

“NASEKINA CUP 2019”

“Artistic Swimming Latvia” in cooperation with **“Nasekina synchro school”** cordially invites your Artistic swimming team to take part in 5-times world champion Anna Nasekina Cup which will be held in Sports center “Keizarmežs” **Riga from 3rd till the 5th of May 2019.**

Competition will be held in the following groups:

- 8 and under
- 12 and under
- 13-15 years old

Competition will be held on figures, solo, duet, mixed duet, team, team combination according to FINA rules Number of solos and duets from one team is not limited. Number of teams and combos from one club is not limited.

Special prize for 3 best teams:

I place – 400 EUR

II place – 200 EUR

III place – 100 EUR

We offer the following conditions:

- Accomodation in the Sports center “Keizarmežs”
- 3 times meal per day
- trainings
- entry fee

Price for 3 days per person **155 EUR**

Competition schedule

3 May

12:00 – 13:00 – Accomodation

13:30 – 14:30 – Lunch

14:30 – 18:00 – Trainig with music

18:00 – 19:00 – Judges meeting

19:00 – 20:00 – Dinner

4 May

7:00 – 8:00 – Breakfast
8:00 – 08:30 – Warm up 8 and under
09:00 – 10:00 – Competition. Figures 8 and under
10:00 – 10:30 – Warm up 12 and under
10:30 – 12:30 – Competition 12 and under
12:30 – 13:00 – Warm up 13-15
13:00 – 14:30 – Competition. 13-15 years old
14:30 – 15:00 – Lunch
15:30 – 16:00 – Warm up TEAM and COMBO
16:00 – Opening ceremony
16:30 – 17:30 – COMPETITION TEAM and COMBO
17:00 – 17:30 – Awarding Ceremony FIGURES, TEAM and COMBO
18:00 – 20:00 – Dinner

5 May

7:00 – 8:00 – Breakfast
08:00 – 08:30 – Warm up SOLO
09:00 – 11:00 – SOLO competition
11:00 – 11:30 – Warm up DUET
11:30 – 12:30 – DUET competition
12:30 – 13:00 – Awarding ceremony SOLO and DUET
13:00 – 14:00 – Lunch
Team departure

Entry forms are accepted by annanasekina@hotmail.com,
and Tel: +79037175988
Final entry form: 15th of April 2019

Final entries for accommodation and catering: 1st of April 2019
E-mail: alansbroks@gmail.com , Tel: +371 27528258