

Dear sport friends,

The 23rd edition of the Eindhoven Diving Cup is just around the corner! The preparations have started! We will do our very best to host an inspiring event and provide a warm and welcoming atmosphere in which all (young) divers will have the opportunity to shine.

On behalf of the Foundation for Diving in the South Netherlands (SZN) and PSV Diving we would like to invite you to the Eindhoven Diving Cup which will be held from February 2nd till February 5th 2023.

Competition

The competition will be held according to the FINA rules.

Medals will be awarded to the three best qualified divers in each event and each diver will receive a certificate. Boys and girls A 1m and 3m will have preliminary rounds.

The focus of this competition is on the youth. We have the "Junior Stars" competitions again this year. For this category divers born in or after 2012 who perform a C-program are invited.

Competitions will start at 9.00 am and will finish between 5.00 pm and 7.00 pm, depending on the number of registrations. We will do our best not to finish too late on Sunday to allow our foreign competitors a timely journey homeward.

We will publish the preliminary schedule on our website in the first week of January. The diving order will be determined on February 2nd 2022 at 8.00 pm.

Events

Open	1m, 3m, Platform
Age group A	1m prelim/final, 3m prelim/final, Platform
Age group B	1m, 3m, Platform
Age group C	1m, 3m, Platform
Junior Stars*	1m, 3m
Age group B & A	Synchro 3m
Open	Synchro 3m
Mixed Team event	2-4 divers of both genders (All categories), see rules in attachment

Training

There will be a training session on Wednesday, February 2nd from 11.00 am - 8.00 pm. Each competition day the gym will open at 07.30 for warm-ups. The pool (water) will open at 8.00 am.

We will offer extra training sessions on Monday January 31st and Tuesday February 1st. These sessions will be available for € 5,- per diver per session and registration for the sessions on Monday and Tuesday is necessary. You can register these extra sessions by sending a email to secretary@eindhovendivingcup.nl

Monday	8.30 - 9.30 am	16.00 - 17.30 pm	18.30 - 20.00 pm
Tuesday	9.00 - 10.30 am	15.30 - 17.00 pm	19.30 - 21.00 pm

Entry

Entry fee per diver single event: € 19,50 if you register before December, € 22,50 when you register after December 1st.
Entry fee per synchro event: € 19,50 if you register before December, € 22,50 when you register after December 1st.

The final registration date is **December 24th, 2022**. If you register before **December 1st** the entry fee is € 19,50 per event! Please remember: registration for the competition obligates paying the fee.

Supporters pay an entrance fee: single day at € 5,- pp; for 3 days the price is € 12,- pp and 4 days € 15,- pp.

Dive sheets

Please use Diverecorder to submit your dive sheets before January 10th 2023 . Download this program for free at: <https://www.diverecorder.co.uk/dive/download.php> Please make sure you use the latest version! Changes in dive sheets will only be accepted up to 24 hours before the event takes place and can **only be sent by email** to secretary@eindhovendivingcup.nl.

Judges

Each participating team is requested to nominate one judge. If you have 6 divers or more, we will count on you to nominate at least a 2nd judge.

Technical meeting

The Technical meeting will take place on Wednesday February 1st at 4.30 pm.

Accommodation

For the accommodation we recommend Hotel van der Valk Eindhoven. The hotel is situated only 1 km away from the Pieter van den Hoogenband Swimming Stadium in Eindhoven.

[Hotel van der Valk Eindhoven](#) offers customized hotel packages for individual athletes and teams participating at the Eindhoven Diving Cup 2023.

Single / Double room : € 105,00, third bed € 16,00 extra

Breakfast: € 18,50 per person per day

City tax: € 3,50 per person per night

Internet and parking: free

Hotel van der Valk Eindhoven

Aalsterweg 322

5644 RL Eindhoven

Tel: +31 40 211 60 33

Email: eindhoven@valk.com

For more information and to make your reservation, please contact the hotel by email reservations@eindhoven.valk.com or telephone +31 40 211 60 33.

Please use the reservation code : **EIN-GF145037**

Hospitality

For transport in Eindhoven two 8-person vans will be available to take you from Eindhoven Airport or the Eindhoven railway station to the hotel Van der Valk and vice versa.

- Arrival service: Tuesday, Wednesday and Thursday

- Departure service: Sunday and Monday

- Price of transport is € 10,- pp.

For those of you who would like to eat their lunch and dinner near the pool, we can offer you a lunch for € 10,00 pp/pd (from Wednesday until Sunday) and a 3 course dinner for the price of € 17,50 pp/pd (from Wednesday until Friday).

On Saturday night February 4th, we will host our traditional 'meet & eat'. This is a small party for divers, coaches and friends. Nice food will be served and the atmosphere is always great! The more, the merrier, so don't forget to book a table! The price is € 21,50 pp including a soft drink or a beer.

Please make a reservation for transport, lunch, dinner and/or the meet & eat on your [hospitality form](#)!

Registration

The final registration date is **December 24th, 2022**. Make sure to return your entry form and your hospitality form before that date. Please remember: registration to the competition obligates paying the fee.

You can register your team with the [registration form](#) which you can find on our website. Make sure you're on time with your registration, because the number of registrations is limited.

Pool

The event will be held at the Pieter van den Hoogenband Swimming Stadium, Antoon Coolenlaan 1, Eindhoven, the Netherlands.

The pool provides:

- 2 x 3 meter board maxiflex C
- 2 x 1 meter board maxiflex C
- Platform 10m (wide for synchro diving) - 7.5m - 5m - 3m - 1m

Furthermore we have a dry land facility with 1m board and trampoline and a hot water whirlpool.

Explore Eindhoven

Discover our broad selection of hotspots, highlights, events and other activities to help you get to know the design capital of the Netherlands. Visit the city center for some shopping and dining, wander through Eindhoven's technological past and future at the Strijp-S site or explore one of the other exciting city districts. Discover Eindhoven's vibe, both in popular hangouts and off the beaten track. Please check our [website](#) for more information and some interesting 'must have done's'.

More information

Please check our [Facebook](#) and our [website](#) for the registration form and hospitality form and for the latest news! Please contact secretary@eindhovendivingcup.nl if you have any questions about the competition. For questions about hospitality (hotel, transport, lunch/diner), please contact hospitality@eindhovendivingcup.nl.

We are looking forward to meeting you in Eindhoven!

Kind regards,



Christine Praasterink
Tournament Director

Rules Mixed Team event					
Mixed event	The team is composed by 2-4 max divers from both genders (All categories)				
Hight	Number of dives	Gender	Type of dive	Group	DD
1m Synchro	1	Mix (1 boy + 1 girl)	Synchro	Twist	Free
1m	1	Boy or Girl	Individual	Free selection	Free
3m Synchro	1	Mix (1 boy + 1 girl)	Synchro	Backward or Reverse	Free
3m	1	Boy or Girl	Individual	Free selection	Free
Platform	1	Boy or Girl	Individual	Free selection	Free
Total dives	5	In a total of 5 dives a minimum of 4 groups must be used Both genders have to perform at least 1 individual dive			