

INVITATION HÄRVELI DIVING CUP

Place: Mäkelänrinne Swimming Centre, Helsinki

Time: May 21. – 24. 2009

Events:	1m	3m	tower	synchro	1m&3m	synchro tower
Men	6 dive	6 dive	6 dive	2 + 4 dive	2 + 4 dive	
Women	5 dive	5 dive	5 dive	2 + 3 dive	2 + 3 dive	
A-boys	5 + 5	5 + 5	4 + 5	2 + 3	2 + 3	
A-girls	5 + 4	5 + 4	4 + 4	2 + 3	2 + 3	
B-boys	5 + 4	5 + 4	4 + 4	2 + 3	2 + 3	
B-girls	5 + 3	5 + 3	4 + 3	2 + 3	2 + 3	
C-boys	5 + 3	5 + 3	4 + 3			
C-girls	5 + 2	5 + 2	4 + 2			
D-boys	100a, 200a + 3 dive		1m + 3m			
D-girls	100a, 200a + 3 dive		1m + 3m			
Women masters	1m	3m	tower	syncro	1m&3m&tower	
Men masters	1m	3m	tower	syncro	1m&3m&tower	

Masters Syncro series 2+3 dives, no age or dive groups restrictions.

Special rule on masters syncro:

divers gets additional total difficulty based on divers age,
0.2 for each full five years.

25-29 = 0.0, 30-34 = 0.2, 35-39 = 0.4, 40-44 = 0.6, 45-49 = 0.8,

50-54 = 1.0, 55-59 = 1.2, 60-64 = 1.4, 65-69 = 1.6, 70-74 = 1.8,

75-79 = 2.0, 80-84 = 2.2, 85-89 = 2.4, 90-94 = 2.6, 95-99 = 2.8

This total difficulty can be used on one or spread on several dives,
diver has to inform this when giving diving lists.

Final difficulty for syncrodive is average of both divers' difficulty.

Timetable will be made after May 1st.

Entry forms:

We must have your final entry forms no later than **May 1st**
e-mail marjaana.hujanen@harveli.fi

Diving forms:

24 hours before first event of day.

Entry fees:

The entry fee is 15,00 EUR/start/person

Training:

Thursday at 9.00, Friday and Saturday at 8.00 and Sunday at 9.00.

Food:

There will be possible to eat at Cafeteria Uppopulla and clubs must contact direct to Cafeteria +358934848840.

Accomodations:

Clubs can contact direct to hotels/hostels:

- www.ava.fi closest to pool
- www.hotelarthur.fi center of town
- www.parkhotelkapyla.fi about 2 km from pool
- www.restel.fi

WELCOME TO HELSINKI!

Diving Club Härveli