



# TEAM PHOENIX

## COMPETITION INFORMATION PACK



### Team Phoenix Artistic Swimming Club Invitational

Hosted by Team Phoenix, Kingsmead College and Holiday Inn  
Johannesburg, South Africa – 25 to 27 October 2024

Welcome Message from our Chairperson, Dave Drinkwater:

We are delighted to welcome you to an African Artistic Experience. We have a really special event waiting for all the athletes and can't wait to meet you all. The competition is designed with the athletes in mind to provide them every opportunity to swim and express themselves in a positive environment. The events are flexible so that all athletes should feel comfortable during the competition. We include Novices to Masters to cater for all Artistic Swimmers so that we can have a real Artistic Celebration!



#### TEAM PHOENIX CONTACT PERSONS

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## COMPETITION DETAILS AND RULES

**Competition Dates:** Saturday 26 October and Sunday 27 October 2024

**Practice Day:** Friday 25 October 2024

**Accommodation:** Holiday Inn Rosebank

**Venue:** Kingsmead College Aquatics Centre, 132 Oxford Rd, entrance in Tottenham Ave, Melrose, Johannesburg, South Africa.

### **Awards dinner and medal presentations:**

Date: Sunday 27 October

Time: 18h30

Venue: Kingsmead College Hall

Dress Code theme: Lumo Disco!

### **COMPETITION RULES**

- ❖ This is a Routine competition. There are no Figures.
- ❖ Events: Solos (Free, Tech, Male, Female), Duets (Free, Tech, Mixed Free, Mixed Tech), Trios, Teams (Free), Combo.
- ❖ Age Groups: 10&U, 12&U, Youth, Junior, Senior, Masters.
- ❖ There will be a Novice competition. Novice Age Groups: 10&U, 12&U, Youth, Junior, Senior, Masters.
- ❖ Age of the competitor is as at 31 December 2024.
- ❖ Solos:
  - Clubs may enter a maximum of 2 Solos per event.
  - Clubs wishing to enter more than 2 solos per event may request the additional entries. These will be considered and is dependent on whether competition time allows.
  - A competitor may enter 1 Free Solo event and 1 Tech Solo event (where Tech Solo is available) only. E.g. In the case of a 15-year-old, the athlete must choose between entering either Youth, or Junior, or Senior; per event. In this example: the athlete could enter Youth Free Solo and Junior Tech Solo.
- ❖ Duets:
  - There is no limit to the number of Duet and Mixed Duet entries.



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- ❖ Team Routines and Combos:
  - Clubs may include competitors from all events and all Age Groups, including Novice athletes.
  - Team event: minimum 4 swimmers, maximum 8 swimmers.
  - Combo event: minimum 4 swimmers, maximum 10 swimmers.
  - There will be one competition for Team Routines, incorporating all Age Groups.
  - There will be one competition for Combo, incorporating all Age Groups.
  - If entries are received where it is justified to divide the entries into Age Group categories, this will be considered and implemented at the discretion of the organisers.
  - A separate competition will be considered for Novice Teams and Novice Combos, for those entries which consist of only Novice athletes.
  
- ❖ Athletes from different Age Groups may compete together. The competitors would be entered in the event of the oldest Age Group of the athletes concerned. E.g. a 12U and Junior athlete may swim a Duet together, entered under the Junior Duet event.
  
- ❖ Male athletes are included in all events.
  
- ❖ The routine time limits are specified below.
  
- ❖ Judging:
  - Novice, Masters, Trios, Teams, Combos, 10&U and 12&U events: Routines will be judged according to the “Old Rules” FINA Rules 2017 – 2021 (Free choreography).
  - Youth, Junior and Senior Age Group events will be judged according to the “New Rules” World Aquatics Rules 2022 – 2025 (Declared Difficulty Coaches Cards).
  - Should an athlete wish to enter an event and be judged according to Old or New Rules which is not catered for above, please let us know and we will do our best to accommodate the entry. E.g. a 12U Soloist wanting to be judged according to the “New Rules”.
  
- ❖ Swimmer substitutions to be submitted to the LOC in writing a minimum of 24 hours ahead of the event.
  
- ❖ There are no preliminary events; all events are considered Finals.
  
- ❖ The start list draw will be done at the first Managers’ meeting.
  
- ❖ Clubs to please supply a Judge and/or a Technical Controller – which is much appreciated.
  
- ❖ The organising committee retains the right to change or amend the rules of the competition after entries are received. Any changes will be notified timeously.
  
- ❖ **The LOC are open to requests from clubs to accommodate any special requests.**



## DUE DATES

Item	Due date	Submit to / via
Accommodation - Holiday Inn Rosebank <b>Bookings open on July 1st</b>	6 September 2024	PureTravel website: <a href="https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/">https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/</a>
Entry Fees	6 September 2024	PureTravel website: <a href="https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/">https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/</a>
Club event entries	14 September 2024	Excel Entry Form spreadsheet emailed to <a href="mailto:competition@teamphoenix.co.za">competition@teamphoenix.co.za</a>
Volunteer officials, Judges, TC's	14 September 2024	Excel Entry Form spreadsheet emailed to <a href="mailto:competition@teamphoenix.co.za">competition@teamphoenix.co.za</a>
Dietary requirements (Judges, TC's and Awards Dinner)	28 September 2024	Google Form – link will be provided for entrants
Flights, airport transfer <b>Bookings open on July 1st</b>	28 September 2024 Or as arranged with PureTravel	PureTravel website: <a href="https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/">https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/</a>
Post Competition Tour packages <b>Bookings open on July 1st</b>	30 September 2024	PureTravel website: <a href="https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/">https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/</a>
Music	6 October 2024	WeTransfer <a href="mailto:competition@teamphoenix.co.za">competition@teamphoenix.co.za</a>
Competition Merchandise	6 October 2024	Google Form – link will be provided for entrants
Coaches Cards	11 October 2024	<a href="mailto:competition@teamphoenix.co.za">competition@teamphoenix.co.za</a> ISS or WA format
Withdrawals or scratchings	25 October 2024 at Managers meeting	In person
Substitutions	24 hours ahead of the event	<a href="mailto:competition@teamphoenix.co.za">competition@teamphoenix.co.za</a>



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## AGE GROUPS AND EVENTS

### AGE GROUPS

Age of the competitor is as at 31 December 2024.

	Ages	Year of birth
10&U	10 yrs & younger	2014, 2015 ... and later
12&U	11 yrs & 12 yrs	2012, 2013
Youth	13, 14, 15 years	2009, 2010, 2011
Junior	15 – 19 years	2005, 2006, 2007, 2008, 2009
Senior	15 years & older	2009 and earlier
Masters	24 years & older	2000 and earlier

### COMPETITION EVENTS

#### AGE GROUP EVENTS

	Free Solo M/F	Tech Solo M/F	Free Duet	Tech Duet	Free Mixed Duet	Tech Mixed Duet	Trio	Free Team	Combo
10&U	✓	✗	✓	✗	✓	✗	✓	✓	✓
12&U	✓	✗	✓	✗	✓	✗	✓		
Youth	✓	✗	✓	✗	✓	✗	✓		
Junior	✓	✓	✓	✓	✓	✓	✓		
Senior	✓	✓	✓	✓	✓	✓	✓		
Masters	✓	✓	✓	✓	✓	✓	✓		

#### NOVICE EVENTS

A novice is a beginner athlete within their first 2 years of competition. Should a Novice athlete wish to enter the Age Group events rather than Novice events, this is acceptable to the organisers, and at the discretion of the Club and coach.

	Free Solo M/F	Free Duet M/F	Trio	Team	Combo
Novice 10&U	✓	✓	✓	✓	✓
Novice 12&U	✓	✓	✓		
Novice Youth	✓	✓	✓		
Novice Junior	✓	✓	✓		
Novice Senior	✓	✓	✓		
Novice Masters	✓	✓	✓		



## TIME LIMITS

- ❖ Team Routines: 3:00 – 3:30, +/- 5 sec (i.e. range is 2:55 – 3:35)
- ❖ 12U, Youth, Junior, Senior, Masters – WA time limits apply
- ❖ For all 10&U and Novice event time limits, please see table below:

10&U and Novice events	Time limit
Solos	1:30
Duets	1:45
Trio	1:45

## MUSIC

Music is to be submitted in the following format:

WAV or MP3 file are acceptable.

Music files named as follows: **Club name\_Event\_Athlete name.**

Eg: TeamPhoenix\_YouthTechSolo\_Jadi Malan

Ideally music files submitted We Transfer as a bundle for the club.

Submitted to: [competition@teamphoenix.co.za](mailto:competition@teamphoenix.co.za).

Submission date: 6 October 2024



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## COACHES CARDS

Coaches cards to be submitted in the following format:  
ISS Coach Card system or WA Coach Card Format. Cards submitted to:  
[competition@teamphoenix.co.za](mailto:competition@teamphoenix.co.za).

Coach Card File named as follows: **Club name\_Event\_Athlete name**.

Eg: TeamPhoenix\_YouthTechSolo\_Jadi Malan

Cards can be submitted via We Transfer as a bundle.

Submission date: 11 October 2024

## JUDGING

The following events will be Judged under the old FINA rules 2017 – 2021:

- ❖ All Novice events
- ❖ 10&U
- ❖ 12&U
- ❖ Trio
- ❖ Team Routine
- ❖ Combo
- ❖ Masters

The following Solo and Duet events will be Judged under the new WA rules 2022 – 2025:

- ❖ Youth
- ❖ Junior
- ❖ Senior

Should an athlete wish to enter a routine and be judged differently to the above, please do request this from the organisers and we will endeavour to accommodate your request.

## MEDALS AND AWARDS

- ❖ Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in all events.
- ❖ Ribbons will be awarded for 4<sup>th</sup> and 5<sup>th</sup> places.
- ❖ Each other competitor will receive a participation medal.



## BOOKINGS PROCESS AND ENTRY FEES

### Bookings will open on 1<sup>st</sup> July.

We are delighted to partner with PureTravel who will manage all your bookings for you. PureTravel are experienced operators who manage logistic and bookings for World Cup events.

<https://www.pure-travel.co.za/tour-item/international-artistic-swimming-event/>

This includes Hotel Accommodation and meals; Competition Entry Fees, Airlight bookings and Airport transfers and optional Tour Packages. All payments are made direct to Pure Travel through their booking website including Entry Fees.

### Entry Fees:

- **ZAR1600** (approx. USD85) per athlete – unlimited events

### Accommodation:

- Double room shared: **ZAR1900** (Approx USD100) per person per night  
- including Breakfast and Dinner; practice and competition day transport (25/26/27); Awards Dinner function.
- Single room: **ZAR2700** (Approx USD140) per person per night  
- including Breakfast and Dinner; practice and competition day transport (25/26/27); Awards Dinner function.

### Flights:

- Pure Travel will arrange your flight and transfer bookings for you at the best possible rates. While this is optional, it is recommended to make use of this service as PureTravel will manage all logistics and flight booking requirements for you.
- All Airport transfers will be included in the PureTravel flight cost.
- There will be an additional Airport Transfer cost should you elect to use your own booking agent. Transfers can be booked separately with PureTravel. The sooner you book the cheaper flights are likely to be.

### Process:

- Note your basic requirements on the website link and a booking agent will get back to you with a booking form to understand your exact requirements. Once these are understood you will be able to book and pay directly on the website. PureTravel will manage every aspect of your booking and will be able to adjust and modify your bookings as required. Bookings open on July 1<sup>st</sup>.

### Merchandise:





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- We will have some special competition merchandise available for those who would like to purchase. Pre-Orders will be available via a google link sent to entrants.



## COMPETITION VENUE

### SWIMMING POOLS

Kingsmead College Aquatics Centre, 132 Oxford Rd, entrance in Tottenham Ave, Rosebank, Johannesburg.



#### **Competition pool**

25m x 20m x 2m deep

Pool temperature: 27°C

#### **Warmup pool**

25m x 18m x 1.2m deep, plus diving well

Pool temperature: 29°C

### BASE CAMP - GYMNASIUM

Each Club will be allocated a space indoors for storing bags etc. The space will also be available for athletes to prepare hair and makeup and do their land warm up.

The Gymnasium is located near the warmup pool.

Please could we ask that gelatine/knox is disposed of in the bins provided – and not thrown down the drains in the bathrooms.

### CHILL ZONE

A space to Chill and meet new friends.



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## TUCKSHOP AT THE COMPETITION VENUE

There will be a tuckshop available at the Competition venue for athletes to buy lunches and snacks. The Tuckshop menu is pictured below. The Holiday Inn is also able to provide packed lunches – please coordinate this with the Hotel in advance.

Payment is either by **credit card**, **SnapScan**, **GooglePay** or South African Rand cash (ZAR).



## VENUE SECURITY

Venue Guarding provided by





## ACCOMMODATION – HOLIDAY INN ROSEBANK

The Holiday Inn Rosebank overlooks the Competition Venue. Access to The Mall and The Zone shopping Centres behind is directly from the hotel (without having to walk on the streets).



## TRANSPORT

### TRANSFER FROM THE AIRPORT

To be booked through PureTravel along with your flight and hotel booking.

### TRANSFER TO THE COMPETITION VENUE

A Shuttle bus will transport athletes and officials to and from the Holiday Inn Rosebank Hotel. A bus schedule will be provided closer to the competition.



## THE CITY OF JOHANNESBURG TOURISM

Don't rush back home after the competition ... there is plenty to see in Johannesburg! Here are just a few suggestions of things to do after the competition. We will send more information on these closer to the time!

### **Lesedi Cultural Village**

Village Tour, African drumming for all to participate, dance show, traditional Buffet Lunch or Dinner with Marimba serenade.

### **Lion & Safari Park**

View zebras, wildebeest, impala, blesbok, warthogs etc in the veld, plus the 4 vast enclosures with lions, cheetahs & wild dogs. Feed the one/two tame giraffes.

### **City sightseeing bus**

Hop on our Johannesburg Red Tour at our main departure point in Rosebank and explore the leafy suburbs of Joburg, stopping at all the top attractions along the way, including Melrose Arch and Mandela Foundation before reaching Constitution Hill. From here the Red Tour continues via the inner city to the Mining District, Apartheid Museum and Gold Reef City Theme Park. The next stops are at Newtown, The Playground, Johannesburg Zoo and the Military Museum before heading back to Rosebank. You'll soon see why Joburg is not only considered Africa's economic playground but also one of the most wooded cities in the world.

### **ROSEBANK African Arts & Crafts Centre**

Situated at The Mall Shopping Centre entrance. Walking distance from the Holiday Inn.

### **Hartbeespoort Elephant Sanctuary and Monkey Sanctuary**



- Feed & Interact with the elephants.
- Learn about them.
- Elephant Interaction Experience at The Elephant Sanctuary Hartbeespoort (approx 1.5 hours)
- Monkey Tour at The Monkey Sanctuary Hartbeespoort (approx 1 hour)
- Mini Safari at The Lion and Safari Park:  
Enjoy a guided game drive through the Lion & Safari Park in one of their game drive trucks while the guides share interesting facts about the animals.