

**Nordic
Diving
Championships
2009**

Helsinki
Mäkelänrinne
27. – 29.11.2009

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1. Pool

Location: Mäkelänrinne Swimming Center (Mäkelänkatu 49, 00550 Helsinki)

Lockers: You will get the key cards from the pool's reception each day. You are **not allowed to keep the closets over night**. Sweden, Norway and Denmark will use the public dressing rooms. Finland will use the group dressing room underground

2. Accommodation

Hotelli AVA

Karstulantie 6

00550 Helsinki

Tel: +358 (0)9 774 751

Web: <http://www.hotelli-ava.fi>

The hotel is next to the pool.



3. Transportation

We can take care of the transportation for following groups (list underneath). Those who have different flights can take the bus no. 615 that leaves in front of the terminal. There is a bus stop across the swimming pool.

Arrivals

Wednesday 25.11.

Norway (SK 8380)
arrival 17:25

Thursday 26.11.

Sweden (AY632 and SK8698)
arrivals 08:50 and 08:55

Denmark
arrival 10:40

Sweden (AY662)
arrival 11:25

Departures

Sunday 29.11.

Sweden, Denmark, Norway
departure from the pool at 16:00

Sweden
departure from the pool at 18:00

4. Meals and Banquet

Restaurant Uppopulla (at the pool)

Thursday 26.11.

Dinner 16:30-18:30

Friday 27.11.

Lunch 12:00-15:00
Dinner 17:30-20:30

Saturday 28.11.

Lunch 12:00-15:00
Banquet dinner 19:30-22:00

Sunday 29.11.

Lunch 12:00-15:00

Lunch and dinner are buffees for first two hours. Those who come after that, will get meals in portions.

Breakfast is at the hotel

5. Training

Thursday	12.00-15.00 & 18.00-21.00
Friday	08.00-11.45 and after the competition till 20.00
Saturday	08.00-09.45 and after the competition till 19.00
Sunday	09.00-10.30

Preliminary Competition Schedule

Friday 27.11.2009

12:20 - 12:55 C Boys, 1 meter
13:05 - 13:25 C Girls, 3 meters
13:40 - 14:05 B Boys, 3 meters
14:20 - 14:40 B Girls, platform
14:45 - 15:05 Victory Ceremony
15:10 - 15:45 A Boys, 1 meter
16:00 - 16:15 A Girls, platform
16:30 - 16:45 Men, 1 meter
17:00 - 17:10 Women, platform
17:25 - 17:35 Boys, 3 meters syncro
17:50 - 18:00 Girls, 3 meters syncro
18:05 - 18:25 Victory Ceremony

Saturday 28.11.2009

10:00 - 10:20 C Girls, 1 meter
10:35 - 11:00 C Boys, platform
11:15 - 11:40 B Girls, 3 meters
11:55 - 12:10 B Boys, platform
12:15 - 12:35 Victory Ceremony
12:40 - 13:05 A Girls, 1 meter
13:20 - 13:55 A Boys, 3 meters
14:10 - 14:25 Women, 1 meter
14:40 - 15:00 Men, 3 meters
15:15 - 15:30 Women, platform syncro
15:40 - 15:55 Men, platform syncro
16:00 - 16:20 Victory Ceremony

Sunday 29.11.2009

10:30 - 11:00 Men and Women, 3 meters syncro
11:00 - 11:25 C Girls, platform
11:25 - 12:05 C Boys, 3 meters
12:05 - 12:40 B Girls, 1 meter
12:40 - 13:00 B Boys, 1 meter
13:00 - 13:25 Victory Ceremony
13:25 - 14:00 A Girls, 3 meters
14:00 - 14:40 A Boys, platform
14:40 - 15:05 Women, 3 meters
15:05 - 15:20 Men, platform
15:20 - 15:35 Victory Ceremony

6. Diving Sheets

Please, give your dives in a divecalc file, if possible. You'll find divecalc entry file from:

<http://www.uimaliitto.fi/fi/info/ndc09/>

You can send divecalc file to Jari Komulainen by email: kom@sci.fi or give the file to Jari at the pool (cd, usb stick). Secretary has also paper Dive Sheets.

Dives must be at the secretary a day before competition at the latest 6 pm.

7. Start Lists

Start Lists will be at the wall next to 3 meter boards. Results will be at the wall next to dry board.

8. Live stream and results

You can watch the competitions and follow the live results online. You'll find the links from the competitions home pages:

<http://www.uimaliitto.fi/fi/info/ndc09/>

9. Ceremonies

Opening Ceremony will be held on Friday 27.11.2009 at 12 o'clock. National Teams should be ready to the Opening Ceremony at 11.50 near the children's pools.

Victory Ceremonies will be held twice a day and the medals will be awarded in the same order as the competitions have been held. You'll find the times for the Victory Ceremonies in the time table.

10. Technical Meeting

Friday 27th November 2009 at 10 am

Meeting room 3rd floor

Vesa Martikkala

Agenda

1. Training
2. Competitions schedule
3. Synchro events
4. Diving Sheets
5. Start lists
6. Judges
7. Opening Ceremonies
8. Victory Ceremonies
9. Meals and Banquet
10. Lockers at the pool

11. Contact information

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Organisations	Satu Pirhonen +358 40 5398 103