

Sweden Aquatics and SK Neptun have the pleasure to invite you to:

Swedish Youth and Junior Championships and Swedish Open Youth and Junior Championships in Artistic Swimming 15-17 May 2026 in Stockholm

- Date:** Friday 15th of May to Sunday 17th of May 2026
Address: Eriksdalsbadet, Hammarby Slussväg 20, Stockholm Sweden
Participation: The competition is open for competitors in the following categories.

Categories:	Women:	Men:
Youth	2011–2013 (13–15 y/o)	2010-2013 (13–16 y/o)
Junior	2007-2011 (15–19 y/o)	2006-2011 (15–20 y/o)

Athletes born 2011 (women/men) and 2010 (men) are allowed to participate in both 13-15 and Junior category but not in the same disciplines (e.g. not both Youth and Junior Free Duet).

- Referee:** Ingela Ternström
Evaluator: Marie Kavaklioglu
Rules: According to the new updated Swedish Swimming Federation competition regulations, World Aquatics rules and Swedish rules adjustments ([click here](#)).
Qualification Rules for qualification only apply for the Swedish National Championships. To qualify for the Swedish National Championships the artistic swimmer must reach the qualification criteria ([click here for more info](#)).
Events: Team, women duet, mixed duet, women/men solo in youth category. Combined results from figures and routines. Figures are not in itself an event.
Team, acrobatic team, women duet, mixed duet, women/men solo in junior category. Both technical and free events.
If there is only 1 solo entry for one of the genders the competition will be held as an open event. Please note that youth athletes can participate in the acrobatic team but that special conditions apply (see the [Swedish rules adjustments](#)).

Maximum Entry: This applies for Swedish Open Championship only. Each federation/club is allowed to participate with:

Youth: 1 team, 2 duets, 2 mixed duets, 2 women solos, 2 men solos.

Junior: 1 team, 1 acro, 2 duets, 2 mixed duets, 2 women solos, 2 men solos.

Important note for Swedish National Championship: We refer to the [qualification rules](#) for Swedish National Championships that may impact number of entries.

Officials: Federations/clubs are required to bring minimum 1 judge and 1 technical controller per 5 competitors (international competitors). Sweden Aquatics will summon Swedish officials to the championships.

Entry fee: 350 SEK / competitor. One entry fee per competitor, allows to swim multiple events. Invoice will be sent via e-mail. Any late entries will be invoiced with med 500 SEK / competitor.

Entry: Preliminary entry is submitted via the following [link](#) no later than March 1st

Final entry is submitted via attached entry form and needs to be sent in by April 19th to: synchro.anmalan@gmail.com. Each competitor's identity and date of birth will be checked.

- Swedish clubs use only "Final Entry Swedish Nationals Youth_Junior 2026"
- International clubs use only "Final Entry form Swedish Open Youth_Junior 2026"

Music: Music files should be of good quality according to WAQ regulations and be clearly labelled according to the below examples. Bring a copy to the competition. Upload the music files no later than April 30th via the following [link](#) (each club has its own folder).

When music files have been uploaded, send an e-mail to synchro.anmalan@gmail.com and the permissions for the folder will be restricted to the competition organizer.

Tag the music files according to:

Discipline_free/tech_category_federation/club_Swimmer(s) or team

Example solo: solo_free_youth_Neptun_Anna

Example team: team_tech_junior_Järfälla_2

Important note: Please note that all federations/clubs are responsible for securing the required music licenses and for any consequences of not doing so. The Swedish Swimming Federation has a license for playing original, uncut music only.

Coach Cards: Coach Cards must be uploaded via this [link](#) (each club has its own folder) no later than April 30th. Only the Coach Card template published by Swedish Aquatics website is valid and can be downloaded via the link [Coach card template](#).

When coach cards have been uploaded, send an e-mail to synchro.anmalan@gmail.com and the permissions for the folder will be restricted to the competition organizer.

No handwritten CC, PDF-files, word-files, etc. shall be used. Coach cards in the wrong format will not be accepted.

Deadlines: **Important dates for all competitors**

	Deadline	Link
Preliminary Entry	March 1 st at the latest	link
Final entry + lunch order	April 19 th	e-mail to synchro.anmalan@gmail.com
Upload Music files	April 30 th	link
Upload Coach cards	April 30 th	link

Figure draw: Draw of figures will be made by the Referee. Date and time for draw of figures will be announced in competition-memo closer to the competition. The drawn figures will be published under [competition information](#).

Competition info: All competition information (competition-memo, start lists, results, more info) will be published here: [competition information](#).

Accommodation: We kindly ask the participating federations/clubs to reserve accommodation themselves. Attached in this invitation you will find hotel suggestions located near to the swimming pool.

Meals: We offer lunch packages for Friday, Saturday and Sunday 15th – 17th of May. Approx price is 130 SEK/person/day (final price will be in the memo). In the final entry form you will find the lunch order form. Lunch order should be sent to synchro.anmalan@gmail.com no later than 14th of April.

Program: Thursday May 14th after 16:00, practice and practice with music according to schedule. Practice and practice with music schedule will be sent out closer to the competition. Any preferences can be sent to email in. (synchro.anmalan@gmail.com)

Friday May 15th 08:00-12:00 practice and practice with music according to schedule.

Friday May 15th lunch until Sunday May 17th afternoon: Competition.
Preliminary schedule is found below. **The schedule is preliminary and may change after the final entry deadline.**

Payments: Payment for registration and meals will be invoiced to the participating clubs.

Send a receipt of the payment to synchro.anmalan@gmail.com after payment is made.

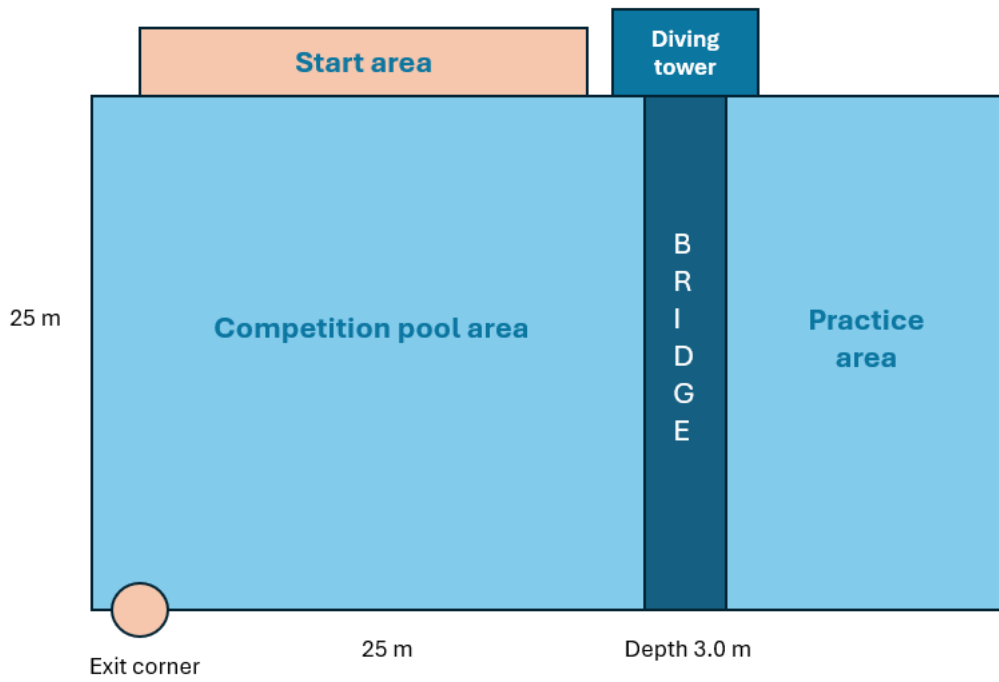
Information: If you have any questions, do not hesitate to contact:
synchro.anmalan@gmail.com

WELCOME TO ERIKSDALSBADET!

With Kind Regards,
Sweden Aquatics and SK Neptun



Pool area:



Preliminary schedule (final schedule will be presented after final Entry):

Friday, May 15th

08:00	Doors open for admission
08:00-14:00	Practice and practice with music according to schedule (please let us know when you arrive in your preliminary entry)
13:00-14:40	Officials and Team Captains meeting
11:00-13:00	Lunch
15:00-17:00	Figures Youth (13-15)
17:00-19:00	Preliminary practice and practice with music

Changing rooms and swimming hall area to be empty by 20:00

Saturday, May 16th

07:45	Doors open for admission
07:45-09:00	Swimming without music
08:00-09:30	Officials and Team Captains meeting
09:30-10:00	Opening Ceremony
10:00-12:00	Competition
11:00-13:00	Lunch served in the restaurant
13:00-17:00	Competition
19:00-19:30	Awards ceremony
Closing	

Changing rooms and swimming hall area to be empty by 20:00

Sunday, May 17th

07:45	Doors open for admission
08:00-09:00	Swimming without music
08:00-09:00	Officials and Team Captains meeting
09:00-14:00	Competition
11:00-13:00	Lunch served in the restaurant
15:00	Awards Ceremony

The final competition schedule will be decided after final entry.

Accommodation suggestions:

Hotell

Clarion Hotel Stockholm

Ringvägen 98

104 60 Stockholm

Tel: +45 8 462 10 10

E-mail: sales.stockholm@choice.se Website:

<https://www.nordicchoicehotels.com/hotels/sweden/stockholm/clarion-hotel-stockholm/>

Hotel Point Stockholm (ca 700 m från Eriksdalsbadet)

Östgötagatan 65

116 64 Stockholm

Tel: +46 8 640 00 65

E-mail: info@hotelpoint.se Website: www.hotelpoint.se

Hotel SoFo (ca 500 m från Eriksdalsbadet)

Östgötagatan 64

116 64 Stockholm

Tel: +46 8 640 63 33

E-mail: info@sofo-hotel.com Website: www.sof-hotel.com

Scandic Hotel Malmen (ca 1100 m från Eriksdalsbadet)

Götgatan 49–51

102 66 Stockholm

Tel: +46 8 517 347 00

E-mail: malmen@scandichotels.com Website: www.scandichotels.se/malmen

Motel L Hammarby Sjöstad (ca 850 m från Eriksdalsbadet)

Hammarby allé 41 • 120 30 Stockholm

Tel +46 8 40902600

E-mail: info@motel-l.se Website: <https://ligula.se/en/motel-l/hammarby-sjostad/>

Vandrarhem

Mosebacke Hostel

Högbergsgatan 26

116 20 Stockholm

Tel: +46 8 641 64 60

E-mail: info@mosebackehostel.se, bokning@mosebackehostel.se Website: www.mosebackehostel.se

Skanstull Hostel (Nära Eriksdalsbadet)

Ringvägen 135

116 61 Stockholm

Tel: +46 8 643 02 04

E-mail: bokning@skanstullsvandrahem.se Website: www.skanstullsvandrarhem.se

Zinkensdamm Hostel (ca 2km från Eriksdalsbadet)

Zinkens väg 20

117 41 Stockholm

Tel: +46 8 616 81 00

E-mail: mailzinkensdamm.com Website: www.zinkensdamm.com

Långholmens Hostel ca 2km m från Eriksdalsbadet)

Långholmsmuren 20

102 72 Stockholm

Tel: +46 8 720 85 00

E-mail: vandrarhem@langholmen.com Website: www.langholmen.com