



2017

SYNCHRONISED SWIMMING MEDITERRANEAN CUP

Mealhada, 3rd - 6th August 2017

WELCOME TO MEALHADA

With 112 km² of area and about 22 thousand inhabitants, the county is bordered to the north by the town of Anadia, to the east by Mortágua, to the southeast by Penacova and Coimbra, to the south by Coimbra and to the west by Cantanhede. Located in the centre of the country, it enjoys a privileged location, and it is by motorway, one hour from Oporto, two from Lisbon, less than one hour from Aveiro and Figueira da Foz and 20 minutes from Coimbra.

Its patrimony is as vast in terms of its history, tradition, culture and gastronomy as in terms of natural resources. The Buçaco Palace Hotel, the Monastery of Vacariça, the 5th century Casa Rural, the Military Museum, the Santa Cruz Convent, countless chalets from the beginning of the last century enrich some of the most emblematic towns and villages like Luso.

Its landscape is defined by extensive vineyards, which give it a well-deserved place in the Demarcated Wine Region of Bairrada and the forest of Buçaco. The ancient and magic forest of Buçaco provides everyone unforgettable moments in each of its most charming corners and is a door open to the innumerable challenges of nature tourism.

The town of Mealhada presents a diversified tourist offer, able to satisfy all the public. In addition to its gastronomy, which gained a new momentum with the project "Water | Bread | Wine | Leitão - 4 Wonders of Mealhada's Table ", Mealhada has an excellent offer in areas such as thermalism, health and wellness, the outdoors, sport and winemaking.



1. ORGANIZATION

The Portuguese Swimming Federation (FPN) and Mediterranean Swimming Confederation (COMEN) are responsible for the organisation of the *COMEN Synchronised Swimming Cup 2017*.

2. DATE AND PLACE

The competition will be held on August 3rd to 6th at the Swimming pool of Mealhada, nearby the city of Coimbra (centre of Portugal).

3. VENUE

The competition venue is the indoor swimming pool of Mealhada.

Dimensions:

- ◆ Length - 25 mts
- ◆ Width - 18 mts
- ◆ Depth - 2,00 mts
- ◆ Start - Platform with spectators on the right side
- ◆ Water Temperature - 28°C

4. PARTICIPATION

The competition is open to all Federations affiliated to FINA and LEN and not only to the COMEN affiliated Federations.

The competition is for the Age Group 13, 14, 15 (swimmers born in 2004/2003/2002) according to FINA rules SSAG 2.2, SSAG 6.

5. ENTRIES

Each country is allowed to enter:

- ◆ One (1) Solo with one (1) reserve,
- ◆ One (1) Duet with maximum one (1) reserve,
- ◆ One (1) Team (from 4-8 competitors) with maximum four (4) reserves and
- ◆ One (1) Free Routine Combination (from 4-10 competitors) with maximum two (2) reserves.

Note: (1) Reserve refers to one (1) swimmer. The maximum number of competitors is twelve (12).

6. DATES TO NOTE

- ◆ Preliminary booking with 50% payment – 15th April 2017
- ◆ Preliminary entries – 15th April 2017
- ◆ Final accommodation with balance payment – 3rd July 2017
- ◆ Final entries – 3rd July 2017
- ◆ Travel Form – 3rd July 2017

7. ACCOMMODATION

For the *COMEN SS Cup 2017* in Mealhada, the OC selected the accommodation options that best serve the requirements for the competition: proximity to the venue and a central location providing the easy access and transportation for all the attendants. All hotels are about 8 km far from the venue.

Official accommodation dates - **August 1st to 7th** (it's not possible to guarantee accommodation out of this dates. Only on demand and the prices might be higher)

Hotels for Teams:

- ◆ Hotel Termas Curia*** - <http://www.termasdacuria.com/en/hotel-overview.html>
- ◆ Hotel Curia Palace**** - <http://www.almeidahotels.pt/en/hotel-coimbra>
- ◆ Grande Hotel do Luso**** - <http://www.hoteluso.com/en>

The prices with Full Board per person / per night are

| | Hotel Termas Curia | Hotel Curia Palace | Grande Hotel Luso |
|--------|--------------------|--------------------|-------------------|
| Single | 170,00 € | 170,00 € | 190,00 € |
| Double | 135,00 € | 135,00 € | 140,00 € |

All extra charges are on Team's responsibility.

Hotel reservations to be made with the Portuguese Swimming Federation through the proper forms. Please notice that reservations will be treated on a first come, first served basis.

Cancellation Policy & additional notes

Because the event dates are our high touristic season, the hotels are very severe with the cancellation policy for Groups. Thus considering the OC must be very strict as well with the accommodation rules.

Cancellations till 31st May are refundable. Any room booked on June 1st and cancelled till July 3rd will have a 50% cancellation fee. The entire payment will be retained by the OC for any of the rooms cancelled afterwards.

Bank Details for accommodation payment

Account Name: Federação Portuguesa de Natação

Bank: Banco Santander Totta

Address: Rua Alves Redol, 17 – 21 - 2600 – 099 Vila Franca de Xira

Account Number (IBAN): PT50 0018 0003 1333 0170 02088

Swift Code: TOTAPTPL

Reference: COMEN CUP followed by Country code (ie: COMEN CUP-POR)

Please notice that all bank charges must be at NF responsibility

Accommodation Coordinator: Mariett Matias (ms)

Email: mariett.matias@fpnatacao.pt

Phone: (+351) 21 415 89 90/4

Mobile: (+351) 91 9292 476

8. TRANSPORTATION

The Organizing Committee will provide free transportation to all Teams from the airport to official hotel and back (during the event's official dates) and between official hotels & Venue.

Free transportation will be provided only for Teams booking accommodation through the OC.

Official Airport

Porto Airport (OPO) – The airport is 115 km far from Mealhada, around 1 hour and 20 minutes by bus.

Airport extra transportations

Individual arrivals & departures (out of the team group) will have a cost of 70,00 Euros per person.

Arrival

All teams arriving at Oporto Airport will be picked up accordingly. In order to ensure an efficient service upon your arrival, it is essential to provide flight details to the Organizing Committee in due time.

Luggage

It is the responsibility of all individuals to collect their own luggage at the airport luggage claim area and load them on to buses. In case of luggage late arrival, the airline companies are responsible for locating and returning any mishandled luggage to the owner.

Departures

Teams are responsible for reporting to the OC Office any departure change at least 48 hours prior to departure time. All departure transports will be planned according to the flight details previously submitted to the Organizing Committee.



9. RULES

This competition will be conducted under FINA rules, with the exception of FINA rule SS 19.1.2.

The FINA figures for Age Group 13, 14, 15 and the FINA time limits for Age Group 13, 14, 15 will be applied (see SSAG 3, SSAG6).

Solo, Duet and Team will be organized with Preliminaries and Finals. The Preliminaries and Finals will include Figures (100%) and Free Routine (100%). There will be a Direct Final only for Free Combination.

Only one Solo, Duet and Team per Federation will be allowed to enter in the Finals: the best 8 COMEN countries plus the best 4 non-COMEN countries will be entered. The Finals will start with zero points for the Free Routine (100%). The final Result will include the Figure Result (100%).

The composition of Duets, Teams and Free Combinations shall be declared no later than two hours before the commencement of the session in which the event shall take place.

Withdrawals from any Final shall be announced no later than one (1) hour after the end of the Preliminaries concerned, otherwise they shall be fined (see Rule E 16.5). Draws for preliminaries and finals will be made by hand (electronic only for figures).

10. JUDGES

Each participating Federation is obligated to enter at least one (1) judge qualified in category "G" (General) from FINA or LEN list. A second judge from FINA or LEN list category "B" or "G" may be entered. Non participating Federations may enter a judge qualified in category "G". Entered judges will be approved by the COMEN TSSC.

All transportation and accommodation charges for these judges are on their own Federation's responsibility.

11. AWARDS

Two different rankings will be established:

- ◆ A general one including all the participating countries;
- ◆ Another one only to COMEN affiliated Federations.

The first, second and third placed in each event (Solo, Duet, Team and Free Routine Combination) will be awarded with gold, silver and bronze medal, respectively.

Diplomas will be awarded to the competitors placed first to eight.

The COMEN Cup shall be awarded to the COMEN country with the highest score.

12. MUSIC

The music shall be according to the FINA rules. CD's must be made in two copies and labeled: *FEDERATION – EVENT – NAME(S)*.

13. PROVISIONAL PROGRAM

| 1. PROVISIONAL PROGRAM | | | | | | |
|---------------------------------|-----------------------------------|------------------------------------|--------------------------------|----------------------------------|--------------------------------|--------------------------------|
| Tuesday, 1 st August | Wednesday, 2 nd August | Thursday, 3 rd August | Friday, 4 th August | Saturday, 5 th August | Sunday, 6 th August | Monday, 7 th August |
| Delegation Arrivals | Delegation Arrivals | Team Managers Meeting / Draws | Clinic for Coaches and Judges | Figures Competition | Solo Final | Departure of teams |
| Training according to schedule | Meeting TSSC | Judges Meeting | Solo Preliminaries | Draw for final | Team Final | |
| | Training according to schedule | Duet Preliminaries | Free Combination Final | Duet Final | Awards and Closing Ceremony | |
| | | Team Preliminaries | Award Ceremony | Award Ceremony | Farewell Party | |
| | | Opening Ceremony / Athletes Parade | Official Dinner | | | |

14. LIABILITY DISCLAIMER

The organisation is not responsible for any lost, damage, injury or illness during the participation in the event. We strongly recommend providing all participants with travel and accident insurance before they leave their country.

15. KEY CONTACTS

Portuguese Swimming Federation (FPN)

General Information: Custódia Coroa (ms) – Permanent Secretary

Email: secretaria@fpnatacao.pt

Tel: + 351 21 4158193 / 90 / 91 / 99

Accommodation Coordinator: Mariett Matias (ms)

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Município de Mealhada