

14TH OLIMPIC HOPES' COMPETITION
THREE DIVING COACHES INTERNATIONAL YOUTH AND JUNIOR MEMORIAL
COMPETITION

01st April, 2010

Dear Sport Friends!

We would like to welcome you to the 13th Olympic Hopes, Three diving coaches International youth memorial competition.

Invited countries are the following:

Austria, Byelorussia, Croatia, Czech Republic, Denmark, Finland, France, Great-Britain, Germany, Greece, Egypt, Italy, The Netherlands, Norway, Poland, Romania, Russia, Saudi-Arabic, Serbia, Switzerland, Sweden, Ukraine, Qatar.

The organisation committee did the spadework, the contributors must make the tournament. I wish you all good luck and a really pleasant and rewarding stay with us!

Enclosed you will find:

- ✓ Competition programme;
- ✓ Diving sheets;
- ✓ Entry form for judges and divers;
- ✓ Szolnok city map;
- ✓ General information;
- ✓ Important phone numbers;

Yours faithfully:

HAF Colonel Varga Csaba
President of Szolnok Military Sport Club

HAF Colonel Dr. Dunai Pál
Manager president of Szolnok Military Sport Club

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GENERAL INFORMATION:

Opening ceremony:

Opening ceremony will take place on Thursday 01/04/2010 at 16:00 hours at the swimming pool. All athletes from each country will be dressed in their team tracksuits.

Victory ceremony:

Victory ceremony of the morning events will be held after the end of the session. Victory ceremony of the afternoon events will be held after the end of the session.

Diving sheets:

Diving sheets are included in your manual. Additional diving sheets will be available at the secretary office. The completed diving sheets have to be given to the secretary, at least 24 hours before beginning of each event.

Cups rules: *in the competition for the cups (D ; C and B age groups) can take part only those competitors, who will start in all competitions for own age group (1 metre; 3 metres and platform).*

<i>1st place</i>	<i>7 points</i>
<i>2nd place</i>	<i>5 points</i>
<i>3rd place</i>	<i>4 points</i>
<i>4th place</i>	<i>3 points</i>
<i>5th place</i>	<i>2 points</i>
<i>6th place</i>	<i>1 point</i>

The cup's winners (girls and boys in each age group) will be awarded by cups and diplomas.

Technical meeting:

Technical meeting will take place on Wednesday 31/03/2010 at 11:00 hours, in the CONFERENCE HALL of the National Defence University.

Training:

During the competition days the training program is free.30 minutes before the beginning of each event can dive only the participants of this event.

Medical:

Medical staff and doctor will in duty throughout the competition. Medical centre of the Air Force Academy can be find near the swimming pool.

Information:

*You can pick up your information from the mailboxes near the office of the Secretary.
We wish you a successful competition!*

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Useful phones to remember:

Swimming pool: +36/56/505100/substation:78-50

Office: +36/56/420-226

Chief of the organisation committee: +36/309/853-742(mobile phone)

Official website : www.szhse.hu

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PROGRAMME

<u>01st April 2010 Thursday</u>	
<u>Practice:</u>	8:00 am - 3:45 pm
<u>4:00 pm:</u>	Opening Ceremony
<u>4:30 pm : Competition:</u>	1.) "D" Boy +Girl 3 metres 2.) "B" Boy+Girl 1 metre 3.) "C" Boy+Girl platform (5 metres)
	WINNER CEREMONY (1, 2, 3,)

<u>02nd April 2010 Friday</u>	
<u>10:00 am: Competition:</u>	4.) "B" Boy+Girl platform (5 metres) 5.) "C" Boy+Girl 3 metres 6.) "D" Boy+Girl 1 metre
	WINNER CEREMONY (4,5,6,)
<u>4:00 pm: Competition:</u>	7.) „A” Boy+Girl 3metres 8.) "D" Boy+Girl platform (5 metres) 9.) „C” Boy+Girl 1 metre
	WINNER CEREMONY (7,8,9,)
<u>7:30 pm:</u>	Farewell Party

<u>03th April 2010 Saturday</u>	
<u>10:30 am: Competition:</u>	10.) "A" Boy +Girl 1 metre 11.) "B" Boy+Girl 3 metres
<u>2:00 pm:</u>	WINNER CEREMONY (10,11,) CLOSING CEREMONY

15 minutes break after the end of each event

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M e a l s

lunch : 12.00 - 14.00

dinner : 18.00 - 20.00

All the meals will be in the Air base's "OFFICER'S RESTAURANT"

Buses

Schedules***

Date :	From Hotel „Tisza”:	From the restaurant:
30 03 2010	-	1. 18.00 2. 20.00
31 03 2010	1. 07.30 2. 14.00	1. 12.00 2. 20.00
01 04 2010	1. 07.30 2. 14.00	1. 12.00 2. 20.00
02 04 2010	1. 07.30 2. 14.00	1. 12.00 2. 23.00
03 04 2010	1. 07.30	1. 15.00

*****IMPORTANT!** *The bus will wait in front of the hotels only 10 minutes for the delegations!!!*