



Polisens IF Simhopp invites to **Gamma Cup**

March 1 - 3 2024, Eriksdalsbadet, Stockholm

Events and conditions:

- Seniors: events from 1m, 3m and platform for ladies and men according to the WORLD AQUATICS rules. (2005 and earlier)
- Group A: events from 1m, 3m and platform for girls and boys according to the A-group rules. WORLD AQUATICS (2006-2008)
- Group B: events from 1m, 3m and platform for girls and boys according to the B-group rules. WORLD AQUATICS (2009-2010)
- Group C: events from 1m, 3m and platform for girls and boys according to the C-group WORLD AQUATICS rules. (2011-2012)
- Group D: Swedish national Group D-program. 2+4 dives from 1m and 3m for girls and boys. 100 + 200 + 4 free dives from 3 different groups. (2013 and later)
- Open MIX (all genders) 2012 and younger: 4 free dives from 1m and 3 free dives from 3m.
- Syncro 3m and platform: WORLD AQUATICS junior program (2+3 dives from 4 different groups). (All ages, senior – C-group)
- Mixed syncro 3m: WORLD AQUATICS mixed junior syncro rules will apply, (2+3 dives from 4 different groups). (All ages, senior – C-group)
- It is allowed for A groups to compete in senior. Divers in group D may participate in the C-group platform event.
- 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 an event with regulations or not. Special consideration should be taken to the divers interest and wishes regarding competition in D class or Open Mix class. When in doubt always choose Open MIX class.
- Masters 18-99 years: Event from 3m, 6 different dives. It's not allowed to repeat the same dive in different position.
- Masters Novice 18-99 years: Event from 3m, 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 different position.

For divers 2012 and younger

If the diver is not ready to compete in D-group with regulations.

You can register the diver for the group Open MIX 2012 and younger.

In this group everyone will get a diploma and the results will be presented in alphabetical order.

Gamma Cup is for everyone. Divers born 2012 and younger can, together with coaches and parents, choose whether they want to participate in the open class or the regular D-group. When in doubt, always choose the Open MIX class. Officials are available for all children under Gamma for questions and concerns, or if something doesn't feel right.



Events/dates:

Prel. times for the start times of each event will be posted after the final entry date. Some events can be performed simultaneously, depending on the number of entries. Events can be moved to another day, depending on entries for each event. We will have a 15 min break between each event when the price ceremony takes place. Medals for places 1-3 in all groups except Open MIX

<u>Thursday 29/2</u>	<u>Friday 1/3</u>	<u>Saturday 2/3</u>	<u>Sunday 3/3</u>
Practice 15.00-18.45	Practice kl. 07.30 – 09.00 Competition start 09.00	Practice kl. 07.30 – 09.00 Competition start 09.00:	Practice kl. 07.30 – 09.00 Competition start 09.00:
Masters starts 19.00	Boys C 3m Girls B 3m Boys B 1m A-group Platform Girls C 3m Seniors 1m Open MIX 1m Girls D 1m Boys D 1m Syncro 3m Syncro Platform	Seniors 3m Girls C 1m Girls D 3m Open MIX 3m Boys C 1m Boys D 3m Girls B Platform A-group 1m Boys B 3m Mix syncro 3m	Boys C Platform (+ D-group) Girls B 1m Boys B Platform A-group 3m Girls C Platform (+D-group) Seniors Platform
	Day end approx. 18.30	Day end approx. 18.30	Day end approx. 15.30

Practice:

Tuesday 08.00-10.00 and 15.00-17.00 (12 euro/per person/per training)
 Wednesday 08.00-10.00 and 15.00-17.00 (12 euro/per person/per training)
 Thursday 29/2: 15.00 – 18.45 (Free of charge)
 Friday 1/3 07.30 – 09.00
 Saturday 2/3: 07.30 – 09.00
 Sunday 3/3: 07.30 – 09.00

Dry land area:

Only to be used for warm up.

Entry to the Pool:

Competitors and spectators are to enter through the door next to the revolving door by the car park at the pools backside. The door will be open from 07:30 until last event during competition days and from 15.00 – 18.45 on Thursday 29/2.

Judges:

We will use five judges in the individual events and seven judges in syncro. Judges should wear a white t-shirt. All clubs or federations needs have one judge/day or pay a cost of 300 skr/day.

Meals:

Dinner for Thursday, Friday and Saturday and Lunch for Friday, Saturday and Sunday can be booked by Polisens IF Simhopp. And will be served at Eriksdalsbadet.
 Please specify in your entry how many meals you would like to order for each day.
 Lunch 120 skr/meal
 Dinner 130 skr/meal

Accommodation:

All participating clubs arrange their own accommodation.



Here are some suggestions:

Clarion (2 minutes walk to the pool) Use **GoSportive** for 15% discount
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

Entry:

E-mail your entry to info@polisensimhopp.se

No later than Tuesday February 6 2024. Your entry shall contain:

- Team name
- Full name, sex and year of birth of all participating divers
- Licensnr for ALL SWEDISH COMPETITORS!
- The events in which each diver shall participate
- Full name of team leaders, coaches and judges
- Meal specification (if wanted).
- Invoice address (we need your post address for booking of the invoice, but we can e-mail you the invoice to the e-mail address of your choice).

Entry fees:

175 skr/diver and event. Syncro 175 skr/ team. The entry fee can be paid at your arrival at the pool or via invoice. Please enter your invoice address in your entry.

Entry for masters:

E-mail your name, sex, licensnr (for Swedish competitors) to Info@polisensimhopp.se

Dive sheets:

www.diverecorder.co.uk will be used during the competition. Instructions on how to enter dive sheets electronically will be submitted in a competition - PM after the final entry date.

Questions:

Send an E-mail to: info@polisensimhopp.se

A WARM WELCOME TO STOCKHOLM AND GAMMA CUP 2024!