

4th International Meeting in Artistic Swimming
Wrocław, Poland 1-3.03.2024

GNOMES

WROCLAW 2024



ORGANIZER:

- **UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA**
- **KS PŁYWANIE ARTYSTYCZNE WROCLAW**



Beginners, 12U, 15U, Junior

Dear Synchro Friends,

UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA and **KS PŁYWANIE ARTYSTYCZNE WROCŁAW** has a pleasure to invite you to participate in artistic swimming competition:

4th Artistic swimming “Gnomes 2024”

Date: 1-3.03.2024

Place: Orbita Swimming Pool (Pływalnia ORBITA - WCT Spartan)
str. Wejherowska 34, 54-239 Wrocław
25 m indoor pool (deep 2,5 m)

Deadlines:

Preliminary entry- 15.01.2024(ukssynchrowro@gmail.com)

Coach cards- 15.02.2024 (ukssynchrowro@gmail.com)

Final entry- 15.02.2024 (ukssynchrowro@gmail.com)

Judges: Each club shall nominate 1 judge per 8 swimmers and 1 technical controller

Draw Figures: 25.02.2024

Start List: all Figures / Free Combination 12u 15u/Acrobatic routine junior:
28.02.2024

Start lists and section of figures will be sent to your e-mail.

Entry Fees:

180 PLN or 40 euro 1 swimmer,
130 PLN or 30 euro 1 swimmer (start only figures).

Rules:

- **Age group 1- Gnomes A** (2014- 2015) only figures
- **Age group 2- Gnomes B** (2016 and under) only figures
- **Age group 3- 12 and under** (2012 and under) - figures (2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min \pm 5 sec/ Duet 2:30 min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/
Team 3:00 min \pm 5 sec / Free combination (6–10 competitors) 3:00 min \pm 5 sec

- **Age group 4- 15 and under** (2009 and under) - figures (all swimmers will do 4 figures 2022-2025), 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 free combination

Free routines – time limits:

Solo 2:00 min \pm 5 sec/ Duet 2:30 min \pm 5 sec/ Mixed duet 2:30 min \pm 5 sec/
Team 3:00 min \pm 5 sec / Free combination (6–10 competitors) 3:00 min \pm 5 sec

- **Age group 5- Junior** - 2 free solo, 2 free duet, 2 free duet mixed, 1 free team, 1 acrobatic routine **Only Free Routines!**

Free routines – time limits:

Solo 2:15 min \pm 5 sec /Duet 2:45 min \pm 5 sec / Mixed duet 2:45 min \pm 5 sec /
Team 3:30 min \pm 5 sec/Acrobatic routines 3:00 \pm 5 sec

Judging:

WAQ 2022 – 2025

Results:

- **Gnomes A/B**– Figures 100%
- **12U**- The final results are the sum of the figures and free routines, free combination 100%
There is no final
- **15U**- The final results are the sum of the figures and free routines, free combination -100%
There is no final
- **Junior**- free solo 100%, free duet 100%, free duet mixed 100%, free team 100%, acrobatic routine-100%
There is no final

Coach cards:

Send the coach card for each routine separately.

To email: **ukssynchrowro@gmail.com**, by 15.02.2024 with the title **CC_country_club_category_discipline_surname** (for example: CC_POL_UKT_YOUTH_FREE DUET_Petrova_Sidorova)

Music:

Please, send us the music of your athletes as mp3 file to:
ukssynchrowro@gmail.com
not later 15.02.2024

Please mark every music file with the following information:

Country_Club/_Category_Routine (Solo (SF), Duet (DF), Mixed Duet (DMF), Team Free and/or Combo/or Acro) , Name(s) of the swimmer(s).

Awards:

Medals and certificates will be awarded for 1st – 3 rd places in all routine and figures events in both age groups. Diplomas and gifts for all participants.

Schedule-DRAFT (can be changed by the organizer)

01.03.24 please, do gelatin only in the gelatin zone

FIGURES 12U
FIGURES 15U
JUNIOR- ACROBATIC ROUTINE
Awarding ceremony

2.03.2024 please, do gelatin only in the gelatin zone

BEGINNERS A/B FIGURES
Opening ceremony
Awarding ceremony beginners
SOLO 12U
SOLO 15U
SOLO JUNIOR
TEAM 12U
TEAM 15U
TEAM JUNIOR
Awarding ceremony

3.03.2024 please, do gelatin only in the gelatin zone

DUET 12U
DUET15U
DUET JUNIOR
DUET MIXED 12U
DUET MIXED 15U
DUET MIXED JUNIOR
COMBINATION 12U
COMBINATION 15U
Awarding ceremony



Accommodation (offer):

1. Hotel Orbita, str. Wejherowska 34, 54-239 Wrocław
2. Haston City Hotel, str. Irysowa 1/3, 51-117 Wrocław
3. Boutique Hotel's Wrocław, str. Kwiska 1/3, 54-210 Wrocław

Information e-mail: ukssynchrowro@gmail.com,

tel. +48 516 358 031

Best regards,

Team

*KS PŁYWANIE ARTYSTYCZNE WROCŁAW
UKS PŁYWANIE ARTYSTYCZNE TRZEBNICA*

Age group 1- Gnomes A (2014, 2015)

1. BACK LAYOUT POSITION TO BENT KNEE POSITION 1,0

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. A fast exchange of the legs to **Bent Knee Back Layout Position** of the other leg is executed. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.



2. FRONT LAYOUT POSITION TO BENT KNEE POSITION 1,0

From a **Front Layout Position**, a **Bent Knee Position** is assumed. A fast exchange of the legs to **Bent Knee Position** of the other leg is executed. A Front Layout Position is resumed. Face is in the water throughout.



3. 310 SOMERSAULT BACK TUCK 1,1

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck**

Position. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution.

A **Back Layout Position** is resumed.



4. BACK LAYOUT POSITION, REVERSE PROPELLER, PROPELLER 1,0

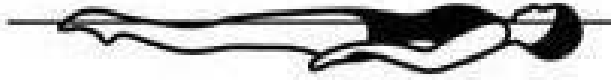
Back layout position, arms move up to propeller scull. Body moves head first (5 meters) and then foot first (5 meters).



Age group 2-Gnomes B (2016-2017)

1. BACK LAYOUT POSITION – 1,0

The body is extended with face, chest, thighs and feet at the surface. Head (ears specifically), hips, and ankles in line.



2. FRONT LAYOUT POSITION – 1,0

The body is extended with head, upper back, buttocks and heels at the surface. Face is in the water.



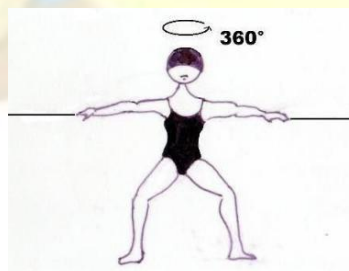
3. BACK LAYOUT POSITION TO TUB POSITION 1,0

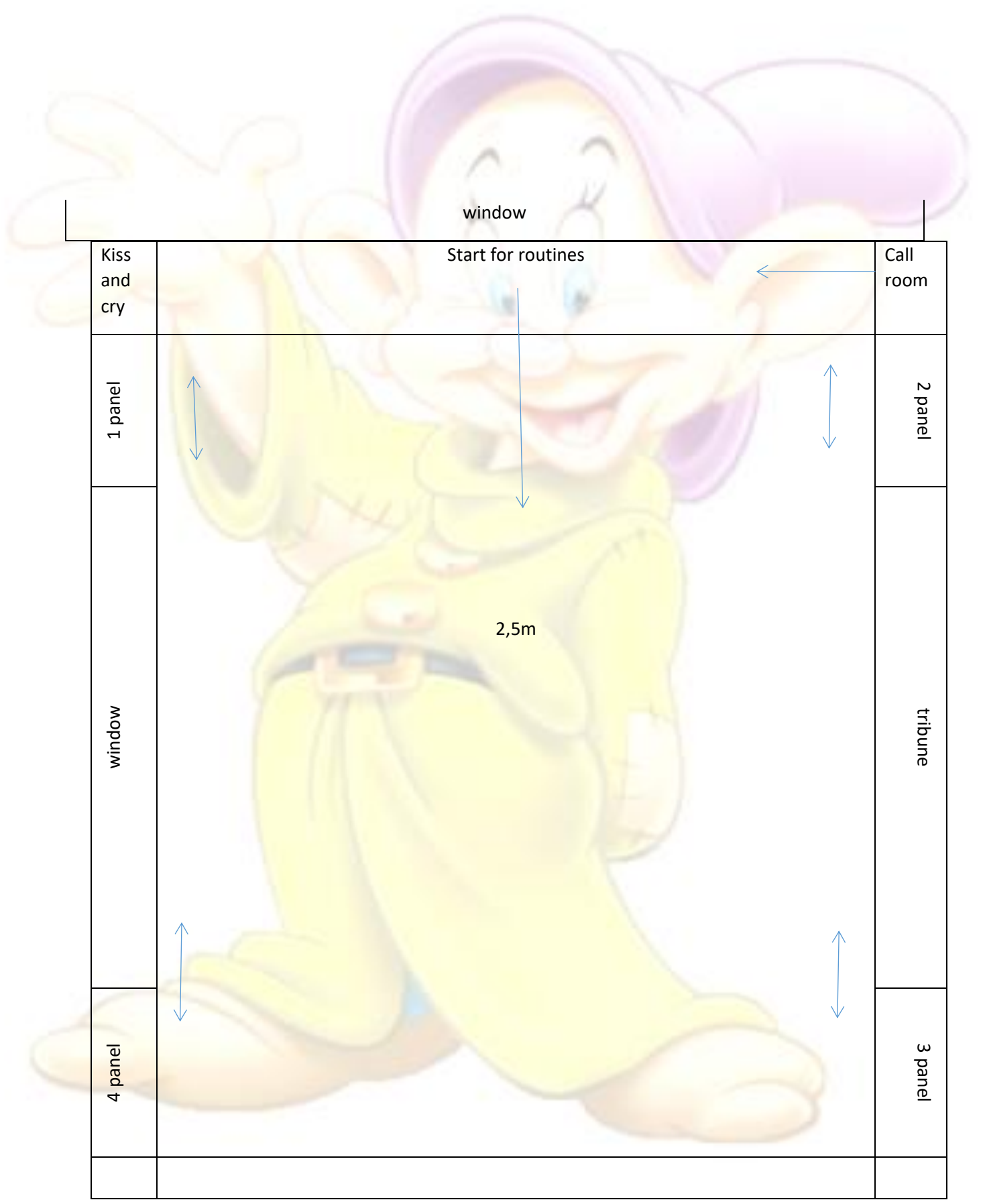
From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. A **Back Layout Position** is resumed.



4. EGGBEATER TURNING 360° -1,0

Establish body position vertical from head to hips with arms extended along the surface. Using alternate rotating kick, perform eggbeater facing front for two seconds; execute a quarter turn; perform eggbeater for two seconds; execute a quarter turn in the same direction; perform eggbeater for two seconds; execute a quarter in the same direction; perform eggbeater for two seconds; execute a quarter turn to return to original position. Water level should be constant with shoulders at or above surface throughout.





window

Start for routines

Call room

Kiss and cry

1 panel

2 panel

window

tribune

2,5m

4 panel

3 panel



INFO

Judges and TCs:

Please make sure you bring your own black trousers or skirts below the knees and black shoes. You will be provided with 1 t-shirt

Keys:

We will require 100PLN/25EUR deposit per club.