



Invitation

Dear Diving Friends,



Polish Swimming Association, AKSW, POZP, UM Rzeszów and Diving Club ZKS „Stal“ have a pleasure to invite your Diving Team to participate in the international event:

OLYMPIC HOPES 2010 **The President's of City Rzeszów Cup**

The competition has started in year 1999 and with a years of tradition we have had a pleasure to welcomed teams from Germany, Russia, Ukraine, Hungary, Armenia, Georgia, Croatia, Latvia, Romania and as a host polish Junior National Diving Team to be participating this year as well.

Please find some relevant information below:

1. Date:
3 – 5 of December 2010
2. Venue:
**Swimming & Diving Pool ZKS “Stal” Rzeszów
Matuszczaka 9, 35- 083 Rzeszów, Poland**
3. Facilities:
**2 x springboard 1m
2 x springboard 3m
1 x platform 5m**



The measures of the pool and diving facilities are respect of the FINA Rules and Regulations.

4. Categories: Juniors - A, B / Kadets – C, D
**1 m springboard (A, B, C, D)
3 m springboard (A, B, C, D)
3 m springboard, synchronized (Open, 2+3)
5 m platform (B, C, D)**
5. Prizes
**1st – 3rd places – medals and diplomas,
4rd – 6th places – diplomas.**

Special award/gift for diver (boys&girls) with highest sum of points from two individual facilities in each age category (A,B,C,D)

6. Technical Meeting:
2nd of December 2010 at 8 00 p.m.
7. Entry fee:
5€ - per diver,
8. Accommodation:
Hotel ** (located 1500m from swimming pool) with a full board service and costs: 28€/day/person
9. Entries:
Hope to get your entry latests till: 10th of November 2010.
at the address:
Podkarpacki Okręgowy Związek Pływacki
Ul. Pułaskiego 13a
35-011 Rzeszów
Poland
Tel / Fax: 00 48 17 853 60 46,
Mobile: 00 48 606 895 011, 00 48 603 76 88 37
or on mails:
pozplywacki@poczta.onet.pl
g.lesiak@elmak.pl
arkadiusz.skrzek@sca.com

Please do not hesitate to contact us if you would need more details or information.

We would love to meet you and your teams in Rzeszów.

See you & Best Regards,

Grzegorz Lesiak

Chairman of Diving Club ZKS "Stal"

Jerzy Szczerbaty

President of POZP

INTERNATIONAL DIVING MEETING
“OLYMPIC HOPES – THE PRESIDENT’S OF CITY RZESZÓW CUP”
RZESZÓW '2010

ENTRY FORM

Federation/Club:

Arrival (date, time):

Departure (date, time):

Nr	Divers Name	Date of birth	Male/ Female	Category	1m	3m	5m	3m synch
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Coach /Judge:

1.

2.

3.

4.

Contact:

Name:

Address /te./fax.:

/signature/

Please send this form latests till 10th of November 2010