



# DIVING CUP

04-06 APRIL 2025



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Kristiansand Stupeklubb has the pleasure to invite you all to the second edition of AQ Diving Cup. 4-6 April 2025

Competition will be an Age Group and open competition.

**Venue: AQ Arena**

Adress: Tangen 8, 4608 Kristiansand

**Program:**

	Category	Discipline	M	F
1	A 07,08,09	1m 3m Platform	5(9,0) + 5 5(9,5) + 5 4(7,6) + 5	5(9,0)+ 4 5(9,5)+ 4 4(7,6) + 4
2	B 10,11	1m 3m Platform	5(9,0) + 4 5(9,5) + 4 4(7,6) + 4	5(9,0) + 3 5(9,5) + 3 4(7,6) + 3
3	C 12,13	1m 3m Platform	5(9,0) + 3 5(9,5) + 3 4(7,6) + 3	5(9,0) + 2 5(9,5) + 2 4(7,6) + 2
4	C-2 2013 and younger	1m 3m Platform	3(5,4) + 3 3(5,7) + 3 3(5,4) + 3	3(5,4) + 3 3(5,7) + 3 3(5,4) + 3
5	OPEN	1m 3m Platform	6 No limit 6 No limit 6 No limit	5 No limit 5 No limit 5 No limit
6	Synchro junior	3m Platform	2+3 2+3	2+3 2+3
7	Synchro OPEN	3m Platform	2+4 2+4	2+3 2+3

All categories according to FINA Rules except C-2 that has fewer dives and is open for everyone from 2013and younger.

It is only possible to start in one category except for OPEN where everybody can compete. We are using Divecalc. Link to enter dives will be sent to participating Teams.

**Awards:**

Victory ceremonies will be held at end of each event. There will be medals for first, second and third place of each individual and synchronized event.

In C-2 there will be awards to all participants.



Kristiansand Stupeklubb  
 Mail: [kstk77@gmail.com](mailto:kstk77@gmail.com)  
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**Entry Fee:**

Individual entry nok 200,- per event  
Synchro entry nok 400,- pr team

**Accommodation:**

If you do not book hotel via Kristiansand Stupeklubb there will be a nok 600,- payment pr.person pr.day as part of organization cost. This will include transportation hotel/airport and lunch/dinner.

Scandic Kristiansand Bystranda  
Østre strandgate 74  
4610 Kristiansand  
Sited in same building as the pool.

Prizes pr. Person and day with full pension( breakfast, lunch, dinner)

Single room	nok 2000,-
Double room	nok 1500,-
Triple room	nok 1400,-
Quadruple room	nok 1200,-

Booking of hotel to Kristiansand Stupeklubb.

**Meals**

Breakfast in the hotel	07.00-
Lunch in the pool Friday to Sunday	11.30-13.30
Dinner in the pool Thursday, Friday	17.30-19.30
Saturday social dinner	19.00-

If you have special needs or allergies regarding the food. Please inform us together with entry form.

**Social**

Friday night there will be a get together for the coaches and judges.

Saturday night there will be a party for the divers and team at 19.00.  
Location is in the pool.

**Technical Meeting**

Thursday April 3rd at 20.00 in meeting room.



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**Pool consist of:**

3 x 1m springboard

3 x 3m springboard

Platforms from 3m to 10m

Bubble system under all boards.

**Training:**

Thursday: 10.00 – 20.00

Friday: 07.00 to start of competition. End of competition to 21.00

Saturday: 07.00 to start of competition.

Sunday: 07.00 to start of competition

**Transportation:**

There will be transportation between airport and hotel for free for those booking with Kristiansand Stupeklubb.

No transportation is needed between hotel and pool. Same building.

**Time schedule:**

Will be sent end of February.

**How to get here:**

City is Kristiansand

Airport is named Kjevik.(KRS)

Ferry from Denmark. Hirtshals to Kristiansand. Color Line is the company. [www.Colorline.no](http://www.Colorline.no)

**Competition Manager:**

Arne Tellefsen

Phone: +47 92651248

Email: [kstk77@gmail.com](mailto:kstk77@gmail.com)

**Entry and Booking:**

**Final entry and booking is March 20<sup>th</sup>.**

After this date we cannot guarantee for availability.

Invoice will be sent after we have received Final Entry.



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