

INVITATION

NORDIC CHAMPIONSHIPS/NORDIC JUNIOR CHAMPIONSHIPS IN DIVING NOVEMBER 27th to 29th 2009 HELSINKI, FINLAND

The Finnish Swimming Association Diving Committee is pleased to invite the federations of Sweden, Norway and Denmark to Nordic Championships and Nordic Junior Championships in diving 27.-29.11.2009 Helsinki, Finland.

Competition venue: Mäkelänrinne Swimming Centre, Mäkelänkatu 49, 00550 Helsinki.

Events

- Seniors
- Juniors:
 - Group A: Born 1991-1993
 - Group B: Born 1994-1995
 - Group C: Born 1996 or younger

Series: According to FINA Rules and FINA Age Group Rules.

Competition programme: Enclosed

Facilities

Springboards: 2x1 m springboards, 2x3 m springboards
Platforms: 1 m, 3 m, 5 m, 7,5 m and 10 m

Training

Thursday 12.00-15.00 and 18.00-21.00
Friday 08.00-11.45 and 18.00-20.00
Saturday 08.00-09.45 and 17.30-19.00
Sunday 09.00-10.30

Transport: Transportation is organized from and to the airport.

Accommodation: Hotel AVA, Karstulantie 6, 00550 Helsinki. The hotel is next to the pool.

Price: The price includes meals from Thursday dinner to Sunday lunch. Extra meals are 10 € per meal.

- 3 room condo (6 beds) **or** 2 room condo (4 beds), including meals: **185 €** per person (extra night 40 € per person)
- Studio for 2 persons **or** Double room, including meals: **215 €** per person (extra night 50 € per person)

Condos and studio have TV, fridge, microwave and WLAN. Double room has TV and WLAN. Extra mattresses are possible. Breakfast is at the hotel, lunch and dinner at the pool.

Technical meeting: On Friday 27th at 10:00 am in the Swimming Centre meeting room (third floor).

Entries: Please send the enclosed Preliminary Entry form and Preliminary Hotel Booking form by **September 30th, 2009**. Deposit of 50% must be paid with the preliminary reservation.

Payment details:

Beneficiary: Finnish Swimming Association
Account: 152330-10041
IBAN: FI2815233000010041
Swift: NDEAFIHH

Please send the enclosed Final Entry form and rooming list by **November 13th, 2009**.
The remaining balance must be paid together with the final entry.

Best regards,

Vesa Martikkala

FINNISH SWIMMING ASSOCIATION

Diving Committee, Chairman