



Järfälla Simsällskap invites you to: Järfälla Synchro Open 2026

Date Friday March 13th to Saturday March 14th 2026

Location Medley Järfällabadet, Mjölmarvägen 1B, 177 41 Järfälla

Referee Mats Stellwall, mats.stellwall@gmail.com

Organization Sandra Allerrud, konstsim@jarfallasim.org

Participation The sanctioned competition is open to competitors in the following categories.

Athletes born 2010 (women/men) and 2009 (men) are allowed to participate in with Youth and Junior category but not in the same disciplines.

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)

Rules According to the Swedish Swimming Federation competition regulations, AQUA 2022-2025 regulations and Swedish exception rules. Read more [here](#). For international competitors, please contact us at konstsim@jarfallasim.org if you have any questions!

Draw of Figures The draw will be done Tuesday 10th of March. Info will be sent out to participants. Two figures will be drawn.

Competition info All competition information (information, start lists, results, more info) will be published in a Google Drive folder: [here](#).

Important dates	<i>What</i>	<i>Deadline</i>	<i>Link for registration</i>
	Preliminary Entry	1 FEBRUARY	LINK
	Final Entry	15 FEBRUARY	LINK , file can be found here
	Coach Cards	28 FEBRUARY	LINK
	Music Files	28 FEBRUARY	LINK

Coach Cards/music Music and Coach Cards should be uploaded with the markings explained [HERE](#).

Entry Fee 300 SEK/competitor (late entry 500 SEK). The invoice will be sent via e-mail.

Events
Youth: Solo, Duet, Mixed Duet, Team + figures.
Junior/Senior: Solo (free/tech), Duet (free/tech), Mixed Duet (free/tech), team (free/tech), acrobatic team (youth athletes can be included according to Swedish exception rules).



We reserve the right to limit the number of competitors/events if there are more entries than we have time for according to the time schedule. As of now there is no limit.

Gelatine Gelatine is handled outside of the balcony only. Team managers are responsible for making sure their club follows this rule and keeps their area clean.

Officials

1–4 competitors	= At minimum 1 judge/technical controller
5–10 competitors	= At minimum 2 judges and 1 technical controller
10+ competitors	= At minimum 3 judges and 1 technical controller

At least 2 judges must be able to judge music routines. **We would appreciate it if your club send as many judges and technical controllers as possible.**

Lunch Järfälla Simsällskap organize lunch to Officials. Order is made in the final entry if you want lunch. The cost is 120 SEK. The cost will be invoiced to the club.

Walk-on All music routines must start from the bridge. Pyramids, platforms or other acrobatic movements are not permitted. Please note that this is an exception to the AQUA regulations 2022–2025 which is justified by increased risk of damage due to the width of the pier.

Warm-up It is OK to warm up in the competition pool during the breaks/lunch. Warm-up before the start of the competition takes place only on the designated in-swim lane.

Spectators Spectators can stand on the balcony. The balcony is reached by following the stairs from the reception.

Transport The nearest bus station is "Frihetsvägen" (5 minutes' walk from the pool), and the train station is "Jakobsbergs station" (10 minutes' walk from the pool). Remember to update your P-skiva (4 hours) if you come by car.

Hotel The organizer does not provide hotel bookings. Below you can find recommendations for hotels/hostels.

Welcome Hotel, <https://www.welcomehotel.se/en>

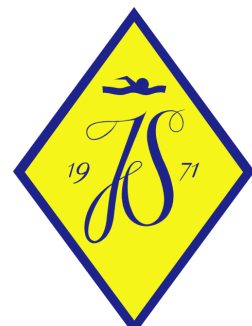
Hoom Home & Hotel, <https://www.hoomhotel.com/en>

Golden Hostel, goldenhostel.se/home_eng.html

Other info Remember to bring your own padlocks for the lockers in the changing rooms. 25m indoor pool (12.5m x 25m, 1.8m – 4m). See pool sketch on page 5.

WELCOME TO JÄRFÄLLABADET!

With Kind Regards,
Järfälla Simsällskap





Preliminary Schedule

Please observe that the schedule is preliminary and can change leading up to the competition!

Friday 13th of March

- 18:30-19:30 Warm-up: Youth Figures
- 18:30-19:30 Officials- and team manager meeting (conference room, in the gym)
- 19:30-20:30 Youth Figures (1 panel, 2 figures)

Saturday 14th of March

- 08:00-09:00 Warm-up
- 08:00-09:00 Officials- and team manager meeting (conference room, in the gym)
- 09:00-11:30 Technical Routines Junior
- 11:30-12:30 Lunch and Award Ceremony Technical Routines
Warm-up
- 12:30-16:00 Free Routines Junior and Youth
- Approx. 16:30 Award Ceremony Free Routines



Competition pool

25m indoor pool (12.5m x 25m, 1.8m – 4m).

