
AQUABALTIC SPORT DIVING OPEN CUP

17 DECEMBER 2017

TALLINN, ESTONIA

1. General informacion

The competition will take place in Tallinn (Estonia)
17 December (Sunday), 2017

2. Competition pool

The Paldiski Sport centre is situated in the Pakri 7, Paldiski, 76804, Harju mk. Estonia
The swimming pool is 25 meters long, has 6 lanes, average water temp. is 27°C ± 1°C, depth of swimming pool is 3.80 meters. Recommended using wet suits 1-5 mm.

3. Organizing Committee

The competition is organized by MTÜ AQUABALTIC SPORT.
For further information, do not hesitate to contact us at the following address:
Estonia e-mail: info@aquabaltic.ee
Julia Glušenkova, general manager: +372 641 1010

4. Ages categories in groups.

A – Competitors 2003 year and older
B – Competitors 2004 year and younger
C – Competitors 1999 year and older

5. Disciplines (men, women, boys, girls and mixed)

| Disciplines | Competitors age group |
|------------------------------|-----------------------|
| 100m Trial M | A |
| 50m Emersion (Lift bag) 6 kg | AB C |
| 50m Octopus | A B C |
| 50m Slalom | C A |
| 50m Trial M | B |
| 4x50m Mix Torpedo | A B C |

5. Equipment, materials and uniformity

The equipment and materials to enter the Scuba Diving in Swimming Pool competition are the following:

- Slip-type swimming trunks for men and complete swimming costume for women.
- Scuba diving face masks.
- Snorkel.

- Diving adjustable or non adjustable fins (if it is required).
- Diving ballast (if it is required).
- Neoprene or isothermal suit (if it is required).
- Neoprene socks (if it is required).
- Stabilizing jackets.
- Regulator.Octopus.
- Water proof manometer.
- Scuba tank with a volume between 10 and 12 litres (7l fo Junior groups B category). DIN
- Rent of scuba tank of 12-15 liters of 6 euros.

6. Competitors must possess the following documents and papers:

- Valid document
- Valid diving license
- Valid medical certificate

7. Competition schedule

17 December 2017:

- Morning

- 10:00 – 10:30 warm up

- 10:30 – 11:00 Opening ceremony and sport divers distance performance
- 11:00 – 17:00
 - Event1: 100m Trial M men/women, boys/girls
 - Event2: 50m Trial M men/women, boys/girls
 - Event3: 50m Octopus men/women, boys/girls
 - Event4: 50m Emersion (Lift bag) 6 kg men/women, boys/girls
 - Event5: Slalom men/women, boys/girls
 - Event 6: 4x50m Mix Torpedo boys/girls, men/women

8. Local jury

Local Chief Judge: According to CMAS rules.

9. Classification and awards

Individual prizes: medals will be given to the first three classified athletes in every individual category A, C (men, women, boys/girls from 1999 year) and B (boys and girls from 2004 year).

10. Protest

According to CMAS rules.

BOOKING AND ENTRY FEE

Registration sheets can be ordered in AQUABALTIC SPORDIKLUBI MTÜ

Starting fee for competitors is per individual

10 eur