

IGLA LONDON 2023

25 – 30 JUNE 2023
LONDON2023.ORG



ARTISTIC SWIMMING CONFIRMATION PACK

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Introduction

This document contains the required information needed to compete at the IGLA London 2023 Artistic Swimming Championships.

Please ensure you read this document carefully as some information may be new to you.

Contacts

IGLA London 2023	Venue
Meet Promoter: Richard Walton richard.walton@london2023.org	London Aquatics Centre Queen Elizabeth Olympic Park London E20 2ZQ
Meet Administrators: Stephanie Ramsay steph.ramsay@london2023.org	Directions
General Support	www.londonaquaticscentre.org
support@london2023.org	

Key Dates & Times

Please note that timings subject to last minute changes

Email Withdrawals	Withdrawals must be submitted by email to steph.ramsay@london2023.org by 23:00 GMT on 20 June 2023
Music Submission Deadline	Friday 16 June 2023, 00:00 BST
Team Declarations	No later than 30 minutes before the start of event
Team Managers' Meeting	Monday 26 June 2023 3pm
Judges' Meeting	Monday 26 June 2023 3.15pm

Entries

All accepted entries are included in the order of swim in this document.

If you believe that your name is missing, please contact steph.ramsay@london2023.org by Midday 20th June 2023.

Telegram Channels

To reduce the amount of paper we use, we will be using Telegram to communicate with Competitors, Coaches and Spectators both before and during the event.

[Telegram](#) is a secure messaging application that works on mobile, tablet and laptop devices that have an active internet connection.

We will be using Telegram to send out reminders before the championships, along with notification of starts lists being ready, results being published etc.

If you have not used Telegram before you'll need to create an account. The app and sign up is completely FREE. You can create a username and hide your mobile number.

Install the app:

[Telegram for Android](#) | [Telegram for iPhone/iPad](#) | [Telegram Web](#)

When you have Telegram installed then you will need to join the IGLA London 2023 Channel.

General Channel



t.me/+okYtTJdhzGsxOGIO

Swimming Channel



t.me/IGLA2023Swimming

Open Water Channel



t.me/IGLA2023OpenWater

Water Polo Channel



t.me/IGLA2023WaterPolo

Artistic Swimming Channel



t.me/IGLA2023ArtisticSwimming

Diving Channel



t.me/IGLA2023Diving

Accreditation Wristbands

Accreditation wristbands must be worn at all times inside the venue by participants, coaches and Team Managers. Accreditation will be issued on an individual and event basis, and is non-transferrable.

When competing wristbands must be removed.

Accreditation Check In

All attendees must attend check-in before they access the poolside.

- Please leave ample time before you check in to the event.
- Please bring ID for check in.
- You cannot check in other participants.

London Aquatics Centre:

Date	Time
Saturday 24 June	13:00 – 18:00
Sunday 25 June	10:00 – 17:00
Monday 26 June – Thursday 29 June	07:00 – 18:00
Friday 30 June	07:00 – 11:00

Docklands Sailing and Watersports Centre:

Date	Time
Wednesday 28 June	08:00 – 10:00

Team Managers

Team Managers (including coaches and chaperones) requiring access to poolside must purchase a Poolside Accreditation pass in advance of the event via the registration portal if they are not competing themselves.

Lost or Forgotten Accreditation Passes

A £10 charge will be applied on all lost or forgotten wristbands if a competitor arrives at the event without their accreditation.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation wristband.

Competitor Information

Schedule of Events

We ask all coaches and team managers for their help in ensuring their swimmers are ready at the right time and in the right place.

Please Note: The schedule may be subject to last minute changes, but competitors will be informed if changes do occur.

Sunday 25 th June	
Warm Up swimming lanes are available 10am - 5pm	
Music tests will take place 6pm - 9pm	

Monday 26 th June	
15:00	Team manager meeting
15:15	Officials meeting
15:00	Warm up
15:45	Solo – technical routine
17:00	Warm up
17:15	Duet/Trio – technical routine
18:30	Warm up
18:45	Team – technical routine
19:15	Combination
20:00	Medal ceremony – combination team only

Tuesday 27 th June	
15:00	Team manager meeting
15:15	Officials meeting
15:00	Warm up
16:00	Solo – free routine
17:15	Warm up
17:30	Duet/Trio – free routine
18:45	Warm up
19:00	Team – free routine

Due to timing limitations, the Duet and Trio routines will swim together. Medals will still be awarded as separate categories.

Event Conditions

These can be found at the end of this document.

Music submission

Music for routines should be submitted to danielvernish@gmail.com, cc'ing steph.ramsay@london2023.org before Friday 16 June 2023, 00:00 BST.

Music Submission Deadline

Friday 16 June 2023, 00:00 BST

All files must be in **.mp3** format.

All music should be labelled in the format:

Team Name – Competitor name – Event – Age group.mp3

Please note that by participating in this event, each club warrants that it has cleared any copyright related to the music used for the routines of its athlete(s) and/or team(s) and that it will indemnify IGLA London 2023 in the event any claim is filed against the organisers in respect of any breach of such copyrights.

Music check

The music check will run on Sunday 25th June at the London Aquatics Centre. Each routine will get 1 full run-through of their music, and competitors are invited to swim through their routine this time.

Technical routines and costume requirements

Competitors are reminded that results for all events - except Combination Team - will be the combined scores of technical and free routines. If competitors fail to perform a routine, their score will be recorded as 0 and this will be included in the combined results.

The technical figures and costume requirements are as per World Aquatics requirements. The technical figures and costume requirements can be found in the Entry Pack and Conditions.

Hair

There will be gelling station by the cafe at the window end of the spectator gallery. Hot water will be provided. A Team Manager pass will **not** be required to access.

Pool and Platform Information

The competition pool will be split into two 25m pools for the duration of the IGLA Championships. The Artistic Swimming program will take place in Competition Pool m2 (CP2). Participants will start on the raised platform at the window end of the pool.

The water is 3m deep throughout the competition pool.

Clear Deck Policy

We will be operating a clear pool deck policy, and therefore require all competitors and coaches to sit upstairs in the spectator balconies when not competing or using the warm up and swim down facilities.

Access to the deck can be made through the changing village.

You must follow the instructions of the Field of Play volunteers. Non-compliance will be reported to the management team and in such cases the swimmer may be excluded from the competition.

Warm Up and Swim Down

There will be a warm up before each event (per the timetable) and continuous warm up facilities available. The continuous warm up pool will be for lane swimming only.

Training lanes will be available on the afternoon of Saturday 24 June 2023. For health and safety you must book in advance to help manage the number of users. Booking is free and you can book a group at once.

[Book Saturday 24 June Training](#)

Withdrawals

To ensure that the meet runs efficiently it is essential that those not intending to compete inform the withdrawal desk as soon as possible.

Advanced withdrawals should be made before 23:00 BST on 20th June 2023 via email to steph.ramsay@london2023.org

After June 20th withdrawals must be made in person by completing an official withdrawal form no later than 30 minutes before the advertised starting time of each session.

Once withdrawn participants may not be re-entered. In line with the General Athletic Terms refunds are not issued for withdrawn events.

Sharing Facilities

Please note that at times we will not have exclusive use of the centre, so you are asked to be mindful of public using the facilities.

Team Managers Meeting

The location of the Team Managers meeting will be updated soon. Participants will be notified once this is available.

Judges Meeting

The location of the Team Managers meeting will be updated soon. Participants will be notified once this is available.

Results

Results for all events will be available to view at the venue and online.

www.london2023.org/results/artisticswimming

Draw sheets and results will be communicated through Telegram, and can also be viewed on the event result website.

First Aid

First Aid services will be available at the Championships. Pool staff will administer first aid where necessary. If medical assistance is required, please approach the nearest Championship Crew volunteer or member of London Aquatic Centre staff, who will contact a first aider.

The nearest hospital Accident & Emergency Department to the London Aquatics Centre is located 2 miles away at the below address:

Homerton University Hospital
Homerton Row,
London,
E9 6SR

020 8510 5555

[Map and directions](#)

Order of Swim

The order of swim is as below. The same order will be used for technical and free routines.

Please Note: The order of swim may be subject to last minute changes, but competitors will be informed if changes do occur.

Event	Swim Order	Surname	Club	Category
Solo	1	Claydon	Tauranga Synchronized Swimming Club	18-24
Solo	2	Hollis	Out To Swim	30-39
Solo	3	Harding	Out To Swim	30-39
Solo	4	Solis	BRASS Brussels	30-39
Solo	5	Li	Out To Swim	30-39
Solo	6	Fernandez Ferri	Team New York Aquatics	40-49
Solo	7	Sanders	Rushmoor Artistic Swimming Club	40-49
Solo	8	Kelly	Out To Swim	40-49
Solo	9	Anderson	Aqualina	50-59
Solo	10	Andrees	Frankfurter Volleyball Verein e.V.	50-59
Solo	11	Magnée	BRASS Brussels	50-59
Solo	12	Bordeleau	Paris Aquatique	60-69
Solo	13	Innes	Out To Swim	60-69
Solo	14	Meier-Windes	San Francisco Tsunami	70-79

Event	Swim Order	Surname	Club	Category
Duet/Trio	0	Cronin	Team New York Aquatics	Display
		Orlovska	Team New York Aquatics	
Duet/Trio	1	Coucke	Aquadans RSCM	25-29
		Desouter	Aquadans RSCM	
Duet/Trio	2	Morelli	Out To Swim	30-39
		George	Out To Swim	

Duet/Trio	3	Zampini	Aquavision	
		Olewinska	Aquavision	30-39
		Fullwood	Aquavision	
Duet/Trio	4	Gelinne	Team New York Aquatics	
		Winkelstein	Team New York Aquatics	40-49
		Davis	Team New York Aquatics	
Duet/Trio	5	Desrochers	Natation Artistique Maitres Montreal	40-49
		Chobbeau	Natation Artistique Maitres Montreal	
Duet/Trio	6	Ginefra	BRASS Brussels	40-49
		Garcia de Diego	BRASS Brussels	
Duet/Trio	7	Bennett	MAC Synchro Masters	
		Kirkland	MAC Synchro Masters	40-49
		Henriksen	MAC Synchro Masters	
Duet/Trio	8	Hollis	Out To Swim	40-49
		Brimmer	Out To Swim	
Duet/Trio	9	Innes	Out To Swim	50-59
		Kelly	Out To Swim	
Duet/Trio	10	Hills	San Francisco Tsunami	
		Meier-Windes	San Francisco Tsunami	50-59
		Manieri	San Francisco Tsunami	

Duet/Trio	11	White	Aqualina	50-59
		Jarvis	Aqualina	
Duet/Trio	12	Hohlstein-Janssen	Turnverein Schiefbahn 1899 e.V.	50-59
		Hohlstein-Terwesten	Turnverein Schiefbahn 1899 e.V.	
Duet/Trio	13	Schütte	Frankfurter Volleyball Verein e.V.	60-69
		Müller	Frankfurter Volleyball Verein e.V.	

Event	Swim Order	Surname	Club	Category
Team	1	Boilini	Out To Swim	35-49
		George	Out To Swim	
		Smyth	Out To Swim	
		Harding	Out To Swim	
Team	2	Gelinne	Team New York Aquatics	35-49
		Winkelstein	Team New York Aquatics	
		Cronin	Team New York Aquatics	
		Skorodinsky	Team New York Aquatics	
		Fernandez Ferri	Team New York Aquatics	
		Davis	Team New York Aquatics	
Team	4	Schütte	Frankfurter Volleyball Verein e.V.	50-64
		Müller	Frankfurter Volleyball Verein e.V.	
		Nagel	Frankfurter Volleyball Verein e.V.	
		Andrees	Frankfurter Volleyball Verein e.V.	

Event	Swim Order	Surname	Club	Category
Combo	1	Widenius	Helsingin Uimarit	25-39
		Järvelä	Helsingin Uimarit	
		Ruutiainen	Helsingin Uimarit	
		Lilja	Helsingin Uimarit	
		Korkia-Aho	Helsingin Uimarit	
		Paavola	Helsingin Uimarit	
Combo	2	Hollis	Out To Swim	25-39
		Brimmer	Out To Swim	
		Silvestrucci	Out To Swim	
		smyth	Out To Swim	
		Boilini	Out To Swim	
		Tinchi	Out To Swim	
		Harrington	Out To Swim	
Combo	3	Agapit	Paris Aquatique	25-39
		Durbec	Paris Aquatique	
		Gallos	Paris Aquatique	
		Pialot	Paris Aquatique	
		Dutot	Paris Aquatique	
		le meut	Paris Aquatique	
		Fruneau	Paris Aquatique	
		Christin	Paris Aquatique	
		Toussaint	Paris Aquatique	
		Oviedo	Paris Aquatique	

Continued on next page

Combo	4	Messerole	Subversive Sirens	40-64
		Prichard	Subversive Sirens	
		Harriday	Subversive Sirens	
		Hollomon	Subversive Sirens	
		Hargest	Subversive Sirens	
Combo	5	Schütte	Frankfurter Volleyball Verein e.V.	40-64
		Müller	Frankfurter Volleyball Verein e.V.	
		Nagel	Frankfurter Volleyball Verein e.V.	
		Andrees	Frankfurter Volleyball Verein e.V.	
Combo	6	Magnée	BRASS Brussels	40-64
		Gahungere	BRASS Brussels	
		Gourdin	BRASS Brussels	
		Guillerme	BRASS Brussels	

Venue Information: London Aquatic Centre

Entrance to LAC

All competitors will be asked to arrive & depart at the top entrance of the London Aquatics Centre on the side of the centre closest to Westfield Shopping Centre. (The opposite side to the London Stadium)

You are not permitted to use the main public entrance on the waterfront.



Security

Security will be in place for the duration of the Championships. On arrival all bags will be checked, this is a requirement for all major events at the centre.

Be aware that certain items are prohibited and restricted from being into the venue.



Sharp Objects



Alcoholic Beverages



Offensive Messaging



Glass Containers

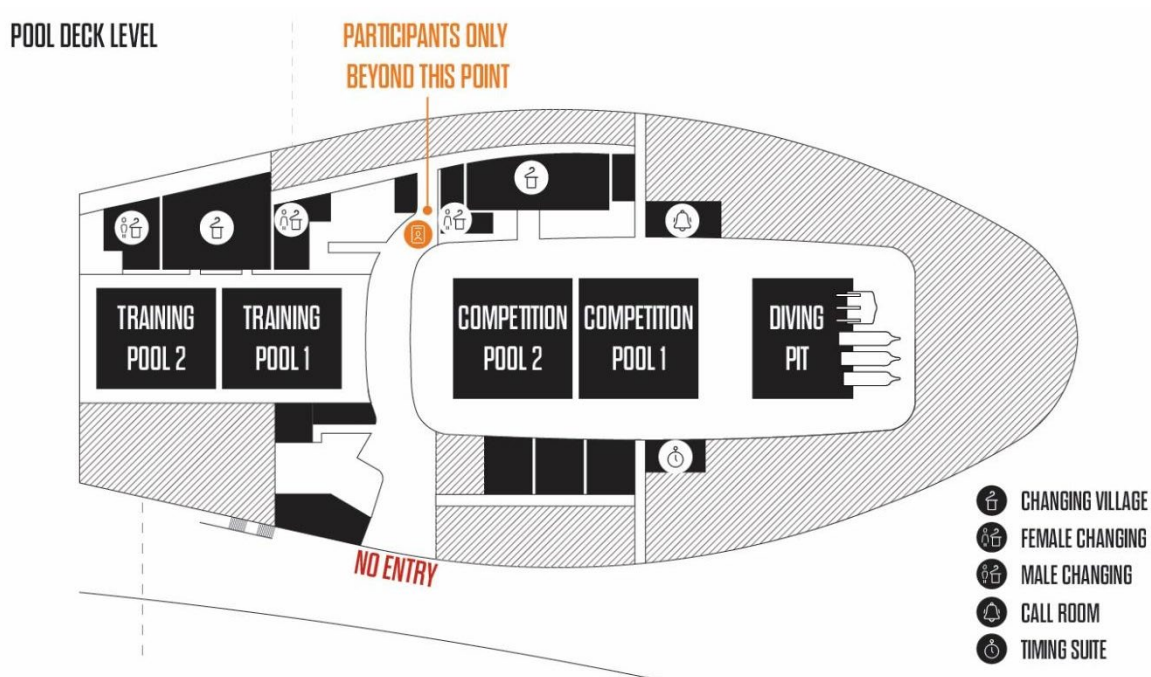
[A full list of prohibited and restricted are available online here.](#)

Access on Saturday 24th & Sunday 25th June

The London Stadium will play host to MLB World Tour: London Series 2023 over the weekend of the 24 & 25 June 2023. Expect the Olympic Park and Public Transport to be exceptional busy throughout the day. Participants are advised to plan their travel accordingly.

Pool Names

The pool locations are shown below. The location of your performance will be detailed on your draw sheet. Warm up and swim down facilities will be available throughout the Championships however they may be located in different pools. Please check the notice board for which pool will be in use for warm up during each session as it may change as the competition pool is used for other sports.



Lockers

Lockers are available for participants in the changing villages and can be operated via returnable £1.00 coin.

There are no lockers available for spectators and guests.

Water Fountains

Water fountains are available in the changing villages for both the training and the competition pool.

Catering

There are two coffee stands at either side of the spectator balconies providing a selection of hot & cold food, drinks and snacks.

Please note that card payment only is accepted.

Lost & Found

All reports of lost items at the venue should be directed to the IGLA Information Desk.

All found items should be delivered to the IGLA Information Desk.

Getting Here

We strongly encourage everyone to use public transport across the championships. We stand with the Mayor's mission to improve London's air and protect the environment.

Public transport is the best and easiest way to get to and from the Park – by train, underground, bus or bicycle.

[TfL Plan a journey >](#)

Tube & Train

The nearest stations are Stratford station and Stratford International station, both of which are in Zone 2/3 and provide step-free access from entrance to platform:

[Stratford station](#) is served by:

- Docklands Light Railway (DLR)
- Jubilee, Central and Elizabeth lines
- National Rail services from Liverpool Street station
- London Overground services

[Stratford International station](#) is served by:

- Docklands Light Railway (DLR)
- Southeastern High Speed 1 services

[Hackney Wick station](#) is served by:

- London Overground services

Bus

Stratford Bus Station and Stratford City Bus Station are both located in close proximity to the pool. Busses are frequent and run 24 hours a day 7 days a week.

The [339 bus](#) runs between Leytonstone and Shadwell, with stops at Stratford City near the Stratford station entrance, the London Aquatics Centre at White Post Lane.

The [257 bus](#) runs between Walthamstow Bus Station and Stratford Bus Station and stops outside the IGLA Hostel Whippet Cross.

Bike

There are more than 140 cycle racks outside the London Aquatics Centre.

Queen Elizabeth Olympic Park has 310 docking points for London's cycle hire scheme, Santander Cycles.

For the locations of bike parking racks and Santander docking stations, please see our [cycling map of the Park](#).

Accessibility



Level Access and Automatic Doors (or No Doors)



Ramped/Sloped Access, and/or Manual Doors



Mobility Impaired Walker



On-Site Parking



Blue Badge/Accessible Parking Bays



Designated Drop-Off Point



Accessible Toilet



Ambulant Toilet



Step Free Standard Toilet



Changing Place



Baby Changing Facility



Accessible Shower



Seat(s) Available



Assistive Listening

Thank You

IGLA, the IGLA London 2023 Delivery Board and Out To Swim would like to express their sincere thanks to all our volunteers, officials and event stakeholders for supporting the planning and delivery of the IGLA London 2023 Championships.

IGLA London 2023 – Artistic Swimming

General Event Conditions

Age Categories

Age shall be determined as of December 31 of the year of competition. The competitors must be 18 years old by the first day of the competition. The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group).

There will be a Seniors category of 18 – 24 for solo, duet/trio and team.

Any swimmers who are less than 25 years old can participate in a team of any categories; categories will be defined based on the average age of the team.

All genders can participate. IGLA actively welcomes swimmers of all sexual and gender identities. The competition is open to trans, non-binary, lesbian and gay athletes and their allies. Any participant may register for the routines. No proof of identity is required. For all categories, all genders will compete together.

Categories

Free Solo: 18-24, 25-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over

Duet/Trio (where Technical and Free routines shall constitute one event): 18-24, 25-29, 30-39, 40-49, 50-59, 60 - 69, 70-79, 80 and over.

Team (where Technical and Free routines shall constitute one event): 18-24, 25-34, 35-49, 50-64, 65-79 and 80 and over.

Free Combination 18-24, 25-39; 40-64 and 65 and over.

Team Composition

Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.

Competitors in Duet, Trio, Team, and Free Combination must be from the same club.

Awards

Medals for the first three considering combined score in each event and age category,

Routine - FINA Requirements for Masters Technical Routines

There are required elements for each technical routine

GENERAL REQUIREMENTS

Supplementary elements may be added

1. Unless otherwise specified in the description of an element:

- a. All figures or components thereof shall be executed according to the requirements described below.
 - b. All elements shall be executed high and controlled in uniform motion with each section clearly defined. All elements must be performed parallel to the judges.
2. Time limits will be as described in FINA Rule MAS 4.1:
 - a. Free Routines Solo: 2 minutes 30 seconds
 - b. Technical Routines Duet and Mixed Duet/Trios : 1 minute 40 seconds
 - c. Free Routines Duet/Trios: 3 minutes
 - d. Technical Routines Teams: 1 minute 50 seconds
 - e. Free Routines Teams: 4 minutes
 - f. Free Combination: 4 minutes
3. There shall be no minimum time limit. Maximum Time Limits: there shall be an allowance of fifteen (15) seconds plus the allotted time for Technical Routines, Free Routines and Combination.
4. In all routine events, the walk-on of the competitors from the designated starting point to achievement of a stationary position(s) may not exceed thirty (30) seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.
5. When the Routine starts in the water, the time allowance for the walk-on of the competitors from the designated starting point to the achievement of a starting position in the water shall not exceed 30 seconds. Timing shall commence when the first competitor moves past the starting point and end when the last competitor assumes a starting position.
6. Timing of the routines shall start and finish with the accompaniment. Timing of deck movements shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.
7. The accompaniment and judging shall begin upon a signal from the referee or the appointed official. After the signal the competitor(s) must perform the routine without interruption.
8. Judging and scoring shall be in accordance with FINA Artistic Swimming Rules for Technical and Free Routines.
9. Penalties and deductions for technical routines will be made in accordance with FINA Artistic Swimming Guidelines AS 18.4.1 - 18.4.6.
10. For Technical routines, swimwear shall be black and the competitor shall wear a white cap. For all routines, jewellery is not permitted. Goggles may be worn.
11. The final competitor names should be handed to the Referee no later than one (1) hour prior to the commencement of the event they are due to compete in.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 **MUST** be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. **FISHTAIL** – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).
2. **SPLIT POSITION** – followed by a walkout front or walkout back.
3. **SPINNING 180°** – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.
4. **TRAVELLING BALLET LEG COMBINATION** – Beginning in a Back Layout Position to include any 2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.

5. **BARRACUDA BENT KNEE** – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust
6. **TWO (2) FORMS OF PROPULSION** – Must include Egg Beater travelling sideways and/or forward (arms optional)

DUET/TRIOS REQUIRED ELEMENTS

Elements 1 – 5 MUST be performed in the order listed

Elements 6 – 7 may be executed at any time during the routine

Routines for Duet 1 to 6 as above for Solo

7. **JOINED ACTION** – Where the swimmers are connected (touching) in some manner to perform on of the following:
 - a. A connected figure or a connected float or connected stroking
 - b. Action must be performed simultaneously. Minor action is permitted.
 - c. Stacks, lifts, platforms, throws are not permitted.

With the exception of the **DECK WORK** and **ENTRY** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers, Variation in propulsion and direction facing are permitted during pattern changes.

TEAM REQUIRED ELEMENTS

Elements 1 – 5 MUST be performed in the order listed

Elements 6 – 9 may be executed at any time during the routine

Routines for Team 1 to 7 as above for Duet

8. **CADENCE ACTION** – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
9. **PATTERNS** – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the **DECK WORK**, **ENTRY**, **CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.

Out To Swim very much looks forward to welcoming you to IGLA London 2023 Artistic Swimming Competition.