

2011 AQUARAPID INTERNATIONAL

*Welcome to the Polisens IF - Simidrott
11-13 November, 2011*

Invitation



AQUARAPID 

Last year there was many new records set with more than 3290 take-offs in swimming and diving. Athletes from 36 swimming clubs and 21 diving clubs participated. Participants came from all over Sweden but there was also a large number of participants from Finland, Denmark, Norway, Poland, Russia, Lithuania and others.

Of course we hope there will be new records set when we now for the 43:d time in a row, in cooperation with Aquarapid organizing this year's **Aquarapid International**. The cooperation with Aquarapid provides, the participants the opportunity to win great utility prices along with fresh new medals.

The swimming and diving celebration begins Friday 11 November with diving at 12.00 and first swim take-off at 17.30. Closing on Sunday 13 November at 15:00 with the final heats and the final awards ceremony.

As usual the competitions takes place in the prestigious Erikdalsbadet.



Polisens IF - Simidrott
Simhopp - Simning - Vattenpolo



AQUARAPID
INTERNATIONAL 2011

SWIMMING

Location: Eriksdalsbadet
Hammarby Slussväg 20
118 60 Stockholm

Pool: 25 m, 10 lanes

Sanction: **Stockholms Simförbund:** Awaiting

Registration: Registration via email should be received by Polisens IF at the latest **October 28th**
kansliet@polisensim.se or mail to the following address:

Polisens IF – Simidrott
Textilgatan 43
120 30 Stockholm

Registration fee: 50 SEK/start, the fee will be invoiced

Prices: Utilityprices and medals to 1, 2 and 3:d.
New Aquarapid-record will be recognized

Startlist: To be published in week 44

Admission: Free admission

Order of events: Session 1: Friday 11/11 Warm-ups: 16.30 – 17.20 Races begin: 17.30
Events: 1-10 Direct Finals

Session 2: Saturday 12/11 Warm-ups: 08.00 – 08.50 Races begin: 09.00
Events: 11-30 Prelims

Session 3: Saturday 12/11 Warm-ups: 15.30 – 16.20 Races begin: 16.30
Events: 11-30 Final

Session 4: Sunday 13/11 Warm-ups: 08.00 – 08.50 Races begin: 09.00
Events: 31-50 Prelims

Session 5: Sunday 13/11 Warm-ups 15.30 – 16.20 Races begin: 16.30
Events: 31-50 Final





Age groups:

A	17 years and older
B	15 – 16 years
C	13 – 14 years
D	11 – 12 years
E	10 years and younger

Event schedule:

Girls	Event	Boys
1	100 m Freestyle (E)	2
3	200 m Freestyle (D)	4
5	200 m Freestyle (C)	6
7	400 m Freestyle (B)	8
9	400 m Freestyle (A)	10
11	50 m Breast stroke (E)	12
13	100 m Breast stroke (D)	14
15	100 m Breast stroke (C)	16
17	100 m Breast stroke (B)	18
19	100 m Breast stroke (A)	20
21	50 m Back stroke (E)	22
23	100 m Back stroke (D)	24
25	100 m Back stroke (C)	26
27	100 m Back stroke (B)	28
29	100 m Back stroke (A)	30
31	100 m Butterfly (C)	32
33	100 m Butterfly (B)	34
35	100 m Butterfly (A)	36
37	50 m Butterfly (E)	38
39	100 m Butterfly (D)	40
41	100 m Freestyle (C)	42
43	100 m Freestyle (B)	44
45	100 m Freestyle (A)	46
47	50 m Freestyle (E)	48
49	100 m Freestyle (D)	50

Food and lodging: see appendix.



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SIMHOPP

Location: Eriksdalsbadet
Hammarby Slussväg 20
118 60 Stockholm

Sanction: **Stockholms Simförbund:** Awaiting

Registration: Registration is done on the enclosed application form and should be received by Polisens IF at the latest November 21st at the following address:

Polisens IF – Simidrott
Textilgatan 43
120 30 Stockholm

We ask that you, on the same form, enter the names of officials, coaches and Judges that will participate. We expect a judge from each participating team.

Registration fee: 13 EUR/individual start
9 EUR/syncro team
Any late entries carries an entry fee of 180 SEK per entry, and needs approval from the competition manager

Prices: Utility prices and medals to 1, 2 and 3:d.

Admission: Free admission

Other: Aquarapid International is a major competition which means that for security reasons we are forced to close parts of the training hall. The team leaders and the coaches are in charge of safety rules enforcement.

Food and lodging: see appendix.



Events:

3m syncro	FINA rules for juniors (2+3dives)
1m + 3m	Beginners Event (Nybörjarklass) 100 + 200 + 4 free dives from 3 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. 1st man and 4th women, 2nd man and 3rd women, 3rd man and 2nd woman and 4th man and 1st 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.



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Food and lodging:

We can help arrange accommodation in classroom, Friday and Saturday night at a cost of EUR 90 / participant.

We also arrange food

Lunch EUR 9:-

Dinner EUR 12:-

Ordering:

On the attached order form

Would you prefer to arrange accommodation and meals themselves, we recommend

Clarion (2 minutes walk to the pool), www.clarionstockholm.com
grouppreservation.stockholm@choice.se

Quality Globe Hotel (15 minutes walk to the pool), www.globehotel.se
info.q.globe@choice.se

Skanstulls Vandrarhem (5 minutes walk to the pool),
www.skanstullsvandrarhem.se

Zinkensdamms Vandrarhem (15 minutes walk to the pool),
www.zinkensdamm.com

Order

Received by Polisens IF at latest 21st october

We want stay in classroom

No. of boys: _____ No. of girls: _____ No. of leaders: _____

Name of leader: _____

Price: EUR 90:-/person.

Order for food

Friday Lunch: _____ Dinner: _____

Saturday Lunch: _____ Dinner: _____

Sunday Lunch: _____

Lunch: EUR 9:-/meal

Dinner: EUR 12:-/meal

Club: _____

Address: _____

Zipcode and City _____

Phone: _____ Fax _____

Send your order at latest 21st october.

Polisens IF - Simidrott

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12030 Stockholm

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Epost: kansliet@polisensim.se