

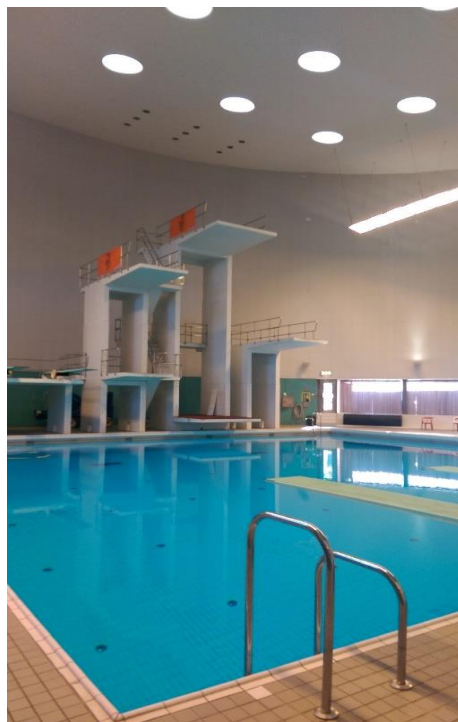
marginalen bank diving cup

Polisens IF Diving and **Marginalen Bank** are pleased to invite clubs and federations to our International Diving Competition in Stockholm, Sweden



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October 23 to 25 2020



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General information

- Date:** 23 – 25 October 2020
- Venue:** Eriksdalsbadet, Stockholm
- Entry:** Use the attached entry form, send it to e-mail: info@polisensimhopp.se
- Entry must be send no later than:
October 2:nd 2020
- Entry fee:** 150 skr/ individual entry, 150 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 will cost 250 skr. Late entries will be considered until Friday 16:th October.
- 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, we kindly ask all competitors to register sheets online at www.diverecorder.co.uk no later than Thursday 15 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:** info@polisensimhopp.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:
<http://www.polisensimhopp.se/start/?ID=31530>)

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Events and Conditions

Att. 1

Preliminary Schedule for the competition can be found at:

<http://www.polisensihopp.se/start/?ID=31530>

3m syncro	FINA rules for juniors (2+3 dives)
1m + 3m	Swedish D-group 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)
1m + 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	
5m, 7.5m and 10m	5 dives (Ladies) and 6 dives (Men) without limit of degree of difficulty, each selected from a different group.

In the Open Event 3m there will be a final MIX 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 6 dives, without limit of degree of difficulty, each selected from 5 different groups, one of these dives will be a synchronised dive.

Masters 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 D-group divers 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 D-group Events, that the divers are no older than 13 years of age, i.e. C-group divers at the oldest.)*

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Invitation Masters Competitions

Att. 2

The Masters competition will be an "All-around Competition", on Friday evening October 23, 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: 150 SEK per person to be paid at the arena.

Entry: By e-mail to info@polisensimhopp.se where you state your name, masters or novice and men or women. No later than October 2 2020.

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 no later than October 15. Changes in the dive sheets will be possible at the arena until 18.00 the day before 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 info@polisensimhopp.se

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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

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

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

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

www.vandrarhemmetzinkensdamm.com

Meals

Teams can book meals through Polisens IF Simhopp Friday-Sunday. The meals will be served at the pool or in a location close by.

Lunches Friday, Saturday, Sunday at a cost of 95 skr/person and meal

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

Changes in the meal booking can be done until Monday October 19 2020, thereafter your booking will be billed.

About Marginalen Bank

We want to contribute to a better world by creating economic opportunities for people and businesses at all stages of life. We look to build partnerships, not based solely on numbers, but also on the currency of ideas.

Diving represents the values that we as a bank want to embody in the form of devotion, flexibility and courage. We believe the combination of joy and purposeful training provide children and adolescents with the right mindset to tackle challenges throughout life. Our desire is that Marginalen Bank Diving Cup acts as a meeting place for future talents and an arena for us to be known for our commitment to the community we serve.

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Att.4

Syncro 3m Girls/Ladies

Syncro 3m Boys/Men:

Meals

Please enter how many meals your team wish to book each day

	Friday 23/10	Saturday 24/10	Sunday 25/10
Lunches			
Dinners			
Special food requests:			

Send to: info@polisensimhopp.se No later than October 2 2020

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Welcome to

**marginalen bank
diving cup**