

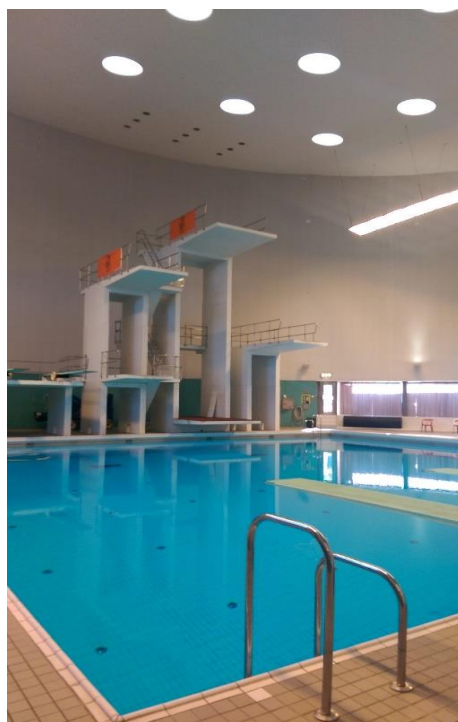
Marginalen Bank Diving Cup

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

MARGINAL BANK DIVING CUP

October 28 to 30 2022



Marginalen Bank Diving Cup

General information

Date: 28 – 30 October 2022
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 10 2022

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 300 skr. Late entries will
be considered until Friday 22:nd October.

Judges: All clubs or federations needs have one judge/day or pay a cost
of 300 skr/day.

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.
D-groups results will be presented in alphabetic order and all
divers will get medals and a diploma.

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
Friday 21 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>)

Marginalen Bank Diving Cup

Events and Conditions

Att. 1

Preliminary Schedule for the competition can be found at:

<http://www.polisensimhopp.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+3	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.

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. *(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.)*

of degree of difficulty, each selected from 5 different groups.
Each dive at least 1 ½ somersault.

Marginalen Bank Diving Cup

Invitation Masters Competitions

Att. 2

The Masters competition will be an "All-around Competition", on Friday evening October 28, 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 10 2022.

Dive sheets: We will use www.diverecorder.co.uk during the competition. Instructions for how to enter 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 21. 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

Marginalen Bank Diving Cup

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 Thursday-Sunday. The meals will be served at the pool or in a location close by.

Lunches Friday, Saturday, Sunday at a cost of 100 skr/person and meal

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

Banquet dinner Saturday at a cost of 150 skr/person

Changes in the meal booking can be done until Thursday October 13 2022, 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.

Marginalen Bank Diving Cup

Syncro 3m Girls/Ladies

Att. 4

Syncro 3m Boys/Men:

Meals

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

	Thursday 27/10	Friday 28/10	Saturday 29/10	Sunday 30/10
Lunches				
Dinners				
Special food requests:				

Send to: info@polisensimhopp.se No later than October 10

Welcome to

MARGINAL
BANK 
DIVING CUP

Marginalen Bank Diving Cup