



# Mediterranean Diving Cup Cosenza - Italy 17 - 19 July 2015

## General Information

The Italian Swimming Federation together with "A.S.D. Cosenza Nuoto" and in behalf of CO.ME.N., is happy to welcome you to Cosenza for this age group diving meet.

We all wish you a comfortable stay among us and the best results in this competition.

Participating Countries:

<b>GRE</b>	<b>GREECE</b>
<b>EGY</b>	<b>EGYPT</b>
<b>TUR</b>	<b>TURKEY</b>
<b>ITA</b>	<b>ITALY</b>



## 1. VENUE:

Piscina Comunale, Contrada Campagnano, 87100 Cosenza, Italy (10 minute walk to the hotel).

## 2. FACILITIES:

The event will be staged outdoors. The measures of the diving pool are in respect of the FINA Rules and regulations:

- Two 1 m springboards
- Two 3 m springboards
- Platform 3 m, 5 m, 7,5 m, 10m (3m wide).

## 3. COMPETITIONS FORMAT:

The following events will be conducted for Boys and Girls

- group B 1m, 3m, platform
- group C 1m, 3m, platform
- group D 1m, 3m, platform

It will be competition for B – C Categories according to FINA rules Age Groups and D Category according to COMEN rules.

Each Federation may have up to four divers in each event.

**4. CO.ME.N** The countries we expect at least to participate are: Egypt, Greece, Turkey, Italy but all the others are welcome with their divers.

## 5. RULES AND REGULATIONS: COMEN rules

*Age Groups: B 2000-2001 (14-15), C 2002-2003 (12-13) and D 2004-2005 (10-11)*

At arrival of the teams the organizer will check the passports of the athletes.

## COMPETITION

For AGES B+C (follow FINA competition format for these ages). For AGE D please follow the proposed competition format.

### Group B

Age: 14, or 15 years on December 31<sup>st</sup> of the year of the competition. □ Competition Format

DAG 3.2.2 Girl's Springboard - 1 metre and 3 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed and 9.5 for 3 metre events and 9.0 for 1 metre events and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girl's Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

Boys Springboard - 1 metre and 3 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed and 9.5 for 3 metre events and 9.0 for 1 metre events and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Boys Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

### Group C

DAG 3.3.1 Age: 12 or 13 years on December 31<sup>st</sup> of the year of the competition.

DAG 3.3.2 Competition Format □ Girl's Springboard - 1 metre and 3 metre □ This competition shall comprise seven (7) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed events 9.5 for 3 metre events and 9.0 for 1 metre events and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girl's Platform - 5 metre or 7.5 metre

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.



## 8. PROVISIONAL COMPETITION SCHEDULE:

### THURSDAY 16 JULY 2015

Training: 14:00 – 19:00  
Technical meeting: 21:30

### FRIDAY 17 JULY 2015

08:00 – 13:00 Training  
14:00 – 14:50 Training

**15:00**                      **Opening ceremony**  
15:15                      Competition  
                                 D girls 1m  
                                 B boys Platform  
                                 C girls 3m  
                                 D boys Platform  
                                 B girls 1m  
                                 C boys 3m

### SATURDAY 18 JULY 2015

08:00 – 09:50 Training  
10:00                      Competition  
                                 D girls 3m  
                                 B boys 1m  
                                 C boys Platform

Training  
16:00                      Competition  
                                 B girls 3m  
                                 D boys 1m  
                                 C girls 5m

### SUNDAY 19 JULY 2015

08:00 – 09:50 Training  
10:00                      Competition  
                                 C girls 1m  
                                 D boys 3m  
                                 B girls Platform

Training  
15:00                      Competition  
                                 B boys 3m  
                                 C boys 1m  
                                 D girls Platform

## 17. TECHNICAL MEETING:

It will be held in the meeting room on **Thursday, July 16<sup>th</sup> at 21:30 at Italiana Hotels Cosenza.**

## 18. AWARDINGS:

The Awards Ceremony will be held at the end of each competition.  
Medals and Diplomas for the first three classified divers.  
Team Trophies for the final ranking will be assigned by the organizer.

**20. Dive List:** All the dive sheets shall be returned to the Secretariat Technical at Pool, within and no later than Thursday, July 16<sup>th</sup> at 16.00.

## Opening Ceremony:

It will be held on July, 17<sup>th</sup> at 15:00.  
All athletes will march in the parade to represent their country.