

NAC DUBLIN DIVING CLUB WOULD LIKE TO INVITE YOU TO  
THE INAUGRAL

# DUBLIN MASTERS OPEN DIVING CHAMPIONSHIPS

SEPTEMBER 27<sup>TH</sup>-28<sup>TH</sup> 2008

NATIONAL AQUATIC CENTRE, DUBLIN,  
IRELAND



*dublin masters*

THE TOP TEAM WILL TAKE HOME THE 2008 EBLANA TROPHY

## Dublin Masters Open Diving Championships 2008

NAC Dublin Diving Club would like to welcome you to Dublin to our inaugural Dublin Masters Open Diving Championships. We hope to make this a regular event and provide masters from near and far with a fun and exciting championship.

The top team will take home the 2008 Eblana Trophy for keeps. If you think you have a crack team, bring them over and settle your scores in Dublin.

Direct flights are available between Dublin Airport and nearly all the major cities in the UK, Europe and the major hubs in the USA & Canada.

Dublin is a city with a rich history and has recently undergone something of a renaissance, the scale of which has been unseen since the 18<sup>th</sup> century.

There is something for everyone in Dublin and why not stay a while and venture out, beyond to the diverse scenic world of the North and West coast of Ireland.

### Friday 26th September

1700-2000 Training

### Saturday 27th September

0800-9000 Training **Technical Meeting**

<b>1</b>	Platform	Women	30-49
<b>2</b>	3 metre	Men	16-29
<b>3</b>	1 metre	Women	16-29
<b>4</b>	Platform	Women	50+
	Platform	Men	50+
<b>Lunch</b>	Training		
<b>5</b>	3 metre	Men	30-49
	1 metre	Women	30-49
<b>4</b>	3 metre	Men	50+
	1 metre	Women	50+
<b>6</b>	Platform	Women	16-29
<b>7</b>	Platform	Men	16-29

### Provisional Timetable

### Sunday 28th September

0800-9000 Training

<b>8</b>	3 metre	Women	30-49
<b>9</b>	1 metre	Men	30-49
<b>10</b>	3 metre	Women	50+
	1 metre	Men	50+
<b>11</b>	1 metre	Men	16-29
<b>Lunch</b>	Training		
<b>12</b>	3 metre	Women	16-29
<b>13</b>	Platform	Men	30-49

Time table is subject to revision. Please check you have the latest timetable and that it is running on schedule.



**National Aquatic Centre, Snugborough Road, Blanchardstown, Dublin 15**

**Web: [www.nac.ie](http://www.nac.ie) Tel: +353 1 6464300**

2 no. 1m Springboard, 2 no. 3m Springboard

1m, 3m, 5m, 7.5m & 10m Platforms

Moveable floor to 5m depth

### Enquiries & Entries to:

**Maire Walsh, Event Manager,  
52 Riverwood Gardens,  
Castleknock, Dublin 15, Ireland.**

**Email [mairepw@hotmail.com](mailto:mairepw@hotmail.com)**

**Tel (mob) +353 861 265 7**

# Dublin Masters Open Diving Championships 2008

## Conditions

The diver can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 16 – 69 years, each dive performed has different dive number (as to FINA Handbook).

In age groups 70+ dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

Age as of 31st Dec 2008

<b>Masters</b>				
	1m, 3m		Platform	
Age group	Women	Men	Women	Men
16-24	6 dives	7 dives	6 dives	6 dives
25-29				
30-39				
40-49				
50-59	5 dives	6 dives	5 dives (X)	5 dives (X)
60-69				
70-79	4 dives	5 dives	4 dives (X)	4 dives (X)
80+	3 Dives	4 dives	3 dives (X)	3 dives (X)

(X) 10m limited: Only feet first entries are allowed from 10m.

Any performed dive from 10m must not exceed a DD of 2.0.

<b>Novice Masters</b>				
	1m, 3m		Platform	
Age Groups	Women	Men	Women	Men
16-30	4 dives	4 dives	4 dives	4 dives
30-49				
50+				

Novices may perform a maximum of 1.5 rotations.

Novices may perform dives up to a maximum DD of 2.0 (FINA) .

Novices may not use the 7.5m or 10m platforms.

<b>Team points/event</b>	
1st	10
2nd	7
3rd	5
4th	3
5th	2
6th	1

### Eblana\* Trophy 2008

**After each event:**  
Medals presented  
Team Totals Updated on Scoreboard

**Trophy awarded at close of Championship**

No more than 2 divers can score for a team per event

*\*In the second century AD, the Greek cartographer Ptolemy referred to a settlement in Ireland called Eblana. It was near where the National Aquatic Centre is today.*

# Dublin Masters Open Diving Championships 2008

## Entrv Form

Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> September 2008  
National Aquatic Centre, Dublin, Ireland

Full Name(*Print*): \_\_\_\_\_

Address (*Print*): \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_

CLUB/TEAM (*Print*): \_\_\_\_\_ Year of Birth: \_\_\_\_\_

GENDER (**tick box**) Male  Female

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

Masters Age Group		Novices Age Group	
Please Tick		Please Tick	
16-24		16-30	
25-29		30-49	
30-39		50+	
40-49		<b>€15 per event</b>	
50-59			
60-69			
70-79			
80+			
Events you wish to enter		All Masters	
Event	Please Tick	Gender	Please Tick
1m		Female	
3m		Male	
Platform			

I hereby declare that I am fit and able to perform the dives for the events I have entered in a safe manner. There are no medical reasons why I cannot dive in the events above.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please make out cheques/drafts or postal orders to “**NAC Dublin Diving Club**”. Send your entries to the Event Manager, Maire Walsh, by 5pm Friday 5th September 2008:

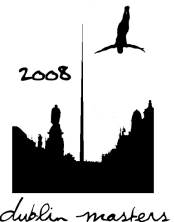
**Event Manager, 52 Riverwood Gardens, Castleknock, Dublin 15, Ireland.**

Late entries will incur a penalty fine of €15 per entry. Entries will not be accepted after September 17<sup>th</sup>

Navy cotton commemorative **T-shirts with the Dublin Masters Logo** can be ordered. Please indicate quantity, in desired size, below. **Price @ €15 each**

Sizes	ages 9-11	ages 12-13	small	medium	large	extra large	Total @€15 each
Quantity							

*Only available for collection at competition*



## Dublin Masters Open Diving Championships 2008 Dive Sheets

In this competition we will be using an electronic system of scoring called **DiveRecorder** ([www.diverecorder.co.uk](http://www.diverecorder.co.uk)). If you are using DiveRecorder to enter your dives, please enter them **no later than Sunday September 21<sup>st</sup>**.

To submit your dive sheets:

Go to [http://www.diverecorder.co.uk/](http://www.diverecorder.co.uk) and select the "Online Sheets" tab.

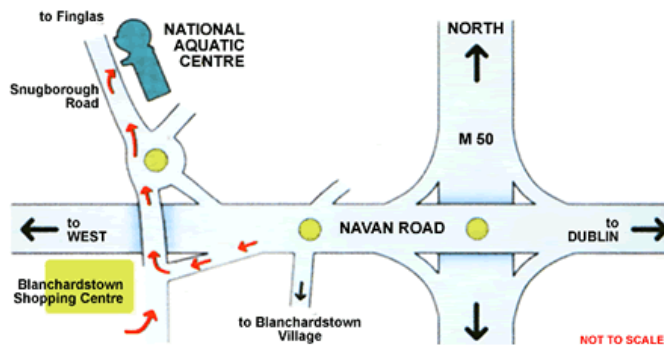
1. Choose a forthcoming Meet (Dublin Masters Open Diving Championships 2008)
2. Enter your details: name, club, year of birth, gender. "Club Code" is an arbitrary code, use any 3 letters that are recognisable as your club.
3. Choose an Event
4. Fill in your dive sheet
5. Repeat steps 3 and 4 for each event you have entered
6. Check and make any necessary corrections
7. Finally, Submit your sheets .. or Abort. Note that you can Abort at any time before actually 'submitting' your sheets.

If you are experiencing **difficulties** with DiveRecorder email Brian at [bc\\_blues@yahoo.com](mailto:bc_blues@yahoo.com)

If you prefer to enter your dives for the competition by post please fill out the form below so we receive it **no later than Sept 19<sup>th</sup> 2008**.

Dublin Masters Open Diving Championships 2008 Manual Dive Sheets					
Name		Club			
Gender	M / F	please circle			
Year of Birth					
1m			3m		
	Dive No.	Shape		Dive No.	Shape
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
Platform					
	Dive No.	Shape			
1					
2					
3					
4					
5					
6					
			Signed:		
			Date:		

You will be able to change your dives on the morning of your event by talking to the people at the scoring table. It is probably best to change dives at training on Friday if you are here.



**National Aquatic Centre,  
Snugborough Road,  
Blanchardstown,  
Dublin 15  
Ireland**

**Web:** [www.nac.ie](http://www.nac.ie)  
**Tel:** +353 1 6464300

## Directions To The National Aquatic Centre

### By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown

### By Car from the City Centre.

Take the Navan Road (N3) to the Blanchardstown M50 Roundabout. Continue straight through the roundabout and also through the Blanchardstown village roundabout. 500 metres after the village roundabout, take the slip road to the left and stay in the right hand lane. Take a right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

### By car from the M50.

Take the exit at junction 6 on the M50 for Blanchardstown. Continue straight through the Blanchardstown Village roundabout. 500 metres after the village roundabout, take the slip road to the left and stay in the right hand lane. Take a right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

### By Car from the Blanchardstown Centre.

Exit the Blanchardstown Centre complex via the Westpoint Health Club exit. Continue to the set of traffic lights and take a left over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre