



## WELCOME TO LUND

Since 1981 SK Poseidon and Lund have hosted the international diving meet Diving Lund with guests from all over the world.

Lund, situated in the centre of the attractive and expansive Öresund region in southern Sweden, is one of the oldest cities in Sweden with a history more than one thousand years old. Over the centuries it has earned a reputation for being a place where people meet, and, today, more than ever, Lund is a meeting place for ideas and creativity.

Here, the university, science-park, multicultural atmosphere and historical surroundings make up a unique combination. This, along with its central situation, has turned Lund into an international city where ideas are born - ideas that build enterprises and achieve success both nationally and internationally. ([www.lund.se](http://www.lund.se))



*The cathedral*



### Getting here

#### *by air*

**Copenhagen Airport** (50 km from Lund)

From Copenhagen Airport there are trains to Lund every 20 minutes (30 minutes travel)

**Malmö Airport** (30 km from Lund)

From Malmö Airport there are Airport Coaches to Lund (30 minutes travel)

#### *by train*

Lund Central Station is situated along the railroad between Copenhagen-Gothenburg/ Oslo/Stockholm, a heavy trafficked route.

#### *by car*

Close to Lund the two great highways E6 and E22 meet.



## Great Diving New Friends

*We believe that a diving meet is a great way to meet new friends from other parts of the world.*

### Coaches social gathering

*On Friday night, after dinner, all coaches, leaders and judges are welcome to a social gathering. We serve refreshments and give you an opportunity to sit and meet old and new friends.*

### Diving party

*On Saturday night there is a big party for all participants. Nice food and a disco for the divers will make an unforgettable evening.*

## Events and Series (FINA 2013–2017 rules)

### International group

Women: 1m, 3m and tower: Five (5) dives from five (5) different groups, without limit of degree of difficulty.

Men: 1m and 3m: Six (6) dives from five (5) different groups without limit of degree of difficulty

Tower: Six (6) dives from six (6) different groups without limit of degree of difficulty.

### B-group (born 2000–2001)

FINA's B-series on 1m and 3m (Girls 5+3 dives & Boys 5+4 dives)  
5–10 m (Girls 4+3 dives & Boys 4+4 dives).

### C-group (born 2002)

The C-group is divided into two events.

### C-group (born 2003 and later)

FINA's C-series on 1m and 3m (Girls 5+2 dives & Boys 5+3 dives)  
5–7,5 m (Girls 4+2 dives & Boys 4+3 dives).

## Facilities

The pool Högevall in Lund was built in 1980. After 30 years of serving the citizens, it was time to modernise and grow bigger. During 2011 and 2012 the pool has been through a major renovation. The diving pool has been isolated from the rest of the pools and a spectator stands has been built. Diving Facilities are

- 2 \* 1 meter Maxiflex springboards
- 2 \* 3 meter Maxiflex springboards
- 3-5-7½-10 meter platform
- Dry land springboard (Maxiflex)
- Bubble machine





	Lundia	Concordia	The More Hotel	Polhem School
Accommodation	Hotel	Hotel	Apartment hotel	School accommodation
Food	Full board	Full board	Full board	Full board
Distance to the pool	1000 m (12 min walk)	800 m (10 min walk)	1200 m (16 min walk)	750 m (9 min walk)

### School Accommodation:

Accommodation at the [Polhem School](#) and full board. You need to bring your own sleeping-bag and mattress.

### Hotel


You can stay at, [Hotel Lundia](#) or [Hotel Concordia](#). Full board. Breakfast at the hotel, lunch and dinner at restaurants.


### Hotel Apartments

[The More Hotel](#) is an hotel apartment with full board.


*If you plan to arrive before Thursday and/or leave after Sunday let us know and we will arrange extra nights in the hotel for you. Unfortunately we have no access to the Polhem school before Thursday and after Sunday so extra nights in the Polhem school is not possible. Attention! We can not guarantee that you will get the hotel you asked for. The earlier you send in your entry forms, the better.*


### Food

 **Breakfast** will be served at Polhemschool for those sleeping at the school.

 **Lunch** will be served at Stadsparkscaf  et, a restaurant in the park next to the pool.

 **Dinner** on Thursday and Friday will be served at Hotel Lundia. Saturday dinner is a part of the diving party at the Polhem school.

 Some refreshments will be served at poolside for coaches and officials.

 There is a caf   by the pool where you can buy refreshments.

#### Food included in the Thursday-Sunday deal:

- Lunch Thursday
- Dinner Thursday
- Breakfast Friday
- Lunch Friday
- Dinner Friday
- Breakfast Saturday
- Lunch Saturday
- Divers Party Saturday
- Breakfast Sunday
- Lunch Sunday

### Prices/person Full board (SEK)

	Thursday–Sunday				Friday–Sunday			
(all prices in SEK)	single	double	triple	quad	single	double	triple	quad
<b>Lundia Hotel</b>	3775	2700	2367	–	2210	1710	1543	–
<b>Concordia Hotel</b>	3200	2525	2275	–	2210	1760	1593	–
<b>The More Hotel</b>	3125	2450	2200	2040	–	–	–	–
<b>Polhem School</b>	1325	–	–	–	1010	–	–	–

# 32<sup>nd</sup> diving lund 29 Oct–1 Nov november 2015

## Training

Wednesday: 17.00-20.00  
Thursday: 09.00-competition starts  
Friday: 07.00- competition starts  
Saturday: 07.00- competition starts  
Sunday: 07.00- competition starts

## Competition

The competition starts on Thursday at 16.00 and will finish on Sunday no later than 16.00.

## Technical meeting

There will be a technical meeting in the Diving Lund office on Thursday at 14.00

## Coaches party

On Friday we are happy to invite all coaches and officials to a social gathering at the Diving Lund office for some snacks and mingle.

## Diving Party

On Saturday there will be a party for all divers, coaches and officials.

## Diving sheets

For diving sheets please use the link to hand in online (opens September 28<sup>th</sup>):  
<http://www.diverecorder.co.uk/onlinesheets/index.php>

## Entry fee

The entry fee is 150 SEK/start. (Diving Lund T-shirt is included).  
Entries arriving **after September 28<sup>th</sup>** will be charged 300 SEK/start.

## Payment

Both entry fees, accommodation and food shall be payed at registration, **otherwise the registration will be cancelled.**



## Information:



E-mail: [divinglund@skposeidon.se](mailto:divinglund@skposeidon.se)  
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Fax: +46-46-189779  
Web: [www.divinglund.com](http://www.divinglund.com)

## Important information about registration

We must have your entry forms no later than **September 28<sup>th</sup>**. Please use web registration form: at <http://www6.idrottonline.se/SKPoseidon-Simidrott/DivingLund/Registration/>  
**There is a total maximum of 160 divers.**

Payment for accommodation and food should done at registration. The hotels and restaurants does not accept any changes in bookings. **Therefore no repayment will be done after this date.**



## Schedule Diving Lund 2015

### Thursday

16.00

Boys C 2002 Platform

Girls B 1m

Women Int 3m

### Friday

08.30

Men Int 1m

Girls B 3m

Women Int platform

Boys C 2003- 1m

Boys C 2002 3m

Boys B Platform

Girls C 2002 1m/Girls C 2003- 1m (Parallell)

### Saturday

08.30

Girls C 2003- Platform

Women Int 1m

Boys B 3m

Girls C 2002 platform

Boys C 2002 1m

Boys C2003- 3m

Men Int Platform

### Sunday

08.30

Boys B 1m

Girls C 2002 3m/Girls C 2003- 3m parallell

Boys C 2003- platform

Men Int 3m

Girls B platform