



Polisens IF Simhopp invites to **Gamma Cup** March 4 - 6 2022, Eriksdalsbadet, Stockholm

Events and conditions:

- Seniors: events from 1m, 3m and platform for ladies and men according to the FINA rules. (2003 and earlier)
- Group A: events from 1m, 3m and platform for girls and boys according to the A-group FINA rules. (2004-2006)
- Group B: events from 1m, 3m and platform for girls and boys according to the B-group FINA rules. (2007-2008)
- Group C: events from 1m, 3m and platform for girls and boys according to the C-group FINA rules. (2009-2010)
- 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. (2011 and later)
- Syncro 3m and platform: FINA's junior program (2+3 dives from 4 different groups). (All ages, senior – D-group)
- Mixed syncro 3m: FINA's mixed syncro rules will apply (D 3.9), BUT teams can use a junior syncro list (2+3 dives from 4 different groups DAG 3.1.2). (All ages, senior – D-group)
- 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.
- Masters and Masters Novice: Event from 3m, 6 different dives. It's not allowed to repeat the same dive in different position. Masters Novice , maximum 1,5 rotations. Maximum 1,7 difficulty per dive. 100 and 200 are allowed to be used.

Events/dates:

Prel. times for the start times of each event will be posted after the final entry date. Some springboard events 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. D-class will all get a gold medal and a diploma.

| <u>Friday 4/3</u> | <u>Saturday 5/3</u> | <u>Sunday 6/3</u> |
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| Practice kl. 07.30 – 10.00 Competition start 10.00 | Practice kl. 07.30 – 09.00 Competition start 09.00: | Practice kl. 07.30 – 09.00 Competition start 09.00: |
| Boys C 3m Girls B Platform Boys B 1m A-group Platform Girls C 3m Seniors 1m Girls D 1m Syncro 3m Syncro Platform | Seniors 3m Girls C 1m Boys C 1m Girls B 3m Boys B Platform A-group 3m Boys D 1m Girls D 3m Mix syncro 3m | Boys C Platform (+ D-group) Girls B 1m Boys B 3m Boys D 3m A-group 1m Girls C Platform (+D-group) Seniors Platform |
| Masters – starts approx. 18.30 | Day end approx. 19.00 | Day end approx. 15.30 |



Practice:

Thursday 3/3: 15.00 – 20.00

Friday 4/3 07.30 – 10.00

Saturday 5/3: 07.30 – 09.00

Sunday 6/3: 07.30 – 09.00

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 07:30 until last event during competition days and from 15.00 – 20.00 on Thursday 3/3.

Judges:

We will use five judges in the individual events and seven judges in syncro. 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. And will be served at Eriksdalsbadet restaurant.

Please specify in your entry how many meals you would like to order for each day. If the offer doesn't suit you, you have the right to cancel your meal order.

Lunch 100 skr/meal

Dinner 115 skr/meal

Accommodation:

All participating clubs arrange their own accommodation.

Entry:

E-mail your entry to info@polisensimhopp.se

No later than Monday February 14 2022. 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:

150 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.

Entry for masters:

E-mail your name, sex, licensnr (for Swedish competitors) to Info@polisensimhopp.se

Dive sheets:

www.divererecorder.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

A WARM WELCOME TO STOCKHOLM AND GAMMA CUP 2022!

