

2019 COMEN CUP

Mediterranean Artistic Synchronized Swimming Cup

TEAM INFORMATION GUIDE

01-04
August
2019
Piscine
des Vernets
Geneva
Switzerland

swiss
swimming

COMEN
Mediterranean Swimming Confederation



Infos / Results
www.medcup2019.ch

Artistic Swimming ^{swiss swimming}

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Partners: ^{swiss}olympic

 sporthilfe



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WELCOME TO GENEVA AND THE MEDCUP 2019 IN SYNCHRONISED ARTISTIC SWIMMING

Dear competitors, visitors and Artistic Swimming Friends,

This year the Swiss Swimming Federation is celebrating its 100th anniversary and has the pleasure to welcome you to the Mediterranean Artistic Synchronized Swimming Cup, which we are proud to organize from August 1-4, 2019 in Geneva.

For ecological reasons we'll use the very well-organized public transportation system of Geneva instead of using private coaches and cars. With your personal public transportation card, you can also visit the city of Geneva which we strongly recommend!

We'll do our best to make this competition for all of you to an unforgettable and fair event!

We are looking forward to welcoming you in Switzerland!

With kind regards

OC Med Cup 2019



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KEY INFORMATION (contact details)

COMEN BUREAU & TECHNICAL COMMITTEE 2018-2021:

• Dimitris Diathesopoulos (GRE)	President
• Bartolo Consolo (SUI)	Honorary President
• Panicos Prokopiou (CYP)	General Secretary
• Laura de Renzis (ITA)	Coordinator
• Nina Brennwald (SUI)	Secretary
• Elena Anufrieva (ISR)	Member
• Eleni Kougia (GRE)	Member
• Natalia Meca Lorente (AND)	Member
• Ana Montero (ESP)	Member
• Dominique Cupillard (FRA)	Member

SWISS AQUATICS:

• Dr. Ewen Cameron (SUI)	Co-President Swiss Aquatics
• Bartolo Consolo (SUI)	Co-President Swiss Aquatics
• Edith Wälti-Boss (SUI)	Sports-Director Swiss Artistic Swimming

ORGANISATION COMMITTEE (OC):

• Nina Brennwald (SUI)	Chairman	+41 79 316 84 15
• Georges Eckstein (SUI)	Vice Chairman	+41 79 647 25 60
• Priscilla Crisante (SUI)	Coordinator	+41 79 670 83 43
• Nicola Weibel (SUI)	Competition Manager	+41 79 335 66 77
• Ursula Hintermeister (SUI)	Homepage	

COMPETITION MANAGEMENT:

• TSSC	Referee
• TSSC	Assistant Referee
• Eleni Kougia (GRE)	Evaluator
• Georges Eckstein (SUI)	Chief Recorder
• Sven Vetter (SUI)	Sound Center Manager
• Nicola Weibel (SUI)	Speaker

JUDGES:

01 Julia Nuler	AUT
02 Chantal De Witte	BEL
03 Valentina Bogacheva	BUL
04 Yana Dimitrova	BUL
05 Tihana Siletic	CRO
06 Esperanza Dorado	ESP
07 Haridian Peña	ESP
08 Piia Laitinen	FIN
09 Marie Kavaklioglu	FRA
10 Maryline Alves	FRA
11 Nino Gamzardia	GEO
12 Konstantina Bachtsevanidou	GRE
13 Emese Érsek	HUN
14 Kornél Takács	HUN
15 Paolo Menin	ITA
16 Francesca Berti	ITA
17 Alexander Rafevich	ISR
18 Aliya Karimova	KAZ
19 Marina Lampert	LIE
20 Angela Gordino	POR
21 Vítor Santiago	POR
22 Debora Wüthrich	SUI
23 Davidane Lebet	SUI
24 Christer Sjöqvist	SWE
25 Orkide Ceçen	TUR

PARTICIPATING FEDERATIONS (21):

- Austria (AUT)
- Belgium (BEL)
- Bulgaria (BUL)
- Colombia (COL)
- Croatia (CRO)
- Spain (ESP)
- Finland (FIN)
- France (FRA)
- Georgia (GEO)
- Greece (GRE)
- Hungary (HUN)
- Israel (ISR)
- Italy (ITA)
- Jordan (JOR)
- Republic of Kazakhstan (KAZ)
- Liechtenstein (LIE)
- Portugal (POR)
- Russia Moscow (RUS-MOW)
- Russia St. Petersburg (RUS-LED)
- Switzerland (SUI)
- Sweden (SWE)
- Turkey (TUR)

VENUE

PISCINE DE VERNETS

Rue Hans-Wilsdorf 4

1227 Les Acacias

Geneva / Switzerland

www.ville-geneve.ch/plan-ville/sports/piscine-vernets



POOL SIZES

Indoor Competition Pool	50 x 22m (1.85m-4.25m depth)
Indoor Training Pool	25 x 10m (0.60m-1.85m depth)
Outdoor Training Pool	21 x 16m (Diving Pool)

FACILITIES FOR ATHLETES

- Dressing rooms with lockers – please bring your own locker
- Indoor Competition Pool (for training with music)
- Indoor & Outdoor Training Pool
- Gelatine area – please bring your own adapter
- Outdoor pool area

COMPETITION MANAGEMENT OFFICES

- Judges and Team Managers meeting room
- Chief Recorder office
- Info Point
- Doping control area

CHAMPIONSHIPS COMMUNICATIONS

On our website you'll find all the latest news as well as all the entry- and startlists as well as the results: www.medcup2019.ch

Or visit our Facebook page with a lot of interesting information also around the competition: [#medcup2019geneva](https://www.facebook.com/medcup2019geneva)

LIVE STREAM:

All the competitions will be streamed through the following link: [will be advised](#)

PICTURES:

All the pictures you'll find on following link:

<https://drive.google.com/drive/folders/1rqieu10Bbdh85KAn2Z3tmGgG3QINfhgI?usp=sharing>

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TECHNICAL MEETING

The Team Manager Meeting including the draw will take place on **Wednesday July 31st 2019 at 16h00** in the judge meeting room at the pool les Vernets. Participation is mandatory for all federations.

Team leaders are responsible of checking all competitors' personal details and spelling of the athletes names. Changes may not be accepted after the meeting. Passports or official ID card of participants will also be checked at the meeting.

OFFICIALS' MEETING

The Judges'/Officials' Meeting will take place on **Wednesday July 31st 2019 at 17h30** in the judge meeting room at the pool les Vernets. Participation is mandatory for all officials.

CLINIC FOR COACHES & JUDGES

The clinic for all interested coaches and judges will take place on **Wednesday July 31st 2019 at 18h30** in the judge meeting room at the pool les Vernets.

DAILY TEAM LEADERS MEETING

The daily Team Manager Meeting will take place during the competition days (August 1st – August 4th 2019) at **08h00** in the meeting room at the pool les Vernets. Participation is mandatory for all federations.

DAILY OFFICIALS MEETING

The officials meetings will take place during the competition days (August 1st – August 4th 2019) **1 hour before the start of every event**. Except on **Thursday evening** (1.8.19) it will be after the parade at **17h30**. Participation is mandatory for all officials.

Immediately after all events Officials are requested to go to the officials meeting room for debriefing.

THE DRAW FOR ORDER OF APPEARANCE

The draw for Order of Appearance for all preliminary and final routines will be done manually. The draw for the preliminary routines takes place at the Technical Meeting on July 31st 2019. After the figure competition, all draws for final routines will be done.

The draw for Order of Appearance for Figures will be done by computer on July 31st 2019 at 16h00 during the Technical Meeting.

The preliminary as well as the figure start lists will be available within one (1) hour after the end of the Technical Meeting on July 31st at the board next to the Info Point as well as published on www.medcup2019.ch. The start lists of the final routines will be published within one (1) hour after the drawing on the board next to the info point as well as on www.medcup2019.ch.

DRAW OF FIGURE GROUP

Draw of optional group of figures will be organized on July 31st 2019 during the TSSC Meeting and will be published at noon on the board at the Info Point as well as on www.medcup2019.ch.

WELCOME APÉRO, OPENING CEREMONY, LAKE PARTY

- We are happy to invite all the Team-Managers, Coaches, Judges and Officials to a **Welcome Drink and get-together** right after the clinic for judges and coaches on **Wednesday July 31st 2019**.
- The **Opening Ceremony** including the **parade of all participants** will take place on **Thursday August 1st 2019 at 17h00**. Please make sure all participants are ready next to the stage in alphabetical order of the federations abbreviations – see the list under “Participating Federations” on page 4 as well as at the Board next to the Info Point. Athletes must wear full National Federation tracksuit and footwear for the parade. The flags they’ll get from the OC.
- **Sunday August 4th 2019 at 14h00 the Lake Party followed by a Boat Cruise** will take place. Departure from the pool will be with buses at 13h45. The boat cruise finishes at 19h30. During the competition a little snack will be provided to all the participants who join the party and the cruise to shorten a little bit the time till the official party starts.

TRAINING SESSIONS

- There will be an in- and outdoor training pool as well as the indoor competition pool for music training. Also the outdoor pool has music facilities which can be used on request at the Info Point.
- Schedule for training with music has been arranged based on the number of events entered.
- Teams will receive their training schedule in conjunction with this guide.
- Teams in the same group are allowed to share music time.
- Please bring your own music device to the music training.

TRAINING DURING COMPETITION

There will be the possibility to train during the competition in the outdoor training pool.

TAPPING IS NOT ALLOWED AT LE VERNETS POOLS

Please note that tapping is forbidden during training or competition in any pool in the Le Vernets Swimming Centre.

WARM-UP

Prior to all routine sessions, there will be a run-through music training in order of appearance.

FLOW OF THE COMPETITION

Ath the end of the warm-up period, athletes are requested to go in the Call Room three (3) routines prior their start number. Routine members one (1), two (2) and three (3) must report in to Call Room 15 minutes before the event.

FINALS

There will be a parade of athletes to each final session in order of appearance. In Solo one athlete will parade, but in any other event two athletes per country will parade. 15 minutes before the start of respective final, competitors for parade will gather in Call Room. Competitors will be introduced and will walk through starting platform in starting order. Athletes must wear full National Federation tracksuit, footwear and headpiece for the parade. Routine number one, two and three must report to the Call Room immediately after the parade of athletes.

PRE-SWIMMERS

Pre-Swimmers will be used in figure competition as well as in Solo and Duet Prelim Routines. In all the final Routines the pre-swimmers are rank 13 out of the preliminaries. Pre-swimmers do not attend the parade before Finals.

FIELD OF PLAY PROTOCOL AND ACCESS CONTROL

All athletes and Team Officials are asked to respect the need for a clear deck during the competition. Only competing athletes are allowed to acces "Field of Play" during Competition. Access to "Field of Play" is limited to persons with the correct accreditation. Athletes and team Officials are required to wear their accreditation cards at all times where appropriate. Further information relating to Athlete and Team Official pathways during competition will be presented at the Technical Meeting.

KISS&CRY

A maximum of two (2) team coaches/officials per National Federation will be permitted on the "Field of Play" during Competition. Coaches of each routine will wait for their athletes in "kiss&cry" area during competition.

CALL ROOM

Routine numbers one (1), two (2) and three (3) must report to the Call Room 15 minutes before beginning of each event. Athletes from each routine are to remain in the Call Room until escorted to the Field of Play march point. Athletes will be directed by the clerk of course when to line up for entry onto the Field of Play. A maximum of two (2) team coaches/officials per national federation will be permitted in the Call Room. During competition there is no access to the Field of Play for athletes who are not competing of for any other team officials. They can stay in the team stands during competition.

EXIT FROM THE “FIELD OF PLAY”

Once their swim is completed, the athletes will leave water via a ladder and go through kiss&cry to Starting Platform to wait for the scores being announced. Athletes will then exit the field of Play through the kiss&cry area.

RESULTS

All results will be shared via the official championships website www.medcup2019.ch, through facebook [#medcup2019geneva](https://www.facebook.com/medcup2019geneva) as well as published on the board next to the Info Point.

VICTORY CEREMONIES

The victory ceremonies will be held right after finals at the pool. There will be always a COMEN as well as an OPEN Ranking.

The presentation of medals, the national anthem of the gold medallist will be played and the national flags of the medalists will be shown on the scoreboard.

Athletes are reminded to attend all victory ceremonies in their official National Federation tracksuit with appropriate footwear. Reserves will also get medals.

DOPING CONTROL

According to regulations of the Swiss National Olympic Committee, doping control is possible at the venue. Please note that by entering the competition you declare acceptance of any possible doping control. Anyone accessing the Doping Control area, needs to be accompanied by a Doping Control chaperone with permission to enter the area.

POOLSIDE CIRCULATION ROUTES

Athletes and Team staff will enter and exit the pool deck only through the dressing rooms.

During competition athletes will be escorted to the start from the Last Call Room.

After each routine athletes will get back their accreditations from their coaches/team staff.

ACCREDITATION CARDS

All National Federations must complete the accreditation process in order to obtain the Accreditation Cards for their members.

The card is personal and non-transferable. Card must be present at all times while in zones requiring accreditation cards.

Please note that only Team Leaders (or designated Team Representative – with written official authorization only) are allowed to pick up the accreditation badges at the Info Point. Team Leaders (or designated Team Representative) need to present all original documents (passports or official ID card) of each team member.

If an accreditation card is lost or damaged, please immediately report it at the Info Point Desk. The OC will charge a fee of CHF 20.00 for a card reprint, which can be paid at the Info Point.

ATHLETES DRESSING ROOMS

Dressing rooms with lockers are available for athletes and team officials. The Accreditation card has to be presented to enter the dressing room area. Please bring your own locks for the lockers. The lockers don't have to be emptied and unlocked overnight. But make sure nothing is lying around in the dressing rooms as they will be cleaned over night.

GELATINE AREA

The designated gelatine area is in the dressing room area. Gelatine operation at the venue is ONLY permitted in the area where indicated in writing. Please clean all the mess caused by operation. Emergency costs incurred by non-compliance will be charged to the team responsible. Please bring your own adapter.

ENTRY CHECK

The entry lists will be published as per Tuesday July 30th 2019 on www.medcup2019.ch as well as at the board at the Info Point. Team Leaders are asked to check all entries including team lists and the spelling of athletes's names. Please inform the Chief Recorder about any mistakes latest 30 minutes prior to the start of the Technical Meeting.

CHANGES TO ENTRIES

Any changes from the original entry must be handed to the Chief Recorder in writing at least two (2) hours prior to the published start time of routine number one (1) of each event. At the Info Point there will be a box of the Chief Recorder, where you can leave the forms.

START LISTS

All the start lists will be published on www.medcup2019.ch as well as at the Info Point and on facebook [#medcup2019geneva](https://www.facebook.com/medcup2019geneva).

LOST & FOUND

All lost items will be collected at the Info Point. The venue will be checked every day for lost items.

FIRST AID AND ATHLETES MEDICAL SERVICES

The first aid area is at the pool deck Lifeguard's room. Emergency equipment is available for Medical team at the venue. The emergency numbers in Switzerland are as follows (English is well spoken):

- 144 Medical Emergency
- 117 Police
- 118 Fire Brigade

INFO POINT

The Info Point will operate at the competition venue on competition days as well as during scheduled training sessions. At the Info Point there will be:

- Envelopes for teams for championships updates
- Distribution of Start lists and results
- Distribution of Training schedule
- Distribution of entry list changing forms
- Distribution of other important matters
- Information about the city of Geneva
- Chief Recorder Box for any changes of reserves (latest two (2) hours in advance)
- Lists for meal times – please fill in every day for your team
- Lost & Found

Please note that only Team Leaders of each National Federationn can collect information from Team Envelopes. Accreditation of each Team Leader will be checked at Info Point.

DOPING CONTROL

According to regulations of the Swiss National Olympic Committee, doping control is possible at the venue. Please note that by entering the competition you declare acceptance of any possible doping control.

RULES

The competition will be conduct in accordance to FINA Age-group rules.

CONTEST RULES

The meeting will be held according to the COMEN tournament rules (copy is published on www.medcup2019.ch).

WATER SERVICE

Genevas and Switzerlands tap water is of the highest quality and is completely safe to drink. For this reason, we recommend that the teams use tap water instead of pre-filled bottled water.

Each team member will receive a personal water bottle, which can be filled and refilled from all taps. We take responsibility for the environment seriously and this way we can also reduce the amount of plastic in our seas and lakes. At the Info Point you'll find waterproof pens, so you can mark your name and country on your bottle.

TRANSPORTATIONS

On arrival, you'll be picked up at the airport or train station by a hostess. She'll give you the first information, your transportation cards, the public transport schedule and explains you how to get to the hotel as well as from the hotel to the pool and vice versa (Bus 15-20min. / Walk 25-30min.).

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MEALS

As full board is included in your arrangement you'll get breakfast at the hotel and lunch and dinner in the poolside restaurant. The meal vouchers can be picked up by the Team Leader at the Info Point. The opening hours for the meals are as follow:

- **Breakfast:**
 - Ibis & Ibis Budget:
 - Monday-Wednesday & Friday: 06h00-10h00
 - Thursday (public holiday), Saturday & Sunday: 06h00-12h00
 - Ramada Encore:
 - Monday-Friday 06h30-10h00
 - Saturday & Sunday 07h00-10h30
- **Lunch:** 11h30-14h30
- **Dinner:** 17h30-21h30

We kindly ask the Team Leaders to inform us about the time, when the team plans to eat lunch and dinner. The list to add the information will be at the Info Point. Thanks for your help.



PROGRAM

WEDNESDAY, JULY 31ST 2019

- 16.00h Technical Meeting / Draws
- 17.30h Judges Meeting
- 18.30h Clinic for interested coaches and judges
- 20.30h *Welcome drink and get-together for Team Leaders, Coaches, Judges and Officials*

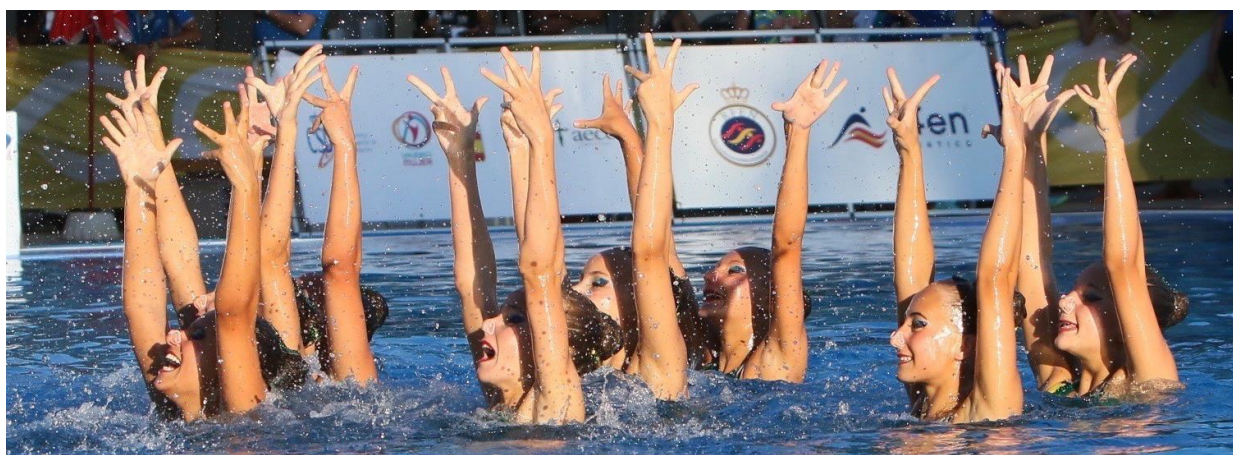
THURSDAY, AUGUST 1ST 2019

- 08.00h Team Managers Meeting
- 08.30h Warm up with Music in order of appearance Duet and Mixed Duet Free Routine
- 09.00h Judges Meeting
- 10.00h **Duet and Mixed Duet Free Routine Preliminaries**
- 17.00h **Opening Ceremony and Parade of all participants**
- 17.20h Warm up with Music in order of appearance Team Free Routine
- 17.30h Judges Meeting
- 18.00h **Team Free Routine Preliminaries**

FRIDAY, AUGUST 2ND 2019

- 08.00h Team Managers Meeting
- 08.30h Warm up with Music in order of appearance Solo Free Routine
- 09.00h Judges Meeting
- 10.00h **Solo Free Routine Preliminaries**
- 12.30h Warm up with Music in order of appearance Free Combination
- 13.00h Judges Meeting
- 14.00h **Free Combination Preliminaries**
- 16.30h Warm up with Music in order of appearance Free Combination Final
- 17.00h Judges Meeting
- 18.00h **Free Combination Final**

followed by **Victory Ceremony Free Combination Open & COMEN**



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SATURDAY, AUGUST 3RD 2019

- 08.00h Team Managers Meeting
- 08.00h Warm up Figures
- 08.00h Judges Meeting
- 09.00h Figure Competition**
- 17.30h VIP-Apéro**
- 18.00h Warm up with Music in order of appearance Duet and Mixed Duet
- 18.00h Judges Meeting
- 19.00h Duet and Mixed Duet Free Routine Final**
- followed by **Victory Ceremony Duet and Mixed Duet Open & COMEN**

SUNDAY, AUGUST 4TH 2019

- 08.00h Team Managers Meeting
- 08.30h Warm up with Music in order of appearance Solo Free Routine
- 09.00h Judges Meeting
- 10.00h Solo Free Routine Final**
- followed by **Victory Ceremony Solo Open & COMEN**
- 11.00h Warm up with Music in order of appearance Team Free Routine
- 11.00h Judges Meeting
- 12.00h Team Free Routine Final**
- followed by **Victory Ceremony Team Free Routine and Cup Trophy Open & COMEN**
- 13.45h Departure to Lake Party
- 14.00h Lake Party & Boat Cruise**
- 19.30h End of Lake Party & Cruise



POOL PLAN FOR ROUTINE SESSIONS

