



INVITATION

The Finnish Open Junior Championships will be held on Friday 13th to Sunday 15th of March 2020 in Helsinki, Finland. Tiirat Diving Team will host the competition with authorisation by the Finnish Swimming Association.

The competition consists of both Age-group diving events and synchronized events. Warm up will begin on Thursday 12th of March for all the divers.

The competition starts on Friday 13th of March and ends on Sunday 15th of March.

We will be waiting for you.

Place

Mäkelänrinne Swimming Centre

Adress: Mäkelänkatu 49, 00550 HELSINKI, FINLAND

Competition will consist of

1. All FINA`s age-groups (A, B, C) (1-meter, 3-meter, platform)
2. D-group (1-meter, 3-meter, platform)
3. Synchronized events (A/B 3-meter and platform)

Deadlines

Preliminary entry and preliminary accommodation form

December 29th

Final entry and accommodation form

January 26th

Technical meeting

Technical meeting will be held on Thursday 12th of March at 19:00-20:00

Questions and additional information

Email: secretary.tiirat@gmail.com

Phone: +358 50 5434 821

Jouni Seppänen

Mäkelänrinne Swimming Centre

Facilities at the pool:

2 x 1-meter springboard

2 x 3-meter springboard

Platform from 1 to 10 meter

Mäkelänrinne Swimming Centre has also Dryland area with mats, trampoline and dryboard.



Preliminary Program

Thursday 12th

Training: 15:00 -
Technical Meeting: 19.00 - 20.00

Friday 13th

Training: 8.30 - 10.00
Competition 10.00 - 18.00

Saturday 14th

Training: 8.30 - 10.00
Competition: 10.00 - 18.00

Sunday 15th

Training: 8.30 - 10.00
Competition: 10.00 - 16.00

There may be some changes in the program.
Dryland will be open from 8.00 everyday.

Events and series

A-group, born 2002 - 2004
1m and 3m FINA´s A-series
(girls 5+4, boys 5+5)
Platform FINA´s A-series
(girls 4+4, boys 4+5)

B-group, born 2005 - 2006
1m and 3m FINA´s B-series
(girls 5+3, boys 5+4)
Platform FINA´s B-series
(girls 4+3, boys 4+4)

C-group, born 2007 - 2008
1m and 3m FINA´s C-series
(girls 5+2, boys 5+3)
Platform FINA´s B-series
(girls 4+2, boys 4+3)

D-group, born 2009 or later
1m, 3m and platform
girls and boys 6 dives

- 3 groups must be used
- At least 4 dives head first entry
- 2 dives can be feet or head first entry including 100a (dd 1.0) and 200a (dd 1.0)
- In platform event 3m, 5m and 7.5m can be used
- If 3m platform is used DD will be same as in 5m.

Synchronized events

FINA´s age group synchronized diving rules
DAG 3.1

(We allow AG-C and D in these events)

Girls 3m	2+3
Boys 3m	2+3
Girls Platform	2+3
Boys Platform	2+3

Accommodation and Preliminary entry

Please send the preliminary entry form and accommodation form **no later than 29th of December 2019.**

Final entry

Please send in the final entry and accommodation form **no later than 26th of January 2020.**

You will find all forms on

www.tiirat.fi

Please send them via email to

secretary.tiirat@gmail.com

Entry Fee and payment

Entry fee is 15€ per start for individual events, and 20€ per pair for synchronized events.

All clubs must pay the entry and accommodation before 9th of March 2020. Participating clubs will receive an invoice after sending the final entry and accommodation form.

All payments are in Euros (€)

Diving Sheets

Competition will run on DiveCalc program. We will send an online link to every team. You will be able to enter divesheets online. **We kindly hope that all divers are entered in Divecalc at 25th of February. Changes can be made up to 24 hours before the commencement of the preliminary competition in each event.**

Transportation in Helsinki

Helsinki City area has one of the best public transportation systems in the world. That is one reason why we let all the teams use our public transportation system. We also care about our environment and nature.

From Airport to hotels or city center there are many options.

More Information:

<https://www.finnair.com/fi/gb/information-services/at-the-airport/transportation>

Helsinki Region Transport information:

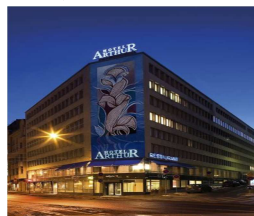
<https://www.hsl.fi/en>

Accommodation and food

Booking must be done before the 26th of January.

Hotel Arthur

3,5km from the pool (15min by bus, door to door)



The cost of accommodation and full board

Price is **per room / per night**

<u>Single room</u>	<u>125€</u>
<u>Double room</u>	<u>185€</u>
<u>*Triple room</u>	<u>255€</u>
<u>*4 person room</u>	<u>315€</u>

**limited availability: Rooms will be booked by sending order of final entry and accommodation form*

Food

Full board from Thursday to Sunday

Full Board includes:

Breakfast: will be served at hotel everyday

Lunch: From thursday to sunday at the Cafeteria Uppopulla (Pool)

Dinner: From thursday to saturday at the Cafeteria Uppopulla (Pool)

Vegeterian or Special food

If there is need for special food due to allergy or diet, please let us know and specify it on entry form.

Welcome to **Helsinki!**