

# Polisens IF Simhopp invites to **Gamma Cup** March 3 - 5 2023, Eriksdalsbadet, Stockholm



## Events and conditions:

- Seniors: events from 1m, 3m and platform for ladies and men according to the FINA rules. (2004 and earlier)
- Group A: events from 1m, 3m and platform for girls and boys according to the A-group FINA rules. (2005-2007)
- Group B: events from 1m, 3m and platform for girls and boys according to the B-group FINA rules. (2008-2009)
- Group C: events from 1m, 3m and platform for girls and boys according to the C-group FINA rules. (2010-2011)
- 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. (2012 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 junior syncro rules will apply, (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 allowed for B and A groups to compete in senior as well. Divers in group D may participate in the C-group platform event.
- Masters 18-99 years: Event from 3m, 6 different dives. It's not allowed to repeat the same dive in different position.
- Masters Novice 18-99 years: Event from 3m, 4 different dives. maximum 1,5 rotations. Maximum 1,7 difficulty per dive. Line ups are not allowed. 100 and 200 are allowed to be used. It's not allowed to repeat the same dive in different position.

## 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. Events can be moved to another day, depending on entries for each event. 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.

<b><u>Thursday 2/3</u></b>	<b><u>Friday 3/3</u></b>	<b><u>Saturday 4/3</u></b>	<b><u>Sunday 5/3</u></b>
Practice 15.00-18.45	Practice kl. 07.30 – 09.00 <b>Competition start 09.00</b>	Practice kl. 07.30 – 09.00 <b>Competition start 09.00:</b>	Practice kl. 07.30 – 09.00 <b>Competition start 09.00:</b>
Masters starts 19.00	Boys C 3m Girls B 3m Boys B 1m A-group Platform Girls C 3m Seniors 1m Girls D 1m Boys D 1m Syncro 3m Syncro Platform	Seniors 3m Girls C 1m Girls D 3m Boys C 1m Boys D 3m Girls B Platform A-group 1m Boys B 3m Mix syncro 3m	Boys C Platform (+ D-group) Girls B 1m Boys B Platform A-group 3m Girls C Platform ( +D-group) Seniors Platform
	Day end approx. 18.30	Day end approx. 18.30	Day end approx. 15.30



Practice:

Thursday 2/3: 15.00 – 18.45

Friday 3/3 07.30 – 09.00

Saturday 4/3: 07.30 – 09.00

Sunday 5/3: 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 – 18.45 on Thursday 2/3.

Judges:

We will use five judges in the individual events and seven judges in syncro. Judges should wear a white t-shirt. All clubs or federations needs have one judge/day or pay a cost of 300 skr/day.

Meals:

Dinner for Thursday, Friday and Saturday and Lunch for Friday, Saturday and Sunday can be booked by Polisens IF Simhopp. And will be served at Eriksdalsbadet.

Please specify in your entry how many meals you would like to order for each day.

Lunch 110 skr/meal

Dinner 120 skr/meal

Accommodation:

All participating clubs arrange their own accommodation.

Here are some suggestions:

**Clarion** (2 minutes walk to the pool) Use **meet Stockholm** for 10% discount.

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

**Skanstulls Vandrarhem (Hostel)** (5 minutes walk to the pool)

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

**Motel L Hammarby Sjöstad** (10-15 min walk to the pool)

<https://ligula.se/motel-l/hammarby-sjostad/>

**Quality Globe Hotel** (20 minutes walk to the pool)

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

**Zinkensdamms Vandrarhem (Hostel)** (20-25 minutes walk to the pool)

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

Entry:

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

**No later than Monday February 10 2023.** 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](mailto:Info@polisensimhopp.se)

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 2023!**