

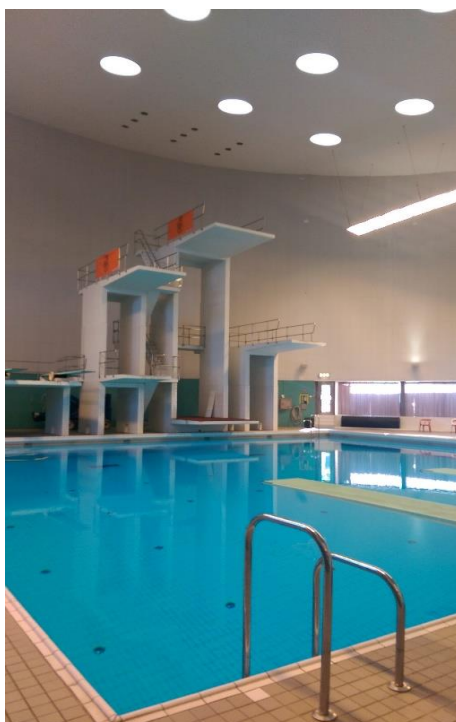
Marginalen Bank Diving Cup

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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 27 to 29 2023



Marginalen Bank Diving Cup

General information

Date: 27 – 29 October 2023
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 9 2023

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 23: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.

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
Monday 23 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 Available in excel 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.polisensimhopp.se/start/?ID=31530>

3m synchro	FINA rules for juniors (2+3 dives)
Platform synchro	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	A Event FINA:s A list (5+5 boys and 5+4 girls)
Platform	A Event FINA:s A list 4+5 boys and 4+4 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 except A-group and D-group. A-group can compete in Open event. D-divers are allowed to compete in C-group platform.
(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 thursday evening October 26, 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 9 2023.
- 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 23. 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 Thursday-Sunday. The meals will be served at the pool or in a location close by.

Lunches Friday, Saturday, Sunday at a cost of 120 skr/person and meal

Dinner Thursday, Friday and Saturday at a cost of 130 skr/person and meal

Changes in the meal booking can be done until Monday October 9 2023, 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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Welcome to

MARGINAL
BANK 
DIVING CUP