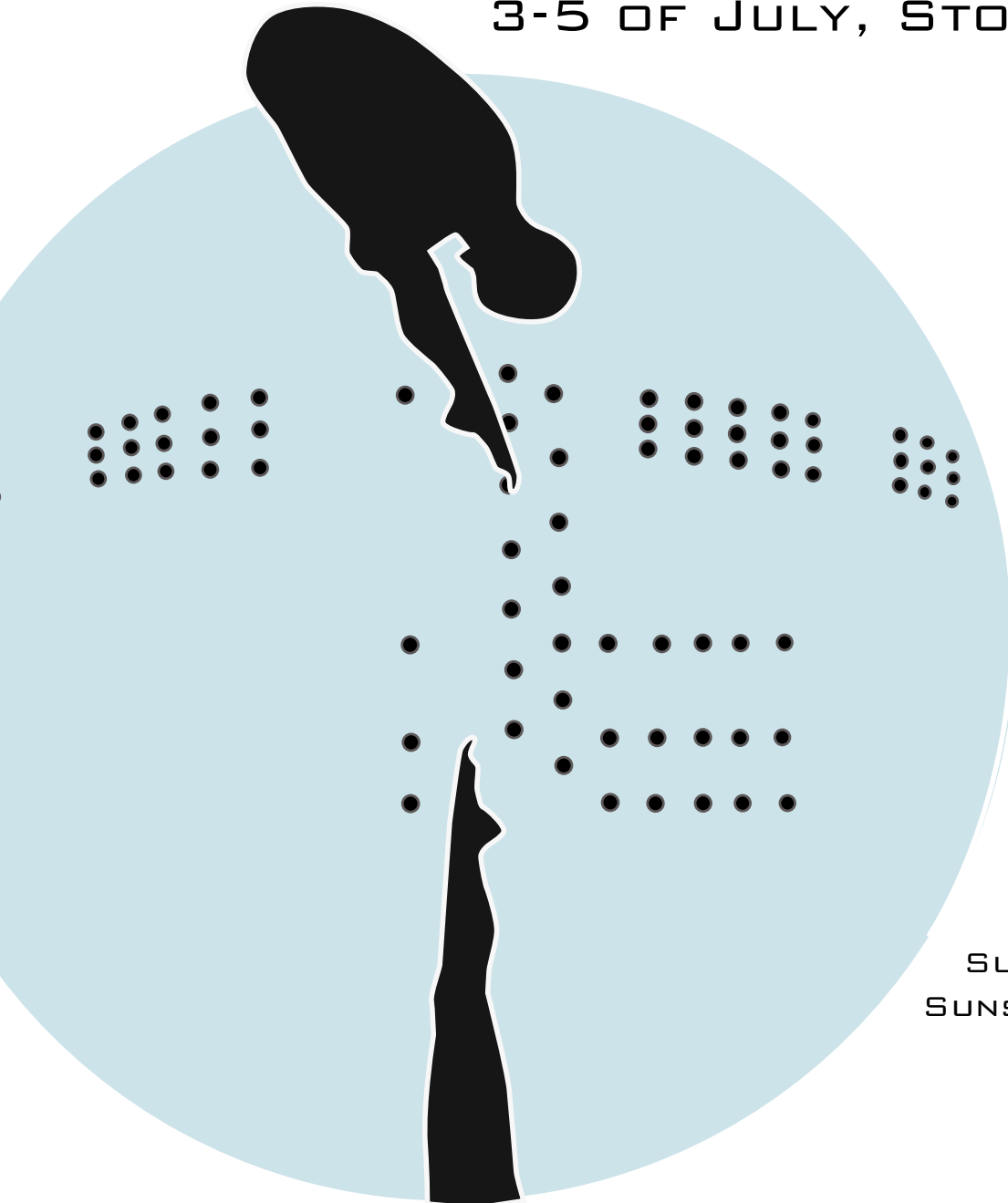




NORDIC LIGHT MASTERS DIVING COMPETITION 2009

3-5 OF JULY, STOCKHOLM



SUNRISE 03:30
SUNSET 22:03

Why this event?

Eventmaster explains!

It was a dark and rainy night in November at the pub, just one hour after the first Swedish Masters Diving Championship. A tired group of divers looked at each other and said "Why not invite our friends from all around the world to Stockholm for a big event? And why not use all four springboards that we have for something unique - Q-sync?"

The darkness gave us the name : Nordic Light. The winter is really dark here, but summer is exceptionally light. You really have to experience it!

And now, here we are. Enjoying inviting you to this competition that we hope will further strengthen the Masters divers network and give us something to look forward to when winter makes us aware of how light our summers are.

Stockholms Polisens IF
Happy Divers



This is SPIF.

We met him in Jesenice, Slovenia

2007 at the European Masters Championship. Since then he has been our mascot. So far he has been with us to Dutch Open and Dublin Masters Open Diving Championship in 2008

Who are we?

Stockholmspolisens Idrottsförening - SPIF

Polisen/SPIF has continued proud traditions for almost 100 years. It was founded in 1912 after winning the gold medal in tug-of-war in the 1912 Olympics in Stockholm. The team mainly consisted of really strong policemen.

Today Polisens IF is one of Swedens most successful swimming, diving and water polo clubs with some of the best youth divers in the country.

Some ten years ago there where a number of grownups that wanted to dive too. In 2005, when hosting the European Masters Competition the team of happy divers from Stockholms Polisens IF saw daylight for the first time.

Ever since the we have been trying to get out in the world and participate in different Masters Events. And now, for the first but hopefully not the last time, we will be hosting an event of our own.

We really hope you will have a pleasant stay and a good competition here in beautiful Stockholm, together with old and new friends.

About the competition

Dive site

Eriksdalsbadet is the Swedish National Swimming Arena and it has been the place for several Masters events like the 2005 European Masters Championship and our yearly Aquarapid International.

Our event will be held within the diving pool facilities. We share the same dressing rooms, with hot showers and sauna, with the swimming arena and we have our own room for gymnastics and warm-up. Bring your own padlock for the lockers.

Eriksdalsbadet has numerous pools. The competition will take place in the diving pool and all competitors will have access to the dry training area during the competition. There are also outdoor pools for swimming and play.



Events and age groups

In masters we practice 10-year intervals where applicable, and FINA rules for Masters diving.

Masters and Premasters				
Agegroup	1m and 3m		Platform	
	Women	Men	Women	Men
18-24	6 dives	7 dives	6 dives	7 dives
25-29				
30-39				
40-49				
50-59	5 dives	6 dives	5 dives ¹⁾	6 dives ¹⁾
60-69				
70-79	4 dives	5 dives	4 dives ¹⁾	5 dives ¹⁾
80+	3 dives	4 dives	3 dives ¹⁾	3 dives ¹⁾

¹⁾ 10 m limitation. Only feet first entry allowed.

Novices				
Agegroup	1m and 3m		Platform	
	Women	Men	Women	Men
18-29	4 dives	4 dives	4 dives ²⁾	4 dives ²⁾
30-49				
50+				

Novices may use dive 100 and 200.

Novices may perform a maximum of 1.5 rotations.

Novices may perform dives of maximum DD 2.0.

²⁾ Novices can only use 5 m platform.

Q-sync	
Agegroup	1m
18-80+	3 dives

Dives no 100 and 200 are not allowed.

Judges

Yes! We rely on all participants to also volunteer as judges, when not participating. Please let us know if you can judge when you confirm your participation. We have an ambition to plan who, where and when to judge, but changes can occur. Judges get admission to our coffee and tea balcony.

The list of judges will be stated at the arena on Friday evening.

Q-Sync

But why?

In Eriksdalsbadet we have the unique opportunity to make a quadruple synchronization (1 meter) so therefore we just have to do it. It's as easy as that!

Any rules?

Yes. Each team competes with three dives; all dives must be from different dive groups.

Judges (seven of them) set the individual scoring and overall synchronization. It is allowed to talk loud and clear when performing the dive so the whole team can hear it. Teams can be formed regardless of age, gender, club or country. Winners will get a, for the event especially designed, prize to share.

How to join a team?

If you have a team already you may enter it on your entry form. If not we will put up a bulletin board in the diving facility where you can make necessary contacts. Just let us know that you want to participate but that you do not have any or enough team members. At the facility you only have to agree about what dives to perform and then try to do them in the same way and at the same time...



Time Scedule (prel.)

There is a separate room for warm-up open the same hours as our dive-time.

Friday	
Time	Event
17.00 - 19.00	Registration and free diving
20.00	Lets go to the pub nearby!
Saturday	
07.00 - 09.00	Registration and warm-up. Free diving
09.00 - 17.00	1m, 3m and Q-sync
19.00	Banquette
Sunday	
08.00 - 09.00	Warm-up, Free diving
09.00 - 16.30	Platform, 1 m and 3 m

Welcome pub and Banquette

Friday night after registration and some diving we will try to arrange a room for us at a pub. Food and drinks will be at your own expense.

To fully enjoy the Nordic Light it should be seen in the archipelago amongst good friends! Therefore, the banquette will be on a boat serving a traditional Swedish dinner. Just be there! The cost is estimated to 40 € and includes the boat cruise and a Swedish "smorgasbord". The banquette may be subject to changes.



Join the event now!

Preliminary entry and early birds

Please make your preliminary entry known to us by e-mail as soon as possible. We need your name, address, club, age group and events you want to participate in.

Costs

1 m, 3 m and platform	15€	each event
Q-sync	40€	each team or 10€ per person if you dont have a team now you can pay at the facilities before start
T-shirt	15€	Can only be bought by prepayment!
T-shirt "Earlybird"	12€	Make your payment before 30th of April
Banquette	40 €	Can only be guaranteed by payment in advance

Final Participation

Your participation will be confirmed when paid for. We appreciate if payment is made no later than May 31st 2009. Please fill in the enclosed form and send it by e-mail to swedish.masters@gmail.com. Please note that by sending your final entry form you are also stating your declaration of health.

If you are an early bird and we receive your payment before April 30th, then the T-shirt is yours for only 12€!

Please make your payment at Nordea Bank AB, SWIFT-adress, NDEASESS
IBAN SE69 9500 0099 6042 0453 5647

Do not forget to enclose your name and the code NLMDC with your payment!

Divesheets

Please send your divesheets to asa.mossmyr@teliasonera.com no later than Friday June 26. Make sure your dives are stated correctly, Divecalc will take care of the difficulty level. You will be able to make minor changes to your dive list at the event.

Questions

Don't hesitate to contact us! It is easiest to contact us by email, swedish.masters@gmail.com.

Introducing Stockholm

"Sweden's capital is one of the most beautiful major cities in the world, a mirage of saffron- and terracotta-coloured buildings shimmering between blue water and bluer skies all summer, or covered with snow and dotted with lights in winter.

It's also a vibrant, modern city, famous for producing sleek designs, edgy fashion and world-class nightclubs."

Above quote from Lonely Planet (<http://www.lonelyplanet.com/sweden/Stockholm>)

How to get here

There are four airports in the Stockholm area and you can find flights from all major European cities.

Arlanda, ARN <http://www.arlanda.se/en/Traveller-information/Arlanda-Stockholm> takes 20 min by train or 45 min by bus.

Bromma, BMA <http://www.brommaairport.se/en/Bromma/Traveller/Bromma-Stockholm> takes 15-20 minutes by bus.

Skavsta, NYO <http://www.skavsta.se/en/Skavsta-Stockholm> takes 1,5-2 hrs by bus.

Västerås, VST <http://www.vasterasflygplats.se/Skavsta-Stockholm> takes 1,5-2 hrs by bus.

Getting around

The best ways to get around in Stockholm is to walk or take a bus or the underground. It's often best to buy a travel card that gives you unlimited use of the public transports for a certain number of days.

Here you'll find all the information you need about the public transport here in Stockholm: <http://www.sl.se/Templates/SubStart.aspx?id=1906>

If you are a group of people it can sometimes be more economic to take a taxi (cab). In the brochure "Taking a taxi" you'll find useful tips for your taxi journey.

http://publikationswebbutik.vv.se/upload/1236/88777_Taking_a_taxi.pdf

Places to stay

Hostels

Långholmen

Web: <http://www.langholmen.com/En/Hostel/AboutHostel.aspx>

From the web: Långholmen's Youth Hostel is situated on Stockholm's most captivating island. Let this beautiful island be the centre of your stay in the capital. The central location means you can easily reach the city's rich selection of sights, shopping, restaurants and culture. Why not start or finish the day with a dip in Mälaren, down on the beach that is just outside the hostel's entrance.

You stay here in the original but now totally renovated (2008) prison cells of the Crown Remand Prison (Kronohäktet). The remand prison was built in the 1840's and was closed in 1975. You stay in 2 - 4 bed cells that today offer daring solutions for a comfortable visit. Summer time and weekends, you can for a small supplement even book rooms with shower and WC. All cells offer wireless Internet.

To the pool: 10 min walk+12 minutes by bus

Af Chapman

Web: <http://svenskatouristforeningen.se/en/Discover-Sweden/Facilities-and-activities/Stockholm/Vandrarmet/STF-Hostel-af-Chapman-Skeppsholmen/>

From the web: STF Hostel af Chapman & Skeppsholmen is centrally located on the island of Skeppsholmen in Stockholm. The Chapman sailing ship has recently been renovated from keel to mast, and is one of city's most famous landmarks.

To the pool: 10 min buss + 8 min underground

Hostel Zinkensdam

Web: <http://www.vandrarmet.zinkensdamm.com/?lang=eng>

To the pool: 5 min walk and 7 min on the bus

Best Hotel in the Old Town of Stockholm

Web: <http://www.besthostel.se/sv/>

To the pool: 5 min walk and 6 min by underground

Hotels

Långholmen Hotel

Web: <http://www.langholmen.com/En/Hotel/AboutHotel.aspx>

To the pool: 10 min walk plus 12 minutes by bus

Clarion

Web: [http://www.clarionstockholm.se/hotell\(3\).asp](http://www.clarionstockholm.se/hotell(3).asp)

To the pool: You can't stay any closer to the pool than this. 2 min walk

Lady Hamilton in the Old town

Web: <http://www.thecollectorshotels.se/index.php?id=34&L=1>

Romantic hotel in medieval old town next door to the royal castle

To the pool: 5 min walk plus 5 min by underground

Camping

Mälarhöjden

Web: <http://www.klubbensborg.nu/>

To the pool: 15 min walk + 22 min by underground

Bredäng

Web: <http://www.bredangcamping.se/>

To the pool: 5 min walk + 20 min by underground

Tips for the touristy diver

General information about Stockholm

<http://www.stockholmtown.com/Default.aspx?epslanguage=EN>

<http://www.destination-stockholm.com/index.htm>

Skansen, the oldest open-air museum in the world and also a zoological park

<http://www.skansen.se/pages/?ID=202>

The **Vasa** is the world's only surviving 17th-century ship and one of the foremost tourist sights in the world.

<http://www.vasamuseet.se/InEnglish/about.aspx>

Stockholm has a captivating, beautiful **archipelago**

<http://www.waxholmsbolaget.se/en/default.aspx/>

Sofo, Stockholm south is an area just minutes away from the pool. In this district, one of the capital's trendiest, you will find a huge selection of stores and cafés, each with its own individual style. Three words best describe SoFo's atmosphere: young, hip, and laid-back.

<http://www.sofa.se/englishinfo.aspx>