



Memo Aquarapid International, 11-13 november 2011

- Coffee shop:** The Coffee Shop is located at the lower public entrance to Eriksdalsbadet. The Coffee Shop also serves hot meals, sandwiches and snacks.
- Participant lists:** The participant list is displayed at our website www.polisensim.se
- Entry/exit:** **Entrance for all participants and spectators is through the (upper) main entrance on the walkway from Ringvägen.**
- Lodging:** Prebooked lodging is arranged at Pumpan. Information will be given directly to the clubs that have requested lodging.
- Sales:** Polisens IF will be selling swimsuits and other related items at the competitors and spectators entrance above the 25 m pool.
- Divelists:** Please note new information:
Divelists for each event must be filled in and e-mailed no later than november 4 to asa_mossmyr@hotmail.com
- Information:** In the office at the diving pool will be happy to answer any questions during competitions.
- Practice:** The pool will be open for practice from 9 AM on Friday, and from 7 AM on Saturday and Sunday.
- Info box:** Every participating team have a mailbox at the secretariat. Please check daily for information.
- Lost items:** All lost items will be collected after each day of competition and placed in the lost items container.
- Gym:** Divers may use the gym under their trainers responsibility for warm up purposes. **The trampoline, the diveboard and the blue dive mat are all closed for safety reasons!**
The trainers, coaches and leaders from each team are responsible for enforcing these rules.
It's not allowed to eat any kind food in this area.
- Payment:** **All payment for food orders, lodging and start fees will be done when you check in for the competition in swedish krona. Please note that the start fees are an application fee and will be the same even if everyone won't start.**



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- Public gym:** No participants from Aquarapid International are allowed to be in the public gym on the upper level above the 25 meter pool.
- Food:** Those clubs that have ordered food will be served lunch and dinner beside the 25 meter pool. You will receive more information in the Secretariat when you check in.
- Emergency exits:** It is absolutely forbidden to enter or leave the bath via the Emergency Exits. The Emergency Exits should only be used in case of danger. Unauthorized use will trigger the alarm.
Each time the alarm is triggered, the staff will send Security personnel to check the doors. The cost for this will be invoiced!

Please note that the big doors behind the diving pool are also an emergency exit, and must not be used.
- Changing rooms:** The separate "Aquarapid" changing rooms for Men and Women must be used. Bring your own padlock. You can buy one at the reception if you doesn't have one.
- Judging:** A schedule is on the wall in the pool.
- Prizes:** Medals and Aquarapid sponsored prizes to the top three.
- Prize ceremony:** The prize ceremony will be held directly after each event.
- Results:** All results are posted on the wall. Results will also be posted on the website www.polisensim.se
- Secretariat:** The Secretariat is open from 6 PM on Thursday, from 9 AM on Friday and on Saturday and Sunday from 7 AM until the competitions are finished.
- Information:** For further information, please contact Polisens IF (phone +46-8 642 05 15).
- The Adventure Bath:** No Aquarapid Participants are allowed to use the Adventure Bath or the Jaccuzis adjacent to the Adventure bath without paying a fee at the Reception. If the Staff finds anyone without proper tickets (i.e. a special bracelet that is valid for three hours), the Coach for his/her club will be contacted for appropriate measures.

AQUARAPID

As last year, the masters competition at Aquarapid International 2011 will be an "all around competition".

The competition will take place on Friday evening November 11, 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 1.6 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.

First two dives will be at 1m springboard for everyone, thereafter you can freely choose the order of your dives for 3m and platform.

Fee: 110 SEK per person (13 €) to be paid at the arena

Entry: By e-mail to swedish.masters@gmail.com, where you state your name, masters or novice and men or women.

Divesheets: Are to be sent to swedish.masters@gmail.com no later than November 4.

Prices: 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 swedish.masters@gmail.com

AQUARAPID

Program Aquarapid 11-13 november 2011

Friday 11 nov:

12:00	Syncro women + Men	3m
	C-girls	Platform
	C-boys	1m
	B-boys	3m
	B-girls	3m
	Women	Platform
	D-boys	3m
	Master	

Saturday 12 nov:

09:00	C-girls	1m
	C-boys	Platform
	D-girls	3m
	B-boys	Platform
	D-boys	1m
	Women	3m
	Men	3m
	B-girls	Platform
	Mixed Final	3m

Sunday 13 nov:

09:00	D-girls	1m
	C-boys	3m
	Men	Platform
	B-boys	1m
	B-girls	1m
	C-girls	3m

Reservations for changes.