



**NORGES
SVØMMEFORBUND**
Norwegian Swimming Federation

Invitation
**Nordic Diving & Nordic Junior Diving
Championships**
7th-9th of December 2018



The Norwegian Swimming federation and Bergen Diving Club are pleased to invite all Nordic countries to the Nordic Championships and Nordic Junior Championships, the 7th to the 9th of December in Bergen, Norway.

General info

- Venue:** AdO arena, Bergen
- Events:**
- Individual springboard 1m and 3m, and platform for Senior and Age Groups A, B and C.
 - Synchro 3m and platform for Senior and Age Group.
 - Team Event.
- Rules:** According to the rules of Nordic Championships in Diving
- Facilities:** The diving pool in AdO arena:
Springboards: 4 x 1m & 4 x 3m
Platform: 1m, 3m 5m, 7,5m & 10m
- Transportation:** Bergen Airport Flesland is an international Airport.
The City Train (Bybanen) goes to Bystasjonen that is situated between Hotel ZanderK and AdO arena.
- Technical meeting:** Thursday the 6th of December at 18:00 in AdO arena.

Accommodation & meals

- Hotel:** **ZanderK** (1000m from AdO arena)
<https://www.zanderk.no/>
Phone: 55 36 20 40
E-mail: booking@zanderk.no
Please use booking code 4505802.
Booking no later than October 12th.
- Prices includes breakfast (price in NOK pr room pr night):
- | | |
|----------------|---------|
| Single Room | 685, - |
| Double Room | 835, - |
| Triple Room | 1035, - |
| Quadruple room | 1200, - |
- Book and payment are made directly with the hotel.
- Meals:** Lunch and Dinner are provided at AdO arena.
Price for Lunch is: 100, -
Price for Dinner is: 150, -
- Social Evening:** Saturday evening the 8th of December there will be a social event with some entertainment. The price for this event will be: 250, -

Entries

- Preliminary entry:** Please send in the Preliminary Entry Form no later than October the 12th.
- Final entry:** The final entry date is **November the 11th 2018**

Preliminary Schedule

	Friday 07.12		Saturday 08.12		Sunday 09.12	
Kl. 07:00	Training		Training		Training	
Kl. 09:30	Girls C	1m	Boys A	1m	Girls B	3m
	Boys C	3m	Girls A	Platform	Boys B	Platform
	Girls B	Platform	Boys B	3m	Girls A	1m
	Boys B	1m	Girls B	1m	Boys A	3m
	Girls A	3m	Boys C	Platform	Girls C	Platform
Kl. 14:00	Boys A	Platform	Girls C	3m	Boys C	1m
	Women	3m	Men	3m	Women	1m
	Men	1m	Women	Platform	Men	Platform
	Sync Jr. (Boys & Girls)	3m	Sync Jr (Boys & Girls)	Platform		
	Team event		Synchro (Men & Women)	Platform		
	Synchro (Men & Women)	3m				

This is a preliminary schedule. An updated detailed final schedule will be sent out in the beginning of November.

Contacts

About the invitation: The Norwegian Swimming Federation
Stuputvalget
stuputvalget@gmail.com

The venue, training, hotel etc: Bergen Diving Club
CEO Claus Andreas Gundersen
dagligleder@bergen-stupeklubb.no

We look forward to see you in Bergen!