



Polisens IF Diving and HEAD Swimming are pleased to invite you to
our International Diving Competition in Stockholm, Sweden

HEAD to Head Diving Autumn Meet
October 18 to 20 2013
Eriksdalsbadet, Stockholm



HEAD
SWIMMING

WELCOME TO HEAD to Head Diving Autumn Meet

Date: 18-20 October 2013

Venue: Erikdalsbadet, Stockholm

Entry: Use the attached entry form, send it to
e-mail: kansliet@polisensim.se

Entry must be send no later than:
Friday, September 27 2013

Entry fee: 110 skr/ individual entry, 75 skr/ syncro team.
FEE will be billed

Late entries: Will only be accepted if there is open slots in the
startlists. Fee for a late entry or transfer of class after the
entry deadline will cost 180 skr/ each

Admission: Free admission

Awards: Victory ceremony will be held at the end of each event.
Medals and special prizes will be presented to the first,
second and third of each individual event and
synchronized-events.

Dive sheets: We will use www.diverecorder.co.uk during the competition.
Instructions for how to entry your dive sheets online, will be
presented in a memo after the registration deadline.

However, all dive sheets should be registered online at
www.diverecorder.co.uk by monday 14 October. Changes in
the dive sheets will be possible until 18.00 the day before
the competition. Those who do not voluntarily submit lists in
time will be removed from the competition.

Information: e-mail: kansliet@polisensim.se

Attachments: Events and conditions (Att. 1)
Invitation Masters competitions (Att. 2)
Meals and Accommodation (Att. 3)
Entry Form (Att. 4)
(Available in Word.doc format at:
www.polisensim.se/simhopp > HEAD to Head Diving)

Events and conditions

Att. 1

3m syncro	FINA rules for juniors (2+3dives)
1m + 3m	Beginners Event (Nybörjarklass) 100 + 200 + 4 free dives from 3 different groups
1m + 3m	C Event 1m + 3m FINA:s C list (5+3 boys and 5+2 girls)
Platform	C Event FINA:s C list 5-7,5 m (4+3 boys and 4+2 girls)
1+3m	B Event FINA:s B list (5+4 boys and 5+3 girls)
Platform	B Event FINA:s B list 5-7,5-10m (4+4 boys and 4+3 girls)
3m	Open Event Ladies: 5 dives without limit of degree of difficulty, each selected from a different group. Each dive at least 1 ½ somersault. Men: 6 dives without limit of degree of difficulty, each selected from 5 different groups. Each dive at least 1 ½ somersault.
Platform	5, 7.5 and 10m 5 dives (Ladies) and 6 dives (Men) without limit of degree of difficulty, each selected from a different group. The platform event is only open for divers in the B Event and the Open Event.
Masters 1m + 3m	Att. 2

Info: There are NO age group classifications. This means that the diver should participate in the event that is of his or her level of standards. It is not allowed to compete in more categories than one, except for Beginners who can compete in the C-group Platform event. *(Polisens IF wish to inform you that it´s more common to "step up" an age group that the other way around. We recommend clubs/teams that enter divers in the Beginners Events, that the divers are no older than 13 years of age, i.e. C-group divers at the oldest.)*

In the Open Event there will be a final event on Saturday evening. The 4 best men and women will go on and team up for the final. 1st man and 4th women, 2nd man and 3rd women, 3rd man and 2nd woman and 4th man and 1st woman will team up. Each 4 teams will be performing a list comprising of 11 dives, one of these dives will be a synchronised dive. The list will comprise of 5 dives each selected from a different group, the total degree of difficulty of which shall not exceed 9.5, and 6 dives without limit of degree of difficulty, each selected from 5 different groups.

Invitation Masters Competitions

Att. 2

The Masters competition will be an "all around competition", on Friday evening October 18, at Eriksdalsbadet in Stockholm.

Competitions: Masters Men and Women from 18 years old (two events)
2+2+2 dives 1m+3m+platform
Freely choose 6 different dives from the FINA handbook excluding dives no 100 and 200.

Masters Novice Men and Women from 18 years old (two events) 2+2+2 dives 1m+3m+platform (only 5m for novice). Maximum 1.5 rotations. Maximum 1.7 difficulty per dive. 100 and 200 are allowed to be used. Dives may be repeated on a different height once. I.e if dive 101c is performed on 1m it is allowed to repeat it on either 3m or platform.

The first two dives will be at 1m springboard for everyone, thereafter you can freely choose the order of your dives for 3m and platform.

Entry fee: 120 SEK per person to be paid at the arena.

Entry: By e-mail to swedish.masters@gmail.com where you state your name, masters or novice and men or women. No later than September 27 2013.

Dive sheets: We will use www.diverecorder.co.uk during the competition. Instructions for how to entry your dive sheets online, will be presented in a memo after the registration deadline.

All dive sheets should be registered online at www.diverecorder.co.uk by Monday 14 October. Changes in the dive sheets will be possible at the arena until 16.00 the day of the competition. Those who do not voluntarily submit lists in time will be removed from the competition.

Awards: There will be medals to the first three in each event

If you have any questions, please don't hesitate to send an email to swedish.masters@gmail.com

Welcome!

Accommodation and Meals

Att. 3

Each team will have to make their accommodation bookings. Here are some suggestions:

Clarion (2 minutes walk to the pool), www.clarionstockholm.com
grouppreservation.stockholm@choice.se

Quality Globe Hotel (20 minutes walk to the pool), www.globehotel.se
info.q.globe@choice.se

Skanstulls Vandrarhem (Skanstull Hostel) (5 minutes walk to the pool),
Ringvägen 135
www.skanstullsvandrarhem.se.

Acapulco Hotell (5 minutes walk to the pool)
Bjurholmsplan 23
E-mail: info@acapulco-hotell.se
www.acapulco-hotell.se

Mosebacke Hostel
Högbergsgatan 26
E-mail: info@mosebackehostel.se, bokning@mosebackehostel.se
www.mosebackehostel.se

Renstierna Hotel & Hostel
Renstiernas gata 15
E-mail: reservation@hotelrenstierna.se
www.hotelrenstierna.se

Zinkensdamms Vandrarhem (Hostel)
Zinkens väg 20
www.vandrarhemmetzinkensdamm.com.

Lunda Pensionat
Lundagatan 31
www.lundapensionat.se

Meals

Each team can book meals in the pool cafeteria Friday-Sunday.

Lunches Friday, Saturday, Sunday at a cost of 80 skr/person and meal

Dinner Friday and Saturday at a cost of 110 skr/person and meal

Team name: _____

Coaches names: _____

Judges names: _____

Billing address: _____

Send to: kansliet@polisensim.se No later than September 27 2013

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