

**LITHUANIAN SWIMMING FEDERATION**

**Ist LITHUANIAN MASTERS GAMES  
DIVING COMPETITION**

**INVITATION**



**VILNIUS  
30-31 MAY, 2009**

## 1. VENUE

Swimming pool LVJC , Konstitucijos pr. 25 Vilnius, LITHUANIA  
1m and 3m Springboards Maxiflex Model “B”, 5m platform  
Depth – 4,2 m, water temperature - 27°C

## 2. ORGANIZERS

The Lithuanian sport masters association “Penki ziedai“ together with the Lithuanian swimming federation, Vilnius diving club and the Kaunas masters diving club “Salto”.  
Head coach Mr. Rimas Puronas, head secretary Audrone Cyziene.

## 2. COMPETITION AND COMPETITORS

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

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

Age group	Novices			
	1m and 3m		Platform	
	Women	Men	Women	Men
18-29				
30-49	4 dives	4 dives	4 dives	4 dives
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.*

### 3. SCHEDULE

30 05 2009, Saturday

12.00 – 12.45	warming up
12.50 – 13.00	Opening ceremony
13.00 – 13.40	1m all men
13.50 – 14.30	all novices
14.30 – 15.00	5m all men

31 05 2009, Sunday

11.30 – 12.00	warming up
12.00 – 12.30	5m all women
12.40 – 13.10	3m all men
13.20 – 14.00	3m all women

### 4. AWARDING

Three first place winners in each age group are awarded with medals and diplomas.

### 5. APPLICATIONS

Final team information must be sent by post, fax or e-mail, deadline **15 May, 2009.**

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### 6. ENTRY FEE

The entry fee for sportsmen 10 EURO (15 \$) for each event. The banquet that will take place after the competition on Saturday – 40 EURO (55 \$).

### 7. BOARD AND ACCOMMODATION

Sportsmen should take care of accommodation themselves. The most convenient places to the swimming pool and the city centre are:

#### **Reval Hotel Lietuva**

Konstitucijos pr. 20, LT-09308 Vilnius, Lithuania

Tel: + 370 5272 6272

Faksas: + 370 5272 6270

El. paštas: [lietuva.sales@revalhotels.com](mailto:lietuva.sales@revalhotels.com)

#### **Holiday Inn Vilnius**

Seimyniskiu 1, LT-09312

Vilnius Lithuania

Tel. +370 5 210 3000 Fax +370 5 210 3001

E-mail: [holiday-inn@ibc.lt](mailto:holiday-inn@ibc.lt)

[www.holiday-inn.com](http://www.holiday-inn.com)

Please inform us about your participation in the competition as soon as possible.

