/mini-bar, tea and coffee maker, wardrobe, desk, bathroom with shower, towels, toiletries, slippers, bathrobes.



Arrival: May 07 (2 p.m.)
Departure: May 13 (12 p.m.)

PRICE FOR ROOM PER NIGHT (76 rooms)

Accommodation with breakfast

Single room 120 EUR

Twinroom 130 EUR

Lunchbox 12 EUR

Dinner 24 EUR

HOTEL LANCASTER COURT 3* (for Swimmers and Coaches)

Address : 3, Fokina St., St. Petersburg, 194044, Russia

+7 812 495 40 04

Hotel Lancaster Court located from the Venue 20-25 min by bus (6,2 km).

The room features: 1 double bed or 2 single beds (on request), free Wi-Fi, telephone, hair dryer, cable TV, personal safe, refrigerator/mini-bar, tea and coffee maker, wardrobe, desk, bathroom with shower, towels, toiletries, slippers, bathrobes.



Arrival: May 07 (2 p.m.)
Departure: May 13 (12 p.m.)

PRICE FOR ROOM PER NIGHT

Accommodation with breakfast

Standard Small Single	7 rooms	70 EUR
Standard Small Twin		80 EUR
Standard Single	30 rooms	90 EUR
Standard Twin		100 EUR
Penthouse single	4 rooms	90 EUR
Penthouse twin\dbl		100 EUR
Suite room sng\dbl	6 rooms	150 EUR

Lunchbox 12 EUR
Dinner 23 EUR

TICKETS

Entrance to the swimming pool for all accredited persons is free. Public will have to obtain entry Free tickets at the ticketing desk of the Sports complex "Swimming Center".

OFFICIAL FORMS \ IMPORTANT DATES

Please, fill out the following forms and send them by e-mails considering the deadlines.

Forms	E-mail	Deadlines:
Preliminary Entry Form	len-cup-2019@synchronorussia.ru	March 17, 2019
Accommodation Form	len-cup-2019@synchronorussia.ru	March 31, 2019
Travel Form	len-cup-2019@synchronorussia.ru	March 31, 2019
Visa Form	len-cup-2019@synchronorussia.ru	March 31, 2019
Accreditation Form Profile Pictures	len-cup-2019@synchronorussia.ru	April 15, 2019
Final Entry Form	len-cup-2019@synchronorussia.ru	April 30, 2019
Registration of Final Form http://entrysynchro2019.microplustiming.com The password and user name didn't change but if you need it you can contact the LEN Office		April 30, 2019
Music	len-cup-2019@synchronorussia.ru	April 30, 2019
Gala Form	len-cup-2019@synchronorussia.ru	April 20, 2019
Accommodation Payment	m.kilyakova@acase.ru	April 15, 2019