



XIII INTERNATIONAL ARTISTIC SWIMMING COMPETITIONS
“Russian Matryoshka”
December 14 -18, 2022, Russia, Chekhov

Invitation and Information Bulletin

Dear Friends,

The Russian Synchronised Swimming Federation and the Synchronised Swimming Federation of Moscow region are pleased to invite you to the XIII International Artistic Swimming Competitions “RUSSIAN MATRYOSHKA” to take place in the city of Chekhov on December 14-18, 2022.

THE EVENT

“RUSSIAN MATRYOSHKA” is an open competitions aimed to promote our sport and facilitate technical growth of young athletes.

ORGANISERS

Russian Synchronised Swimming Federation
Synchronised Swimming Federation of Moscow Region

DATES

Competitions – December 15-17, 2022
Official Training – December 14, 2022

RULES

According to FINA Rules 2017-2022 for all events

Figures for Age group - 12 and under (100%)

NEW figures according to FINA 2023 rules

Free routine: Solo, Duet, Mixed Duet, Team (100%), Free Combination (100%)

Time: Solo 2’00”, Duet 2’30”, Mix Duet 2’30”, Team 3’00”, Free Combination 3’00”

ENTRES

National or club teams (**athletes born in 2010 and under**)

2 Solos, 2 Duets, 2 Mixed Duets, 1 Team, 1 Combination

Officials – max. 2 Judges, 1 team manager, up to 5 coaches

SWIMMING POOL

Indoor pool, 25 m x 50 m (2, 20 m depth).



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MUSIC

USB of good quality and marked with event and name of the competitor.

SCHEDULE (preliminary)

December 14 Arrivals, training, meetings

December 15 Figures,

December 16 Mixed Duet, Duet / Free Combination

December 17 Team / Solo

December 18 Departure

ACCOMMODATION :

Hotel «OLIMPISKAYA»

Address: 2, Sovetskaya Str., Chekhov

If you pay in cash in rubles or by credit card directly to the hotel, the cost will be:

For athletes - **750 rubles** per person per day

For coaches, judges and team staff - **2400 rubles** per room (single or double) per day.

Meals - **1500 rubles** per person per day

If you are paying via bank transfer, the cost may change based on bank services.

A personal account will be send.

If you pay in cash in US dollars or euros, the cost may change according to the current exchange rate.



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VISA to RUSSIA

Participants from the foreign countries should arrange their visas to Russia well in advance. In order to get assistance in this matter please fill “Visa Form” and send it together with passport copy by e-mail: russiansynchro@yandex.ru or tg25@bk.ru

FINANCIAL CONDITIONS

Travel and accommodation are at the expense of the participating teams.

TRANSPORTATION

The Organizing Committee will provide all teams and officials with local transportation and transfer from/to the Chekhov city.

TRAVELLING TO CHEHOV

The nearest airport is “Domodedovo” (60 km)", also “Sheremetyevo-1”, “Sheremetyevo-2” (180 km), “Vnukovo” (100 km) are international. Please check if there is a direct flight to Moscow from your country.

COVID-19 RULES

- Each competitor, judge, coach or other team member must present a PCR Test Certificate for COVID-19 valid 48 hours prior to arrival Russian Federation. The document must be in Russian or English.
- We recommend making insurance for all members of your team, in case of hospitalization or self-isolation. All costs associated with hospitalization or self-isolation are covered by the participating team.
- Special additional requirements for combating COVID-19 will be announced later, if necessary.
- If you need a PCR test to return home, please let us know at the Team Leader meeting. The costs of the PCR test are covered by the participating teams. The cost of one PCR test is about **2500 rubles**.



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DEADLINES

ALL FORMS ARE TO BE RETURNED TO THE ORGANISERS

Preliminary Entry Form:	October 15, 2022
Visa Form:	October 31, 2022
Travel Details:	November 06, 2022
Accommodation Reservation Form:	November 12, 2022
Form for bus transportation:	November 12, 2022
Final Entry Form:	December 01, 2022

ORGANISING COMMITTEE ADDRESS

Synchronised Swimming Federation of Moscow Region

30, Poligrafistovst., 142300, city Chehov, Russia

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RUSSIAN SYNCHRONISED SWIMMING FEDERATION ADDRESS

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Contact person Ms. Galkova Tatiana

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Tel: +7-495 637 02 16

e-mail: tg25@bk.ru and russiansynchro@yandex.ru

With kind regards,

XIII “RUSSIAN MATRYOSHKA” Organizing Committee