

FPN

FEDERAÇÃO PORTUGUESA DE NATAÇÃO

**ARTISTIC SWIMMING
WINTER CHAMPIONSHIP
PORTUGAL OPEN**

BULLETIN



NATAÇÃO **ARTÍSTICA**

 NDICE

ARTISTIC WINTER NATIONAL CHAMPIONSHIPS PORTUGAL OPEN	2
1. GENERAL INFORMATION.....	2
2. PARTICIPANTS AND AGE GROUPS.....	2
3. EVENT KEY DATES	4
4. EVENT WEBSITE	4
5. ENTRIES	4
6. SWIMMING POOL COMPETITION DRAW	5
7. RULES	5
8. SUBMISSION OF THE MUSIC	6
9. DRAW	6
10. INSURANCE	6
11. SANITARY PROTOCOL.....	6
12. AWARDS	6
13. CONTACT INFORMATION.....	7
14. FEES	7
15. OVERALL COMPETION SCHEDULE.....	8

ARTISTIC WINTER NATIONAL CHAMPIONSHIPS PORTUGAL OPEN

1. GENERAL INFORMATION

- Competition Venue: Lagos – Algarve (Faro airport)
- Competition Pool: Lagos em Forma
- Competition Date: 19th and 20th March 2022



2. PARTICIPANTS AND AGE GROUPS

The Portuguese Swimming Federation kindly invites all Clubs and National Federations to participate at the Open AS Portuguese Winter Championship:

Female Athletes

- 12 AND UNDER: 12 years of age and under
- 13-15: 13 – 15 years of age
- JUNIOR: 15-18 years of age
- SENIOR: 15 years of age or more
- MASTER

Male Athletes

- 12 AND UNDER: 12 years of age and under
- 13-16: 13 – 16 years of age
- JUNIOR: 16 - 19 years of age
- SENIOR: 16 years of age or more
- MASTER

EVENTS:

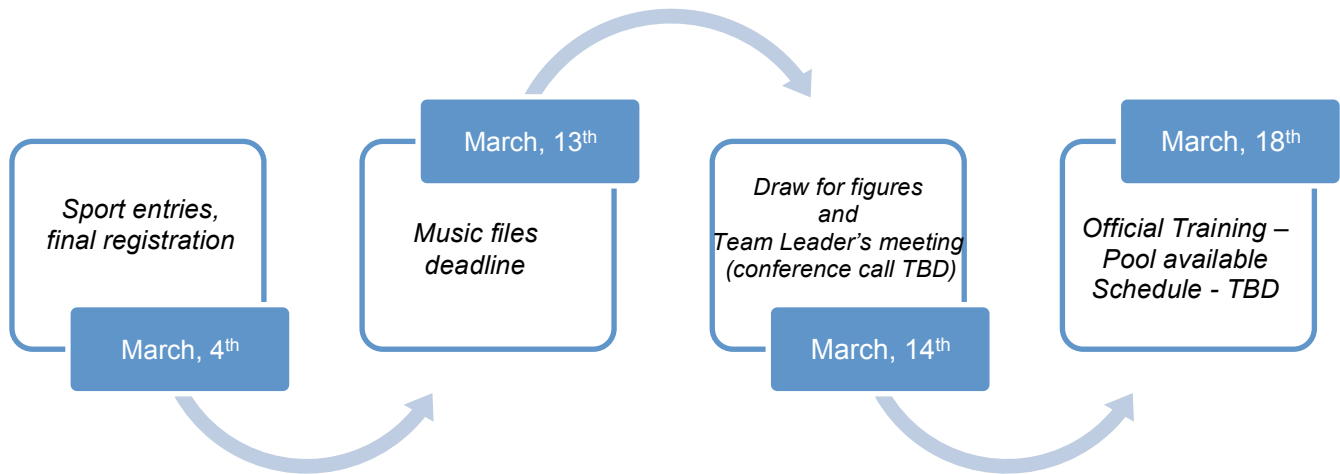
AGE GROUPS	FIGURES	FREE SOLO	TECHINICAL DUET	FREE DUET	MIXED FREE DUET	FREE TEAM	FREE COMBINATION
12 years of age and under	X	-	-	X	X	-	X
13-15 (F) 13-16 (M)	X	-	-	X	X	-	X
Junior	-	X	X	X	X	-	-
Senior	-	-	X	X	X	X	X
Master	-	X	-	X	-	X	-

Clubs and National Federations may submit, per event in each category:

- a) two (2) Solo with one (1) reserve each
- b) two (2) Duet with maximum one (1) reserve each
- c) two (2) Mixed Duet
- d) two (2) Team of four (4) to eight (8) members with maximum two (2) reserves
- e) two (2) Free Combination of six (6) to ten (10) members with maximum two (2) reserves

During the event, swimmers' substitutions must be indicated on a specific form available at local sport info desk, delivered to the referee 2 hours prior to the competition.

3. EVENT KEY DATES



March 4, 2022 Sport entries, final registration

March 13, 2022 Music Files deadline

March 14, 2022 Draw for figures

March 14, 2022 Team Leaders' Meeting (Conference call TBD)

March 18, 2022 Official Training – pool available schedule - TBD

4. EVENT WEBSITE

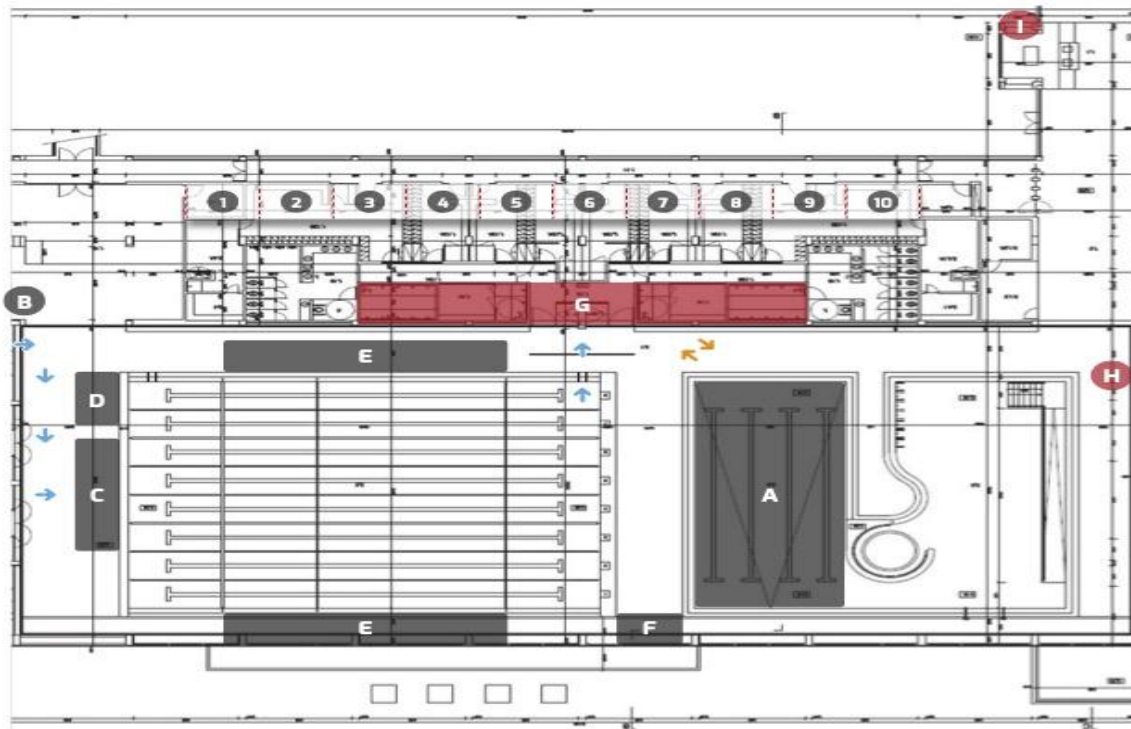
<https://fpnatacao.pt/sincronizada.php?modalidade=ns>

5. ENTRIES

Entries shall be submitted to the organising Federation, no later than the 4th of March, to the email inscricoes.sincronizada@fpnatacao.pt.

Entry form available at <https://fpnatacao.pt/evento.php?codigo=604>

6. SWIMMING POOL COMPETITION DRAW



A. Warm up & cold down pool	B. Last call room	C. Platform desk walk\	D. Coaches kiss & wave	E. Judges area for choreography
F. Secretary	G. Changing rooms	H. Organising Committee area	I. Stairs to level 1	1-10. Teams area

- Walk out
 → Walk in (last call room)

7. RULES

According to FINA

Deviation from FINA:

- Direct finals for every event. No preliminaries are held even if there are more than 13 entries in a session.
- In Free Combination 6-10 competitors were allowed. For entering less than 8 competitors 0,5 points penalty shall be deducted from the total score for each member less than eight.
- In Masters, age groups are divided after the entries if necessary.
- All awards will be given for Technical and Free Routines.

8. SUBMISSION OF THE MUSIC

In accordance with FINA Rules and Regulations Artistic Swimming (AS), section 15.3 (Music Accompaniments).

Method 2, please submit the music via email to the contact address natacao.artistica@fpnatacao.pt.

Each file (MP3 or MP4) should be clearly labelled as below.

Ex) POR_Team Technical Routine or POR_Team Free Routine

All coaches are highly recommended to have another copy of the music as backup.

9. DRAW

The draw of optional group of figures is due on Monday previous to the competition. Results will be published on the website.

The Startlist draw will be done by the organization at zoom meeting on the 14th of March. The link for this meeting will be send to the teams by email.

10. INSURANCE

The Insurance of the participants is at the responsibility of respective Federations or Clubs.

11. SANITARY PROTOCOL

In order to minimize the risk to competitions from COVID-19, please keep social distance and wear a mask.

12. AWARDS

There will be separate awards for National Championship participants and Open participants.

Medals shall be awarded for the competitors placed first, second and third in each event (including figures) and age group.

13. CONTACT INFORMATION

Isabel Lavinha

Federaç o Portuguesa de Nataç o

Moradia do Complexo do Jamor, Estrada da Costa

1495-688 Cruz Quebrada – Dafundo

PORTUGAL

Email: natacao.artistica@fpnatacao.pt

Phone: +351 917072674

14. FEES

Event		€
Figures (per athlete)		3,20€
Technical Routine	Solo	3,20€
	Duet	6,40€
	Team	10,20€
Free Routine	Solo	5,10€
	Duet	10,20€
	Team	15,20€
Free Combi		15,20€

Payment details

Bank name: Santander Totta

Bank address: Rua Alves Redol, 17-21, 2600-099 Vila Franca de Xira

Reason for transfer: Open Artistic Swimming Portuguese Winter Championship.

IBAN: PT50 0018 0003 1333 0170020 88

SWIFT: TOTAPTL

15. OVERALL COMPETITION SCHEDULE

Subject to change after entries

DAY	SCHEDULES		EVENTS
	WARM UP	COMPETITION	
18 TH March	To Be Defined		Music Training
	19h00		Teams Leader's Meeting
19 th March	7h45 – 8h45	9h00	<ol style="list-style-type: none"> 1. Figures 13-15(F) / 13-16(M) 2. Solo free MASTER 3. Mixed Free Duet U12 4. Tech Duet SENIOR
	14h45 – 15h45	16h00	<ol style="list-style-type: none"> 5. Figures U12 6. Tech Duet SENIOR 7. Free duet 13-15(F) / 13-16(M) <li style="padding-left: 20px;"><i>Break</i> 8. Free duet MASTER 9. Free Combination SENIOR <li style="padding-left: 20px;"><i>Medals Ceremony</i>
20 th March	7h45 – 8h45	9h00	<ol style="list-style-type: none"> 10. Free duet JUNIOR / SENIOR 11. Free team MASTER <li style="padding-left: 20px;"><i>Break</i> 12. Mixed Free duet 13-15(F) / 13-16(M) 13. Free Combination U12
	14h45 – 15h45	16h00	<ol style="list-style-type: none"> 14. Free team SENIOR 15. Free duet U12 16. Free Combination 13-15(F) / 13-16(M) 17. Solo free JUNIOR <li style="padding-left: 20px;"><i>Medals Ceremony</i>