

Information for Nordic Light Masters Diving Competition and Masters SM, Eriksdalsbadet June 16-17 2018

Hello divers!

Polisens IF simhoppsförening gives you a warm and hearty welcome to Nordic Light and Swedish Masters Championship in diving June 16-17.

This PM contains information that is important for all of us so that we will have an as nice and smooth competition as always!

Changing rooms:

Bring your own padlock. You can buy one at the pool reception if you don't have one.

Women: Room 5-6,

Men: Room 7-9.

Coffee and snacks for coaches and judges:

Will be served on the second floor in the diving pool.

Divesheets

We kindly ask all competitors to register sheets online at www.diverecorder.co.uk no later than *Monday June 10*. 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.

The registration will open no later than May 27.

Upon arrival, you will find your submitted divesheets in the secretariat. Please check your dives and sign your sheets. Any changes are to be made on the paper sheet, **no changes in DR**. Changes can only be done until 18:00 the day before your event.

If you do not hand in your signed or changed divesheets it will be understood as acceptance of dives entered in DR.

Dry Land Area:

We are very careful with our dry land area. Please help us maintain these simple rules.

It is a dry zone. I.e no wet cloths, no drinking, no eating and no bags. Bags can be left at the poolside stands, but not on top level due to the ventilation.

Entrance to the pool:

Entrance to the pool is through the door next to the dry land area on the back side of the pool.

It is absolutely forbidden to enter or leave the building by the Emergency Exits. The Emergency Exits should only be used in case of danger. Unauthorized use will trigger the alarm. Please note that the big doors behind the diving pool are also an emergency exit, and must not be used.

Judges: If you are a judge please let us know if you can judge during the competitions.

Practice:

Saturday: 09:00-10:45

Sunday 10:00-10:50

Program of events:

Events will start at 11:00 each day and run with shorts breaks (5-15 minutes) in between.

Saturday

Event 1 Platform women & men 50-69

Event 2 1 metre men 18-49

Event 3 3 metres men 50-69 & women 18-49

Event 4 3 metres women 50-69

Event 5 Platform women 18-49

Sunday

Event 6 3 metres men 18-49

Event 7 1 metre women 18-49

Event 8 1 metre men 50-69

Event 9 1 metre women 50-69

Event 10 Platform men 18-49

Event 11 3 metres synchro women and men 18-200

Price ceremony:

There will be a price ceremony at the end of each day.

Restaurant and café for participants:

In the main lobby, you will find a cafeteria with a variety of food.

Not far from the arena appr. 5 min walk you will find the shopping center Ringen with several restaurants, shops and cafés.

Start lists:

Start lists, with divenumbers, will be posted on the walls behind each height.

Questions: e-mail sofia.iso@polisensimhopp.se mossmyran@polisensimhopp.se
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Welcome and good luck!