



Polisens IF Simhopp invites to:

## **Gamma cup**



4-6/3 2016, Eriksdalsbadet, Stockholm

### Events and conditions:

- Seniors: events from 1m, 3m and platform for ladies and men according to the FINA rules. (1997 and earlier)
- Group A: events from 1m, 3m and platform for girls and boys according to the A-group FINA rules. (2000-1998)
- Group B: events from 1m, 3m and platform for girls and boys according to the B-group FINA rules. (2002/2001)
- Group C: events from 1m, 3m and platform for girls and boys according to the C-group FINA rules. (2004/2003)
- Group D: Swedish national Group D-program. 2+4 dives from 1m and 3m for girls and boys. 100 + 200 + 4 free dives from 3 different groups. (2005 and later)
- Syncro 3m: FINA's junior program (2+3 dives from 4 different groups). (1998 and later)
- It is allowed to enter younger participants in a competition class higher. Eg: a C-group diver can compete in group B. It is not allowed to compete in several groups, except divers in group D who may participate in the C-group platform event.

### Prel Schedule / event order:

Prel. times for the start times of each event will be posted after the final entry date. Some events in the same group can be performed simultaneously, depending on the number of entries. We will have a 10-15 min break between each event when the prize ceremony takes place. Medals for places 1-3.

<b><u>Friday 4/3</u></b>	<b><u>Saturday 5/3:</u></b>	<b><u>Sunday 6/3:</u></b>
Practise kl. 08.00 – 12.00 <b>Competition start 12.00</b> Girls D 1m Girls C 3m Boys C 3m Girls & Boys B Platform A-group + Seniors 1m Syncro Girls/Boys	Practice kl. 07.00 – 08.30 <b>Competition start 08.30:</b> Boys D 3m Girls D 3m Girls C platform Boys C 1m Girls B 1m Boys B 1m A-group + Seniors 3m	Practice kl. 07.00 – 08.30 <b>Competition start 08.30:</b> Boys D 1m Boys C Platform Boys B 3m Girls C 1m A-group + Seniors Platform Girls B 3m  Day end approx. 16.00

Stockholmspolisens IF Simhopp – Klubben som fängslar

[www.polisensimhopp.se](http://www.polisensimhopp.se)



Practice:

Thursday 3/3 16.00 – 20.00

Friday 4/3: kl. 08.00 – 12.00

Saturday 5/3: kl. 07.00 – 08.30

Sunday 6/3: kl. 07.00 – 08.30

Dry land area:

Only to be used for warm up.

Entry to the Pool:

Competitors and spectators are to enter through the door next to the revolving door by the car park at the pools backside. The door will be open from 07:00 - contest ends during competition days. Clubs arriving on Friday are to contact Polisens IF Simhopp for admission.

Judges:

We will use five judges. All participating clubs must be prepared to judge. Judges should wear a white t-shirt.

Meals:

Dinner for Friday and Saturday and Lunch for Friday, Saturday and Sunday can be booked by Polisens IF Simhopp at the cost of 90 skr / lunch and 110 skr / dinner. Please specify in your entry how many meals you would like to order for each day.

Accommodation:

All participating clubs arrange their own accommodation. Here follow some suggestions:

**Clarion**

[www.clarionstockholm.com](http://www.clarionstockholm.com)

**Motel L**

[www.motel-l.se](http://www.motel-l.se)

**Skanstulls Vandrarhem**

[www.skanstullsvandrarhem.se](http://www.skanstullsvandrarhem.se).

**Mosebacke Hostel**

[www.mosebackehostel.se](http://www.mosebackehostel.se)

**Zinkensdamms Vandrarhem**

[www.vandrarhemmetzinkensdamm.com](http://www.vandrarhemmetzinkensdamm.com).

Entry:

E-mail your entry to [info@polisensimhopp.se](mailto:info@polisensimhopp.se)

**No later than Friday 5th of February.** Your entry shall contain:

- Team name
- Full name, sex and year of birth of all participating divers
- Licensnr for ALL SWEDISH COMPETITORS!
- The events in which each diver shall participate
- Full name of team leaders, coaches and judges
- Meal specification (if wanted).
- Invoice address (we need your post address for booking of the invoice, but we can e-mail you the invoice to the e-mail address of your choice).

Entry fees:

110 skr/diver and event. Syncro 150 skr/ team. The entry fee can be paid at your arrival at the pool or via invoice. Please enter your invoice address in your entry.

Dive sheets:

[www.diverecorder.co.uk](http://www.diverecorder.co.uk) will be used during the competition. Instructions on how to enter dive sheets electronically will be submitted in a competition - PM after the final entry date.

Questions:

Send an E-mail to: [info@polisensimhopp.se](mailto:info@polisensimhopp.se)

**A WARM WELCOME TO STOCKHOLM AND GAMMA CUP 2016!**

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