



INVITATION

The Finnish Open Junior Championships will be held on Friday 8th to Sunday 10th of March 2019 in Helsinki, Finland. Venue will be the same as in 2018 European Junior Championships. Tiirat Diving Club 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 7th of March for all the divers.

The competition will begin on Friday 8th of March and end on Sunday 10th 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
Final entry and accommodation form

December 30th
January 27th

Technical meeting

Technical meeting will be held on Thursday 7th of March at 20:00-21:00

Questions and additional information

Email: secretary.tiirat@gmail.com

Phone: +358505434821

Jouni Seppänen

Mäkelänrinne Swimming Centre

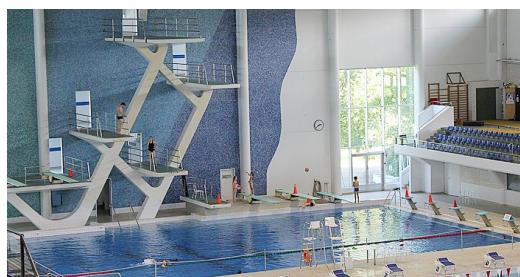
Facilities at the pool:

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 8th

Training: 12.00 - 15.00
17.00 - 20.00
Technical Meeting: 20.00 - 21.00

Friday 9th

Training: 7.00 - 9.00
Competition: 9.00 - 20.00

Saturday 10th

Training: 8.00 - 9.30
Competition: 9.30 - 18.00

Sunday 11th

Training: 8.00 - 9.30
Competition: 9.30 - 18.00

There may be some changes in the program. Dryland will be open at 7.30 on Saturday and Sunday.

Events and series

A-group, born 2001 - 2003

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 2004 - 2005

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 2006 - 2007

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 2008 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 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 30th of December 2018.**

Final entry

Please send in the final entry and accommodation form **no later than 27th of January 2019.**

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 4th of March 2019. 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 divesheets are entered in Divecalc at 3rd of March. 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 opportunities. From the Helsinki-Vantaa. The easiest way is by bus number 615 which stops by request close to all three hotels mentioned below.

<https://aikataulut.reittiopas.fi/linjat/en/b615.html>

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 27th of January. For those who arrange other accommodation there will be 20€ payment per day per person as a part of organisation costs.

Hotel AVA

400m from the pool



The cost of accommodation and full board

Price is per room per day

<u>Single Room</u>	<u>90€</u>
<u>Double room</u>	<u>160€</u>
*3 room Apartment	
- <u>with double rooms</u>	<u>150€</u>
*2 room apartment	
- <u>with double rooms</u>	<u>150€</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: (everyday)

will be served at hotel

Lunch: (Thursday-Sunday)

at the Cafeteria Uppopulla (Pool)

Dinner: (Thursday-Saturday)

at the Cafeteria Uppopulla (Pool)

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!