



Invitation to Aquarapid International Diving Meet 2009

Stockholmspolisens IF has the pleasure to invite You to  
the Aquarapid International diving meet in Stockholm  
at Eriksdalsbadet on the 20-22 of November 2009

**Events:**

3m syncro	FINA rules for juniors (2+3dives)
1m + 3m	Beginners Event (Nybörjarklass) 100 + 200 + 4 free dives from 4 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)
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	5 , 7.5 and 10m 5 dives (Ladies) and 6 dives (Men) without limit of degree of difficulty, each selected from a different group. The platform event is only open for divers in the B Event and the Open Event.
Masters 1m + 3m	FINA rules

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.

In the Open Event there will be a final event on Saturday evening. The 4 best men and women will go on and team up for the final. 1<sup>st</sup> man and 4<sup>th</sup> women, 2<sup>nd</sup> man and 3<sup>rd</sup> women, 3<sup>rd</sup> man and 2<sup>nd</sup> woman and 4<sup>th</sup> man and 1<sup>st</sup> woman will team up. Each 4 teams will be performing a list comprising of 11 dives, one of these dives will be a synchronised dive. The list will comprise of 5 dives each selected from a different group , the total degree of difficulty of which shall not exceed 9.5, and 6 dives without limit of degree of difficulty, each selected from 5 different groups.

Entries on the attached form should be sent to  
Stockholmspolisens If  
Simsektionen

Färggårdstorget 94, nb  
S-116 43 Stockholm, Sweden  
Email: kansliet@polisensim.com  
Phone: +46 8 642 05 15  
Fax: +46 8 642 35 15

The entries should be in no later than Friday the 23 of October 2009.  
The entry fee is 13 Euro per individual entry and 8 Euro per syncro team and must be paid no later than on arrival at the diving pool. Any late entries carries an entry fee of 19 Euro per entry, and needs approval from the competition manager. Please list officials, coaches and judges on the entry form.

Aquarapid International is a diving and swimming meet. The diving competition will be held in the separate diving pool. The swimming events are held in the 25 m pool..

Price for staying in a classroom from Friday dinner to Sunday lunch is 83 Euro per participant.  
Prices for food: lunch 8 Euro and dinner 11 Euro per meal.

This is a big meet with many participating divers which forces us to close parts of the gym for safety reasons. The team leaders and coaches have the responsibility to see too that their divers follow the rules in the gym.

We expect one judge from each participating team.

When arriving at the diving pool, please report to the competition office for further information.

Best regards  
Stockholmspolisens IF  
Diving

# Entry form AQUARAPID International 2009

## Girls/Ladies

Name	Year of birth	Beginners 1m	Beginners 3m	C 1m	C 3m	C Platform	B 1m	B 3m	B Platform	Int 3 m	Int Platform

## Boys/Men

Name	Year of birth	Beginners 1m	Beginners 3m	C 1m	C 3m	C Platform	B 1m	B 3m	B Platform	Int 3 m	Int Platform

## Synchronized diving ladies:

	A	B

## Synchronized diving men:

	A	B

## Masters

Name	Age	1 m	3 m

Coaches:

\_\_\_\_\_

Coaches:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Wants divecalc-file

## Order for food

Friday    Lunch \_\_\_\_\_      Dinner \_\_\_\_\_

Saturday    Lunch \_\_\_\_\_      Dinner \_\_\_\_\_

Sunday    Lunch \_\_\_\_\_

We want stay in classroom \_\_\_\_\_ persons Friday to Sunday.

Send your order at latest 23/10 to:

**Polisens IF**

**Färggårdstoget 94 nb**

**11643 Stockholm**

**Fax: +46 8 6423515**

**Mail: kansliet@polisensim.com**