



TEAM LEADER GUIDE

LEN European Junior Artistic Swimming Championships

Alicante (Spain)

City and Beach

29th June - 3rd July, 2022

WELCOME FROM THE ROYAL SPANISH SWIMMING FEDERATION PRESIDENT

Dear Friends,

The Royal Spanish Swimming Federation has the pleasure to host the LEN European Artistic Swimming Junior Championships in Alicante, a port city, which is located on the Mediterranean coast in south-eastern Spain.

We are happy and very proud to organize this year's championship. The Organizing committee will do their best so that this championship is arranged to an excellent quality level. We are sure that the city of Alicante will welcome you warmly and in addition, it will also reveal to you some of its historic beauty and magic during the week you are spending here.



Myself, the organizing committee and the swimming sports' fans in Spain are looking forward to welcoming all participants. I wish you great experiences in this competition and that everyone enjoys the beautiful city and sports complex of Alicante.

Best regards,

A handwritten signature in blue ink, belonging to Fernando Carpena Pérez. The signature is stylized and fluid, with a large loop at the beginning and a long horizontal stroke at the end.

Fernando Carpena Pérez
President of the Royal Spanish Swimming Federation.

EVENT INFORMATION

GENERAL INFORMATION

Dates	Competition: 29 June - 3 July 2022 Training days: 27-28 June 2022
Location	Monte Tossal Swimming Pool Adress: C/ Foguerer José Romeu Zarandieta 2, 03005 Alicante (Spain) 
Host	Federation: Royal Spanish Swimming Federation
Contact details	Ana MONTERO (Ms), Artistic Swimming Manager (+34 647 97 79 23) Nerea SÁNCHEZ (Ms), Artistic Swimming coordinator (+34 625 48 30 11) Javier FERNANDEZ (Mr), Sport Administration Manager Email: amontero@rfen.es & internacional@rfen.es
Event website	https://rfen.es/es/section/cto-europa-junior-nat-artistica-2022

COMPETITION INFORMATION

Facility	Competition Pool 50m x 21m, 2.00 – 3.00m depth (outdoor) Training Pool 25m x 16m, 1.50 – 2.20m Depth (indoor)
Rules	LEN European Artistic Swimming Junior Championship Rules 2022
Results	All results will be available in https://rfen.es/es/section/cto-europa-junior-nat-artistica-2022
Streaming	All sessions will be available on LEN TV

EVENT KEY DATES, SPORT ENTRIES & FINAL REGISTRATION

April 1, 2022	Preliminary Entry & Hotel booking Form
May 18, 2022	Final Hotel Reservation Form & Travel Details deadline
May 18, 2022	Visa deadline
June 19, 2022	Sport Entry deadline (entry form files)
June 19, 2022	Music Files deadline (sincromusica@gmail.com)
June 19, 2022	Sport Presentation Forms for each routine https://rfen.es/es/section/cto-europa-junior-nat-artistica-2022
June 27-28, 2022	Official Training – pool available from 8:00 to 20:30
June 28, 2022	Team Leaders' Meeting (Hotel Centrum - 10:00)
June 28, 2022	Technical Officials Meeting (Hotel Centrum – 11:30)

LEN OFFICIALS

LEN Commission:	Andida Bouma – LEN Bureau Liason Ulla Lucenius – LEN TASC Chairwoman Marie Kavaklioglu – LEN TASC Honorary Secretary Christiane Brenner-Froemel – LEN TASC Member
Referee:	Judit Vizi
Assistant Referee:	Ana Mallol
Evaluators:	Annick Delaporte, Ivona Kralikova, Irene Hawes
LEN Medical Delegate:	Joszeff Furstner
Chief Recorder:	Daniel Ramos
Assistants Chief Recorder:	Elena del Hoyo y Milen Milevski
Sound Center Manager	Sergio Clarasó
Announcer	Sergi Massó

All Judges acting in will be provided with two Polo Shirts for the event and they have to bring their own white trousers and white shoes for the event. We strongly recommend to bring sunglasses, sunscreen and a white hat.

LEN JUDGES

1	AUT	Alexandra Worisch
2	BEL	Evi Van Der Gucht
3	CRO	Iva Gricar
4	CZE	Jana Vidlarova
5	ESP	Esperanza Dorado Vazquez
6	ESP	Estela Rodriguez Colorado
7	FIN	Piia Laitinen
8	FRA	Maryline Alves Boisrobert
9	FRA	Sandra Doimo
10	GBR	Hannah Secher
11	GEO	Nino Gamzardia
12	GER	Melanie Eubel
13	GRE	Konstantina Bachtsevanidou
14	ISR	Yael Yogev Rubichek
15	ISR	Nataly Lerman
16	ITA	Francesca Berti
17	ITA	Elena Bresci
18	LIE	Katrin Eggenberger
19	NED	Shirley Zwaan
20	POR	Joana Cardoso
21	SRB	Svetlana Kontic
22	SUI	Davidane Lebet
23	SWE	Eva Svensson
24	UKR	Anastasiya Petrenko
25	UKR	Eugen Zelman

COMPETITION SCHEDULE

June 26		Arrivals
June 27	09:00 – 20:30	Official Training
June 28	08:00 – 20:30 10:00 – 11:15 11:30 – 14:30 20:30 – 22:00	Official Training Team Leader Meeting and Draw - Hotel Centrum Technical Official's Meeting – Hotel Centrum Welcome Cocktail for TM & Officials – Hotel Centrum
June 29	08:00 – 13:00 16:00 17:00 17:40 18:00 – 20:00	Official Training Daily Team Leader Meeting Technical Officials Meeting Opening Ceremony Competition - Duet Free Routine Preliminary Draw for Duet Free Routine Final
June 30	08:00 08:00 09:00 10:00 – 12:00 15:45 17:00 18:00 – 19:40	Warm Up and Training with music Daily Team Leader Meeting Technical Officials Meeting Competition – Duet Technical Routine Final Competition – Mixed Duet Technical Routine Final Award Ceremony Warm Up and Training with music Technical Officials Meeting Competition – Duet Free Routine Final Competition – Mixed Duet Free Routine Final Award Ceremony
July 1	08:00 08:00 09:00 10:00 – 11:40 16:15 17:00 18:00 – 19:00	Warm Up and Training with music Daily Team Leader Meeting Technical Officials Meeting Competition - Male Solo Technical Routine Final Competition – Female Solo Technical Routine Final Award Ceremony Warm Up and Training with music Technical Officials Meeting Competition – Team Free Final Award Ceremony

July 2	08:00	Warm Up and Training with music
	08:00	Daily Team Leader Meeting
	09:00	Technical Officials Meeting
	10:00 – 11:35	Competition - Female Solo Free Routine Preliminary Draw for Solo Free Routine Final
	16:15	Warm Up and Training with music
	17:00	Technical Officials Meeting
	18:00 – 18:45	Competition – Team Technical Routine Final Award Ceremony
July 3	08:00	Warm Up and Training with music
	08:00	Daily Team Leader Meeting
	09:00	Technical Officials Meeting
	10:00 – 10:35	Competition - Free Combination Routine Final Award Ceremony
	15:15	Warm Up and Training with music
	16:00	Technical Officials Meeting
	17:00 – 18:20	Competition – Male Solo Free Routine Final Competition – Female Solo Free Routine Final
	19:30 – 19:45	Competition – Highlight Routine Final Award Ceremony
July 4		Departures

TEAM LEADERS TECHNICAL MEETING

Tuesday June 28th, 10:00 a.m at Hotel Centrum. Participation is mandatory for all Federations.

Team leaders are responsible of checking all competitors personal details and spelling of the athlete's names. Passports or official ID card of participants will also be checked at the meeting.

OFFICIALS' MEETING

Tuesday June 28th, 11:30 a.m at Hotel Centrum. Participation is mandatory for all Officials.

DAILY TEAM LEADERS MEETING

June 29th - 16:00 at Sport Center next to the venue. Meeting point in Athlete's garden area at the venue and a volunteer will take you to the Sport Center.

June 30th to July 3rd – 8:00 at Sport Center next to the venue.

DAILY OFFICIALS' MEETING

1 hour before the beginning of each event. Participation is mandatory for all Officials

WELCOME COCKTAIL

Tuesday June 28th – 20:30 at the Hotel Centrum.

The welcome cocktail will be hosted by the Organizing Committee. Transport service will be organized from the Hotel Lucentum at 20:15. An invitation comes from the OC to the:

- LEN Official delegates
- Judges
- Key staff from the OC
- One team leader representative from each Federation

OPENING CEREMONY

Wednesday June 29th - 17:40 at the competition pool. One Athlete per country must be ready at the Last Call Room at 17:20.

FAREWELL PARTY

Sunday July 3rd – 20:00 at the pool (immediately after the last award ceremony)

ENTRIES PER FEDERATION:

COD	COUNTRY	Solo		Solo Male		Duet		Mixed Duet		Team		Combo	Highlight
		Tec.	Free.	Tec.	Free.	Tec.	Free.	Tec.	Free.	Tec.	Free.		
AUT	AUSTRIA	1	1	0	0	1	1	0	0	0	0	0	0
BEL	BELGIUM	1	1	0	0	1	1	0	0	0	0	1	0
BUL	BULGARIA	1	1	0	0	1	1	0	0	0	0	0	0
CRO	CROATIA	1	1	0	0	1	1	0	0	0	1	1	0
CZE	CZECH REPUBLIC	0	0	0	0	1	1	0	0	0	0	0	0
ESP	SPAIN	1	1	1	1	1	1	1	1	1	1	1	1
FIN	FINLAND	1	1	0	0	1	1	0	0	0	0	0	0
FRA	FRANCE	1	1	0	0	1	1	0	0	1	1	0	0
GBR	GREAT BRITAIN	1	1	0	1	1	1	1	1	1	1	0	0
GER	GERMANY	1	1	0	0	1	1	0	0	0	1	0	0
GEO	GEORGIA	1	1	0	0	0	0	0	0	0	0	0	0
GRE	GREECE	1	1	0	0	1	1	0	0	1	1	1	1
ISR	ISRAEL	1	1	0	0	0	0	0	1	1	1	0	0
ITA	ITALY	1	1	1	1	1	1	1	1	1	1	1	1
LIE	LIECHTENSTEIN	0	0	0	0	0	1	0	0	0	0	0	0
LTU	LITHUANIA	0	0	0	0	1	1	0	0	0	0	0	0
NED	NETHERLANDS	0	0	0	0	1	1	0	0	0	0	0	0
POR	PORTUGAL	0	0	0	0	1	1	0	0	0	0	0	0
SLO	SLOVENIA	1	1	0	0	0	0	0	0	0	0	0	0
SRB	SERBIA	1	1	0	0	1	1	0	0	0	0	0	0
SUI	SWITZERLAND	1	1	0	0	1	1	0	0	1	1	0	0
SVK	SLOVAKIA	1	1	0	0	0	0	1	1	0	0	0	0
SWE	SWEDEN	1	1	0	0	1	1	0	0	0	0	0	0
UKR	UKRAINE	1	1	0	0	1	1	0	0	0	0	0	0
		19	19	2	3	19	20	4	5	7	9	5	3
		Tec.	Free.	Tec.	Free.	Tec.	Free.	Tec.	Free.	Tec.	Free.	Combo	Highlight
		Solo		Solo Male		Duet		Mixed Duet		Team			

ENTRIES CHECK

All entries will be posted on the competition website as well as the "Changes and Withdraw" forms. Team Leaders are asked to check all entry data including team lists and the spelling of athletes' names.

CHANGES TO THE 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). At the secretary Point there will be a box for Chief Recorder, where you can leave this form.

COMPETITION RULES

The artistic swimming program at the LEN European Junior Championships will be held in accordance to LEN and FINA rules. All rules may be found in the championships website:

<https://rfen.es/es/section/cto-europa-junior-nat-artistica-2022>

START LISTS AND RESULTS

All the information will be posted on the competition website and no paper will be distributed.

COMMUNICATION WITH THE TEAMS

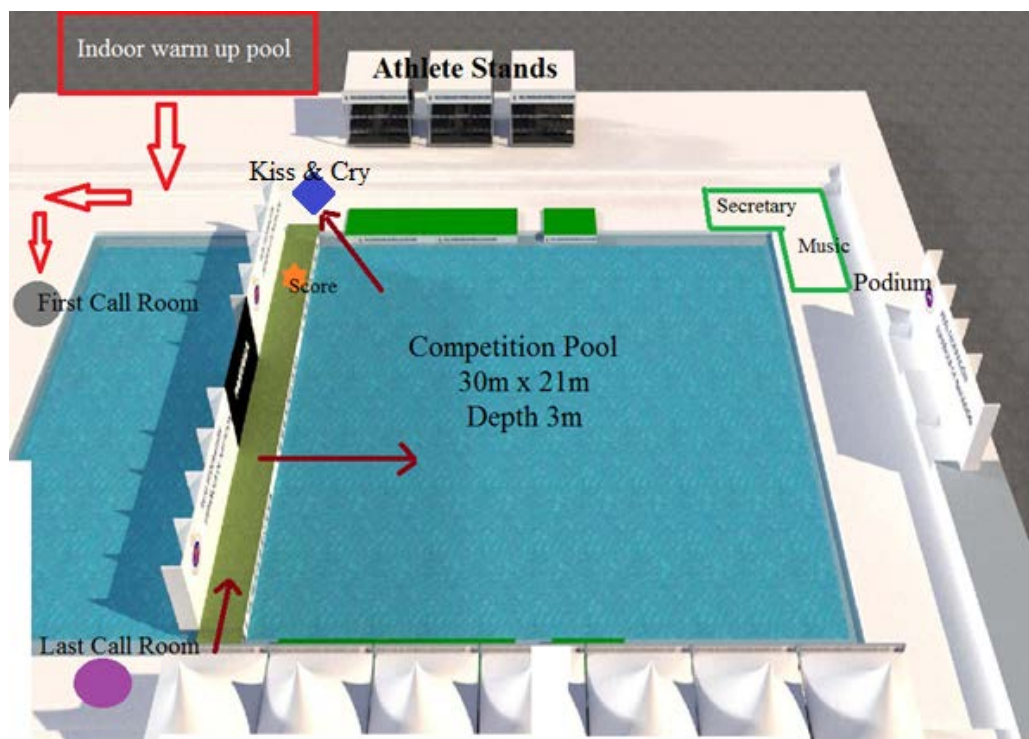
A whatsapp group will be created for this competition. So that the information of this group is effective and reaches all delegations we will work with the following rules:

Please send ALL you're questions through private message to **Nerea Sánchez** who's number is +34 625 48 30 11 or to Ana Montero which number is +34 647 97 79 23.

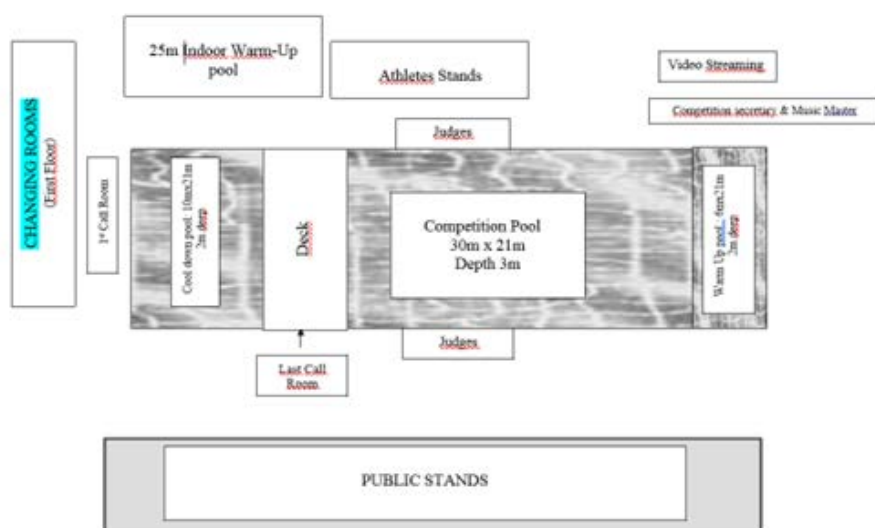
Answers that we consider general info will be posted in the general chat and kept for everyone to see and not loose between so many messages.

We are NOT expecting to receive "ok", "well receive" answers when we post info here. We assume the info reaches to you and it's read.

POOL MAP



*Kiss&Cry exact point is under discussion. When streaming company be installed, then they will let us know the best place for this point to be set.



Athletes resting area garden behind the athletes stands.

Gelatine and Make Up Area in 1st Floor changing rooms.

TRAINING AND WARM UP

Schedule for training with music is arranged based on number of events entered, after considering the number of federations, date and time of arrivals.

Later in this bulletin you may find the training schedule from June 27th to July 3rd. Teams are allowed to share music time (maximum of 3 to 4 countries sharing). Request forms for sharing the music time are available on the event website and also available at the competition pool (music).

Please respect the specifications both for the 25m indoor training pool and the 50m outside competition pool described in the training Schedule.

FLOW OF THE COMPETITION

At the end of the warm-up period athletes are asked to go in the First Call Room three (3) routines prior to their start number. Routine numbers one (1), two (2) and three (3) must report in to First call Room 10 minutes before the start of the event.

FINALS

There will be a parade of athletes prior to each Final session. In Solos one athlete will parade, but in any other event two athletes per country will parade. 20 minutes before the start of respective final, competitors for parade will gather in Last 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 numbers one, two and three must report to the First Call Room immediately after the parade of athletes.

No preswimmers in this championships.

KISS&CRY AREA

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 ROOMS

During the competition there will be no access to the Field of Play or Call rooms, for athletes who are not competing or for any other than 2 team officials. They can stay in team stands during competition.

TIMING AND SCORING RESULTS

SYREM system will provide all timing, scoring, and result services for the Championships. All results will be shared via official Championships website:

<https://rfen.es/es/section/cto-europa-junior-nat-artistica-2022>

VICTORY CEREMONIES

The victory ceremonies will be held right after finals. The presentation of medals, the national anthem of the gold medallist will be played, and the national flags of medallists will be shown at the scoreboard. Athletes are reminded to attend all victory ceremonies in their official National Federation tracksuit with

appropriate footwear. Reserves will get medals, but they will not go to the podium. Team Leaders can collect reserves medals after Victory Ceremony at the Info desk.

Medals will be awarded for 1st – 3rd places in all events as well as Certified Digital Medals. Finalist placed 1st to 8th in each discipline will receive a Digital Certificate.

ACCREDITATION CARD

All athletes must present their accreditation card at the First Call Room prior to their event. The Clerk will verify the credentials against the start list. The accreditation cards will be given back to coach, who will be taking care of them during the routine. Athletes will collect their accreditation card from their coach when leaving the Field of Play.

Lost or damage accreditation cards: If accreditation card is lost or damaged, please immediately report it to Info Desk at the venue. The OC will charge a fee of 20 euros for a card reprint, which can be paid at the Info Desk.

WATER SERVICE

Every morning, the Team Leader/Coach from each country may come and collect the water bottles for their delegation. After that first daily distribution a “One empty for One full” system will be applied, this means you need to bring your empty water bottle if you need another new one.

OPEN/CLOSE TIMING OF THE VENUE

Date	Doors Open	Doors Close
Monday 27 June	08:30	13:00
	14:30	21:00
Tuesday 28 June	07:30	14:30
	15:00	21:00
Wednesday 29 June	07:30	13:30
	15:30	20:30
Thursday 30 June	07:30	14:00
	15:30	20:30
Friday 1 July	07:30	14:00
	15:45	20:00
Saturday 2 July	07:30	13:30
	15:45	20:00
Sunday 3 July	07:30	12:30
	15:00	22:00

SUBMISSION OF THE MUSIC

In accordance with the FINA Rules and Regulations. Artistic Swimming (AS), section 15.3 (Music Accompaniments). Method 2, please submit the music electronically via internet to the contact address sincromusica@gmail.com and each file should be clearly labelled as below.

Example:

ESP_Team Technical Routine

ESP_Team Free Routine

FRA_Mixed Duet 1_Anne_Peter

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

It is mandatory for all countries to send their official **short version** anthem label as following:

ESP_anthem

Reminder: Deadline for sending music files is on the 19th June 2022.

SWIMWEAR CHECK

It is NOT mandatory to get swimwear checked. But if the team is concerned and want to show swimwear beforehand, please contact Referee Ms. Judit Vizi.

LOST AND FOUND

Will be at the venue Info Desk. There will be an every day check for lost properties.

TRANSPORTATION

Official airport arrival and departure *	Alicante-Elche Airport – Miguel Hernández
Ground Transportation	The Organizing Committee will provide transportation to and from the airport as well as between the hotel and venue.

The every day bus schedule hotel-venue-hotel is displayed on the Training Schedule for each day.

IMPORTANT: Please to all Team Leaders, make sure you communicate with the people at the Info Desk at the hotels (Ana, Paula or Cristina) in order to communicate your next day transportation plan, so we can be sure everyone can fit in the buses with no problem.

OFFICIAL HOTELS:

Ana Vega, Paula and Cristina Ortiz will attend all participants for any Hotel requirements and transportation.

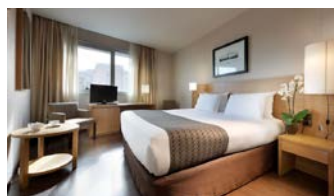
+34 649 02 87 00 (Ana)

+34 653 99 98 61 (Paula)

+34 629 78 21 06 (Cristina)

LEN, Officials and Teams

Hotel	Hotel Eurostars LUCENTUM 4* Adress: Av. Alfonso El Sabio, 11, 03002 Alicante
Distance from venue	20' walking distance (1.6km) 8' bus (2.5km)
Distance from airport	15km



Teams

Hotel	Hotel Eurostars CENTRUM 4* Adress: C/ Pintor Lorenzo Casanova, 33, 03003 Alicante
Distance from venue	25' walking distance (2.0km) 12' bus (3.7km)
Distance from airport	15km
	

ROOM & BOARD PACKAGES

All participating National LEN Member Federations are responsible for their own team's accommodation and board expenses.

Single room	190 € (Full board) per night/per person
Twin room	145 € (Full board) per night/per person

RESTAURANT TIMETABLE:

Breakfast from 6:30 – 10:00

Lunch from 12:30 – 15:30

Dinner from 19:30 – 22:30

MEDICAL SERVICE INFORMATION & DOPING CONTROL

Medical service will be available during the stay of the teams in Alicante, it will be available at training and competition facilities. An ambulance team will be working at the competition venue near competition zone. If the patient is in need of emergency medical care, they are taken to the Hospital General de Alicante on duty (8 minutes from competition venue).

Doping controls will be according to the LEN DC Rules and the WADA International Standards.

TICKETING

This competition will have ticket sale for spectators.

Procedure:

You will find a link to the ticket sale in our competition website:

<https://rfen.es/es/section/cto-europa-junior-nat-artistica-2022>

There's the option of buying an every day pass for the whole competition events or a per day ticket.

COVID-19

1. There is no need to stay in Bubble during the competition.
2. Participants who are fully vaccinated against COVID-19, as well as persons who have recovered from COVID-19 infection in the last 90 days, will be asked to provide the evidence of vaccination/recovery. The documents will be taken into account when considering the measures to be imposed on close contacts of a COVID-19 positive person, in accordance with the applicable national guidelines.
3. UNVACCINATED participants or INCOMPLETE VACCINATION will be required to do a PCR test within 72hrs before arrival and a rapid antigen test upon arrival.
4. The OC will be in charge of taking a rapid antigen test on COVID-19 upon arrival to all participants. FFP2 face masks will be used until receiving the negative test result. Upon receiving the negative test result, participants can leave the hotel room.
5. Additional testing during the event will not be performed.
6. Participants tested positive for the rapid antigen test, shall be isolated in separate rooms and stay isolated in accordance with the Spanish Government recommendation.
7. Those that need extra testing in order to travel back home you need to send an email to internacional@rfen.es **before 24th June** in order to plan this for you.

PCR test - 75€

Antigen test - 35€

It's important to indicate date and time you will need this test to be taken.

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

TRAINING SCHEDULE 27th to 29th June (MON to WED)

MONDAY MORNING	27th June	Practice Schedule
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DOORS Open 8:30
 25m Training Indoor pool 09:00 - 12:30
 Competition Pool 09:00 - 12:30

COUNTRY/CLUB	N° of people	Hotel	Transfer from Hotel to the Pool	Time in Competition Pool	Music	Minutes	Transfer from Pool to the hotel
CZECH REPUBLIC	5	CENTRUM	8:15 9:00 9:45 10:30	09:00 - 12:30	09:35 - 09:47	12	12:10 12:30 12:50
SPAIN	18				09:48 - 10:30	42	
GREAT BRITAIN	14				10:31 - 11:02	31	
GERMANY	14				11:03 - 11:20	17	
BELGIUM	15				11:21 - 11:38	17	
SERBIA	4				11:39 - 11:51	12	
GEORGIA	2	LUCENTUM			11:52 - 11:57	5	
LITHUANIA	4				11:58 - 12:05	7	
PORTUGAL	6				12:06 - 12:13	7	
UKRAINE	4				12:14 - 12:26	12	

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

MONDAY AFTERNOON 27th June

Practice Schedule

DOORS Open 14:30
 25m Training Indoor pool 15:00 - 20:30
 Competition Pool 15:00 - 20:30

COUNTRY/CLUB	N° of people	HOTEL	Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
NETHERLANDS	4	LUCENTUM	14:20 15:00 15:40	15:00 - 17:45	15:35 - 15:41	6	17:50 18:10 18:30 18:50 19:10
LITHUANIA	4				15:42 - 15:48	6	
GEORGIA	2				15:49 - 15:54	5	
CZECH REPUBLIC	5	CENTRUM			15:55 - 16:01	6	
GREAT BRITAIN	14				16:02 - 16:29	27	
GERMANY	14				16:30 - 16:45	15	
SPAIN	18				16:46 - 17:22	36	
SERBIA	4				17:23 - 17:34	11	
Music rest 46'							
COUNTRY/CLUB	N° of people	HOTEL	Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
FRANCE	15	LUCENTUM	16:10 16:50 17:30 18:10 18:50	17:45 - 20:30	18:20 - 18:38	18	19:50 20:10 20:30 20:50
LIECHTENSTEIN	4				18:39 - 18:42	3	
PORTUGAL	6				18:43 - 18:49	6	
UKRAINE	4				18:50 - 19:01	11	
AUSTRIA	5	CENTRUM			19:02 - 19:13	11	
BELGIUM	15				19:14 - 19:29	15	
ITALY	18				19:30 - 20:06	36	
SWEDEN*	4				20:07 - 20:18	11	

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

TUESDAY MORNING 28th June Practice Schedule

DOORS Open 7:30
 25m Training Indoor pool 8:00 - 14:00
 Competition Pool 8:00 - 14:00 (Music Time: STR:2)

COUNTRY/CLUB	Nº of people	HOTEL	Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
NETHERLANDS	4	LUCENTUM	07:15 08:00 08:40	08:00 - 11:00	08:40 - 08:45	5	10:40 11:00 11:20 11:40 12:10
LITHUANIA	4				08:46 - 08:51	5	
GEORGIA	2				08:52 - 08:56	4	
LIECHTENSTEIN	4				08:57 - 09:00	3	
FINLAND	4				09:01 - 09:10	9	
CZECH REPUBLIC	5	CENTRUM			09:11 - 09:17	5	
CROATIA	16				09:18 - 09:35	17	
SPAIN	18				09:36 - 10:08	32	
SWITZERLAND	16				10:09 - 10:25	16	
SERBIA	4				10:26 - 10:35	9	
BULGARIA	5				10:36 - 10:45	9	
SWEDEN	4				10:46 - 10:55	9	
Music rest 15'							
COUNTRY/CLUB	Nº of people	HOTEL	Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
AUSTRIA	5	CENTRUM	09:20 10:00 10:40 11:20	11:00 - 14:00	11:10 - 11:19	9	13:40 14:00 14:20
ITALY	18				11:20 - 11:52	32	
GREAT BRITAIN	16				11:53 - 12:16	23	
GERMANY	14				12:17 - 12:30	13	
SLOVENIA	3				12:31 - 12:35	4	
BELGIUM	15				12:36 - 12:49	13	
FRANCE	15	LUCENTUM			13:04 - 13:20	16	
PORTUGAL	6				13:21 - 13:26	5	
GREECE	14				13:27 - 13:50	23	
UKRAINE	4				13:51 - 14:00	9	

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

TUESDAY AFTERNOON 28th June Practice Schedule

DOORS Open 15:00
 25m Training Indoor pool 15:30 - 20:30
 Competition Pool 15:30 - 20:30

COUNTRY/CLUB	Nº of people	HOTEL	Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
NETHERLANDS	4	LUCENTUM	14:45 15:30 16:10	15:30 - 18:00	16:15 - 16:19	4	17:40 18:00 18:20 18:40 19:00 19:20
LITHUANIA	4				16:20 - 16:24	4	
GEORGIA	2				16:25 - 16:27	2	
LIECHTENSTEIN	4				16:28 - 16:30	2	
FINLAND	4				16:31 - 16:37	6	
CZECH REPUBLIC	5	CENTRUM			16:38 - 16:42	4	
CROATIA	16				16:43 - 16:57	14	
SPAIN	18				16:58 - 17:22	24	
SWITZERLAND	16				17:23 - 17:35	12	
SERBIA	4				17:36 - 17:42	6	
BULGARIA	5				17:43 - 17:49	6	
SWEDEN	4				17:50 - 17:56	6	
Music rest 24'							
COUNTRY/CLUB	Nº of people		Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
AUSTRIA	5	CENTRUM	16:30 17:15 18:00 18:40	18:00 - 20:30	18:20 - 18:26	6	19:50 20:10 20:30 20:50
ITALY	18				18:27 - 18:51	24	
GREAT BRITAIN	14				18:52 - 19:09	17	
GERMANY	14				19:10 - 19:20	10	
SLOVENIA	3				19:21 - 19:23	2	
BELGIUM	15				19:24 - 19:34	10	
ISRAEL	12				19:35 - 19:45	10	
FRANCE	15	LUCENTUM			19:46 - 19:58	12	
PORTUGAL	6				19:59 - 20:05	4	
GREECE	14				20:06 - 20:24	18	
UKRAINE	4				20:24 - 20:30	6	

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

WEDNESDAY MORNING 29th June	Practice Schedule
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DOORS Open 7:30
 25m Training Indoor pool 08:00 - 13:00
 Competition Pool 08:00 - 13:00

COUNTRY/CLUB	N° of people		Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
NETHERLANDS	4	LUCENTUM	07:15 08:00 08:40	08:00 - 10:30	08:30 - 08:34	4	10:50 11:10 11:30 11:50
LITHUANIA	4				08:35 - 08:39	4	
GREECE	14				08:40 - 08:58	18	
LIECHTENSTEIN	4				08:59 - 09:01	2	
FINLAND	4				09:01 - 09:07	6	
AUSTRIA	5	CENTRUM			09:08 - 09:14	6	
CROATIA	16				09:15 - 09:29	14	
ISRAEL	12				09:30 - 09:40	10	
ITALY	18				09:41 - 10:05	24	
SWITZERLAND	16				10:06 - 10:18	12	
SLOVENIA	3				10:19 - 10:21	2	
BULGARIA	5				10:22 - 10:28	6	
Music rest 32'							
COUNTRY/CLUB	N° of people	HOTEL	Transfer from Hotel to the Pool	Time in Comp Pool	Music	Minutes	Transfer from Pool to the hotel
CZECH REPUBLIC	5	CENTRUM	09:00 09:45 10:30 11:10	10:30 - 13:00	11:00 - 11:04	4	12:20 12:40 13:00 13:20
GREAT BRITAIN	14				11:05 - 11:22	17	
GERMANY	14				11:23 - 11:33	10	
BELGIUM	15				11:34 - 11:44	10	
SERBIA	4				11:45 - 11:51	6	
SWEDEN	4				11:52 - 11:58	6	
SLOVAKIA	6				11:59 - 12:05	6	
SPAIN	18				12:06 - 12:30	24	
FRANCE	15	LUCENTUM			12:31 - 12:43	12	
GEORGIA	2				12:44 - 12:46	2	
PORTUGAL	6				12:47 - 12:51	4	
UKRAINE	4				12:52 - 12:58	6	

COMPETITION DAYS TRAINING SCHEDULE

WEDNESDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
29th June (Wednesday) AFTERNOON Doors Open 15:30 Doors Close 20:45	15:15 (just duets) 16:00 16:40 17:20	15:45 ~ 17:15 DUET FREE Warm Up 16:45 ~ 17:15 DUET FREE Music training (1' per duet by order of appearance)		16:30 ~ 20:00 Open Training (no duets please) Duets can train or cool down on the space behind the entry platform in competition pool.	18:40 19:00 19:20 19:40 20:00 20:20 20:40

THURSDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
30th June (Thursday) MORNING Doors Open 7:30 Doors Close 14:00	07:15 (just duets & Mixed Duets) 08:00 08:40 09:20	8:00 ~ 9:00 DUET TECH & MIXED DUET TECH Warm Up 9:00 ~ 9:30 DUET TECH & MIXED DUET TECH Music Training (1' per duet by order of appearance)		8:30 ~ 12:30 Open training (no duets please) Duets can train or cool down on the space behind the entry platform in competition pool.	10:40 11:20 12:00 12:20 (after award ceremony) 12:40 13:50
12:30 ~ 13:30 Free training in Competition Pool					
30th June (Thursday) EVENING Doors Open 15:30 Doors close 20:30	15:15 (just Duet & Mixed duets) 16:00 16:40 17:20	15:45 ~ 16:45 DUET FREE & MIXED DUET FREE Warm Up 16:45 ~ 17:15 DUET FREE & MIXED DUET FREE Music training (1' per duet by order of appearance)		16:30 ~ 20:00 Open Training (no duets please) Duets can train or cool down on the space behind the entry platform in competition pool.	18:40 19:20 20:00 20:40

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

FRIDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
1st July (Friday) MORNING Doors Open 7:30 Doors Close 14:00	07:15 (just F. solos & Male solos) 08:00 08:40 09:20	8:00 ~ 9:00 F. SOLO TECH & MALE SOLO TECH Warm Up 9:00 ~ 9:30 F. SOLO TECH & MALE SOLO TECH Music Training (1' per solo by order of appearance)	-	8:30 ~ 12:30 Open training (no solos please) Solos can train or cool down on the space behind the entry platform in competition pool.	10:40 11:00 11:20 12:00 (after award ceremony) 13:50
12:15 ~ 13:30 Free training in Competition Pool (one's through music for Teams Free starting at 12:45)					
1st July (Friday) EVENING Doors Open 15:45 Doors close 20:00	15:40 (just Teams) 16:20 17:00 17:40	16:15 ~ 17:15 TEAM FREE Warm Up 17:15 ~ 17:30 TEAM FREE Music training (1' per team by order of appearance)		16:45 ~ 19:30 Open Training Teams can cool down after they compete on the space behind the entry platform in competition pool.	18:40 19:00 19:20 19:40 20:00 20:20

SATURDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
2nd July (Saturday) MORNING Doors Open 7:30 Doors Close 13:30	07:15 (just female solos) 08:00 08:40 09:20	8:00 ~ 9:00 FEMALE SOLO FREE Warm Up 9:00 ~ 9:30 FEMALE SOLO FREE Music Training (1' per solo by order of appearance)	-	8:30 ~ 12:30 Open training (no solos please) Solos can train or cool down on the space behind the entry platform in competition pool.	10:40 11:20 12:00 (after award ceremony) 13:00 13:20
11:45 ~ 13:00 Free training in Competition Pool (one's through music for Teams Technical Routines starting at 12:15 by order of appearance)					
2nd July (Saturday) EVENING Doors Open 15:45 Doors close 20:00	15:40 (just Teams) 16:20 17:00 17:40	16:15 ~ 17:15 TEAM TECH Warm Up 17:15 ~ 17:30 TEAM TECH Music training (1' per team by order of appearance)		16:45 ~ 19:30 Open Training Teams can cool down after they compete on the space behind the entry platform in competition pool.	18:40 19:20 19:40 20:00

LEN EUROPEAN JUNIOR ARTISTIC SWIMMING CHAMPIONSHIPS – Alicante 2022

SUNDAY	Bus Schedule from each hotel to the Venue	<u>Competition Area</u>	-	Warm Up Pool	Bus Schedule from the Venue to each hotel
3rd July (Sunday) MORNING Doors Open 7:30 Doors Close 13:00	07:15 (just Combo) 08:00 08:40 09:20	8:00 ~ 9:00 FREE COMBINATION Warm Up 9:00 ~ 9:30 FREE COMBINATION Music Training (one through each combo by order of appearance)	-	8:30 ~ 12:00 Open training Combos can cool down after they compete on the space behind the entry platform in competition pool.	10:40 11:00 11:20 12:00 (after award ceremony) 12:20
11:00 ~ 12:00 Free training in Competition Pool (one's through music for Highlight Routines starting at 11:45 by order of appearance)					
3rd July (Sunday) EVENING Doors Open 15:00 Doors close 22:00	14:40 (just Female & Male Solos) 15:20 16:00 16:40 17:20 18:00	15:15 ~ 16:00 FEMALE & MALE SOLO FREE Warm Up 16:00 ~ 16:30 FEMALE & MALE SOLO FREE Music training (1' per Solo by order of appearance) 18:40 ~ 19:00 HIGHLIGHT Music Training (1' per Highlight by order of appearance)		16:45 ~ 19:30 Open Training	18:40 19:20 20:00 20:40 21:20 21:40 22:00

POOL PARTY WILL START WHEN THE COMPETITION ENDS AND FINISH AT 21:30ish.