

Invitation

Nordic Diving/Nordic Junior Diving Championships

6-8 December 2019

Swedish Swimming Federation, have the great pleasure to invite you to Nordic Championships and Nordic Junior Championships December 6th to December 8th in Stockholm, Sweden.

- Venue:** Eriksdalsbadet, [Hammarby Slussväg 20](#) in Stockholm.
- Events:** Springboard 1m and 3m and platform for seniors and age group A, B and C.
Synchro 3m and Platform senior and age group.
Team Event.
- Rules:** According to the rules of the Nordic Swimming Federation and FINA.
- Program:** You can find the **preliminary program** attached to this invitation. The final program will be sent out in the beginning of November. If you have urgent questions about the program you can contact Ulrika Knape-Lindberg: ulrika@mollis.se

The competition will be held in two different pools but in the same venue.

- All one meter competitions will be held in the circular pool on Friday, the of the competition.
- The remaining two days all the competitions will be in the 25 meter competition pool, in the same venue.

- Facilities:** 4 x 1m springboards in the circular pool.
In the 25 meter Competition pool there will be 2x 3m springboards and 5m, 7,5m and 10m platform.
- Training:** The pool is available for training for all teams from Thursday 5th of December.
- Accommodation:** Zinkensdamm, www.zinkensdamm.com offer rooms in their Hostel.
Address: Zinkens väg 20. Situated [2,3 km](#) from the pool. Prices includes breakfast.

Four-bed Room with WC and shower in the room	1540 SEK/night
Four-bed Room with shared WC and shower	1260 SEK/night

Triple Room with WC and shower in the room	1230 SEK/night
Triple Room with shared WC and shower	1020 SEK/night

Double Room with WC and shower in the room	980 SEK/night
Double Room with shared WC and shower	770 SEK/night

Single Room with WC and shower in the room	735 or 980 SEK/night
Single Room with shared WC and shower	525 SEK/night

Sheets and towels are not included, bring your own or rent for 100 SEK/per person.

We have made room reservations for all countries; please contact mail@zinkensdamm.com and nathalie.dahlqvist@svensksimidrott.se **no later than the 9th of October** and let us know if you want to stay at Zinkensdamm Hostel or not.

- Meals:** The OC will organize lunch and dinner. We will be back to you shortly with the cost.



Svenska Simförbundet
Heliosgatan 3
120 30 Stockholm
svensksimidrott.se

- Social Dinner:** There will be a social dinner on Saturday evening. More information later.
- Transportation:** The closest airports is Arlanda Airport and Bromma Airport, from both of them you can take the Airport Coaches to Stockholm Central Station (www.flygbussarna.se/en/) or Arlanda Express from Arlanda to the city, also at the central station.
- There is public transport (metro) from the Stockholm Central Central to Skanstull, where the venue is located.
- If you need more information concerning transportation, please contact nathalie.dahlqvist@svensksimidrott.se
- Training:** All countries have the possibility to train in Eriksdalsbadet before the competition:
Wednesday 4th of December between 08:00-16:00 (in the circle pool)
Thursday 5th of December between 12:00-18:00 (circle pool) and 08:00-20:00 (25m pool)
- Technical meeting:** Thursday 5th of December at Eriksdalsbadet.
- Entry:** Please send in the Preliminary Entry Form not later than 11th of October and the Final Entry Forms not later than 8th of November.
To: nathalie.dahlqvist@svensksimidrott.se
- Social Evening:** There will be a social evening on Saturday night with dinner.
- Information:** More information will be provided in the beginning of November.

Information about the invitation, hotel, transportation etc

Swedish Swimming Federation
Nathalie Dahlqvist
nathalie.dahlqvist@svensksimidrott.se

Information about training, venue:

Swedish Swimming Federation
Ulrika Knape-Lindberg
ulrika@mollis.se

We look forward to meet you in Stockholm,
Swedish Swimming Federation