

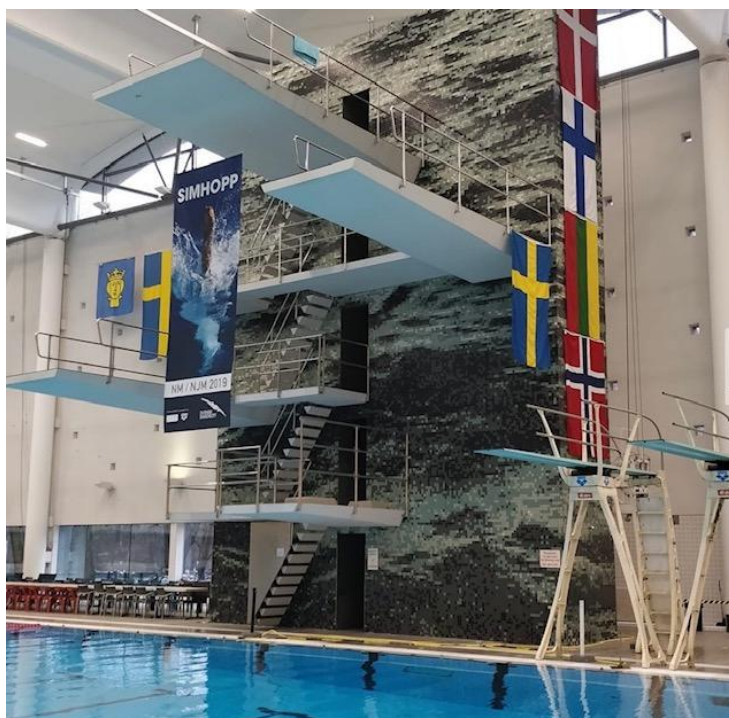
Marginalen Bank Diving Cup

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 23 to 26 2025



Marginalen Bank Diving Cup

General information

- Date:** 23 – 26 October 2025
- Venue:** Eriksdalsbadet, Stockholm
- Entry:** Use the attached entry form, send it to e-mail: info@polisensimhopp.se
- Entry must be send no later than:
September 29 2025
- Entry fee:** 200 skr/ individual entry, 250 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 400 skr. Late entries will be considered until Sunday 19 October.
- Judges:** All clubs or federations need to 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-group, Open event and C-group everyone get a medal and the results will be presented in alphabetic order.
- 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 17 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)
Preliminary program (Att.3)
Meals and Accommodation (Att. 4)
Entry form Available in excel format at:
<http://www.polisensimhopp.se/start/?ID=31530>

Marginalen Bank Diving Cup

Events and Conditions

Att. 1

3m synchro	World aquatics rules for juniors (2+3 dives)
Platform synchro	World aquatics rules for juniors (2+3 dives)
Mix synchro 3m	World aquatics (2+3 dives)
Mix synchro platform	World aquatics (2+3 dives)
1m + 3m	Open event – for all ages and genders 100 + 200 + 1 free dive
1m + 3m	Swedish D-group – for all ages and genders 100 + 200 + 4 free dives from 3 different groups
1m + 3m	C Event 1m + 3m World aquatics C list (5+3 boys and 5+2 girls) <i>C Event will be divided in 2012 and earlier/2013 and later</i>
Platform	C Event World aquatics C list 5-7,5 m (4+3 boys and 4+2 girls) <i>C Event will be divided in 2012 an older/2013 and younger</i>
1+3m	B Event World aquatics B list (5+4 boys and 5+3 girls)
Platform	B Event World aquatics list 5-7,5-10m (4+4 boys and 4+3 girls)
1m+3m	A Event World aquatics A list (5+5 boys and 5+4 girls)
Platform	A Event World aquatics A list 4+5 boys and 4+4 girls)
1m + 3m	Senior 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

Marginalen Bank Diving Cup

Info events: 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 who can compete in Seniors event and D-group who can join C event Platform - 2013 and younger.

(Polisens IF wish to inform you that it's more common to "step up" an age group than the other way around.

Info Open event, D-group and C-group younger:

If a diver is not ready to compete in a group with regulations.

You can register the diver for the D-group or open event.

In these events everyone will get a medal and the results will be presented in alphabetic order.

C-group will be divided in 2012 and earlier and 2013 and later

Marginalen Bank Diving Cup is for everyone. Divers can together with coaches and parents, choose whether they want to participate in a regular group or D-group/open event with regulations. When in doubt, always choose D-group or Open event.

Officials are available for all children under Marginalen Bank Diving Cup for questions and concerns, or if something doesn't feel right.

Coaches and leaders in a club who wish to register a diver 12 years or younger should assess whether the diver is technically, mentally, and physically prepared to participate in a event with regulations or not. Special consideration should be taken to the divers interest and wishes.

Marginalen Bank Diving Cup

Invitation Masters Competitions

Att. 2

The Masters competitions will be held on the evenings on Thursday 23 and Friday 24 of October, at Eriksdalsbadet in Stockholm.

Competitions: Masters

1m + 3m Men - 6 different dives
Women - 5 different dives

Freely choose 5/6 different dives from the WA handbook excluding dives no 100 and 200.

1m + 3m Masters Novice
Men – 4 different dives
Women – 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 a different position

Entry fee: 200 SEK individual entry

Entry: By e-mail to info@polisensimhopp.se where you state your name, masters or novice and men or women and event. No later than September 29 2025.

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 17. 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

Preliminary Program

Att.3

Thursday 23 October Practice: 14.00 – 18.00

Synchro Platform Women/Girls + Men/Boys

Masters + Masters Novice 1m

Friday 24 October Practice: 07.30-09.00

Competition starts 09.00

A-girls 3m

C-girls 3m

Open event mixed 3m

Women + Men Platform

D-group mixed 3m

B-girls 3m

A-Boys 1m

B-boys 1m

C-boys Platform

Synchro 3m Women/Girls + Men/Boys

Masters + Masters Novice 3m

Saturday 25 October Practice 07.30-09.00

Competition starts 09.00

Men + Women 1m

C-boys 1m

Open event mixed 1m

B-boys 3m

D-group mixed 3m

A-girls platform

B-girls platform

A-boys 3m

C-girls 1m

Mix Synchro 3m Women/Girls + Men/Boys

Sunday 26 October 09.00 Practice 07.30-09.00

Competition starts 09.00

A-boys platform

B-boys Platform

A-girls 1m

C-boys 3m

B-girls 1m

C-girls Platform

Men + Women 3m

Marginalen Bank Diving Cup

Accommodation and Meals

Att. 4

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 125 skr/person and meal

Dinner Thursday, Friday and Saturday at a cost of 135 skr/person and meal

Banquet three course dinner - Saturday at a cost 320 skr/person at Lövholmsvägen 2, Liljeholmen

Changes in the meal booking can be done until Monday October 6 2025, 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

Welcome to

MARGINAL
BANK 
DIVING CUP