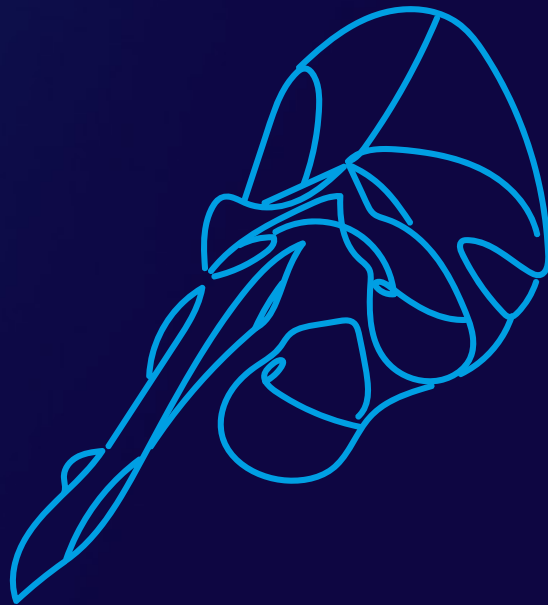




Zimowe Otwarte MISTRZOSTWA POLSKI w skokach do wody

Polish Winter Open
Diving Championships



13-15 DECEMBER 2024 RZESZÓW

GENERAL INFORMATION

Polish Winter Open Diving Championships will be held from 13th of December 2024 to 15th of December 2024 at Diving Arena in Rzeszów. During the Competition there will be presented individual, synchronised and mixed events, which will include diving from 1m and 3m springboards and 5m, 7,5m and 10m platforms.

KEY DATES

Date	Event
10 Nov 2024	Intent of Participation Form
30 Nov 2024	Entry Form Deadline
30 Nov 2024	Officials Entry Form Deadline
30 Nov 2024	Accommodation Form Deadline
9 Dec 2024	Entry Fee Payment Deadline
12 Dec 2024	Official Training
12 Dec 2024	Technical Meeting
13 Dec 2024	Start of the Competition
13 Dec 2024	Opening Ceremony
15 Dec 2024	End of the Competition

HOST

Polish Winter Open Diving Championships will be hosted by Polish Swimming Federation.

Polish Swimming Federation
POLSKI ZWIĄZEK PŁYWACKI
18 Cząstkowska Street
01-678 Warszawa, Poland
Phone: +48 22 835 35 89, +48 22 834 25 56

COMPETITION MANAGEMENT

Competition Manager Marcin Kulczycki
Email mkulczycki@o2.pl
Phone +48 518 502 991



COMPETITION

All events during Polish Winter Open Diving Championships will be held in formula with direct Finals. There is no limit on how many divers a Team can register.

YEAR OF BIRTH RESTRICTIONS

Group	Year of birth
C	2011, 2012
B	2009, 2010
A	2006, 2007, 2008
Open	No limit

COMPETITION FORMAT

List of Events

Event	1m	3m	Platform
Men's Individual	•	•	•
Women's Individual	•	•	•
Men's Synchro		•	•
Women's Synchro		•	•
Mixed Synchro		•	
A Girls Individual	•	•	•
A Boys Individual	•	•	•
B Girls Individual	•	•	•
B Boys Individual	•	•	•
A/B Girls Synchro		•	•
A/B Boys Synchro		•	•
C Girls Individual	•	•	•
C Boys Individual	•	•	•
Total	8	13	12



Composition of the Diving Programme

Event		Diving Programme
Men's Individual	1m, 3m, Platform	6 dives without Degree of Difficulty (DD) limit
Women's Individual	1m, 3m, Platform	5 dives without DD limit
Men's Synchro	3m, Platform	2 dives with DD limit + 4 dives without DD limit
Women's Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit
Mixed Synchro	3m	2 dives with DD limit + 3 dives without DD limit
A Girls Individual	1m, 3m	5 dives with DD limit + 4 dives without DD limit
A Girls Individual	Platform	4 dives with DD limit + 4 dives without DD limit
A Boys Individual	1m, 3m	5 dives with DD limit + 5 dives without DD limit
A Boys Individual	Platform	4 dives with DD limit + 5 dives without DD limit
B Girls Individual	1m, 3m	5 dives with DD limit + 3 dives without DD limit
B Girls Individual	Platform	4 dives with DD limit + 3 dives without DD limit
B Boys Individual	1m, 3m	5 dives with DD limit + 4 dives without DD limit
B Boys Individual	Platform	4 dives with DD limit + 4 dives without DD limit
A/B Girls Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit
A/B Boys Synchro	3m, Platform	2 dives with DD limit + 3 dives without DD limit
C Girls Individual	1m, 3m	5 dives with DD limit + 2 dives without DD limit
C Girls Individual	Platform	4 dives with DD limit + 2 dives without DD limit
C Boys Individual	1m, 3m	5 dives with DD limit + 3 dives without DD limit
C Boys Individual	Platform	4 dives with DD limit + 3 dives without DD limit

Starting order

Starting order for all events will be drawn at the Technical Meeting.

COMPETITION FORMAT

Each team should send the Intent of Participation Form (see Appendix 1) to Competition Manager according to the date shown in the "Key dates" table (chapter 1.1.).

REGISTRATION

To register divers and Officials for competition each team should prepare Entry Form and Officials Entry Form (see Appendix 2. and Appendix 3).

Entry Forms should be sent by email to Competition Manager according to the date shown in the "Key dates" table (chapter 1.1.).the date shown in the "Key dates" table (chapter 1.1.).



COMPETITION SCHEDULE

Competition will take place in the following order:

		Session	
		Morning	Afternoon
Friday	13.12.2024	•	•
Saturday	14.12.2024	•	•
Sunday	15.12.2024	•	

Detailed competition schedule will be announced at a later date based on number of participants.

ENTRY FEE

The entry fee is PLN 30 per entry, payable exclusively by bank transfer to the account of PZP: PKO BP II O/Warszawa 33 1020 1026 0000 1602 0463 8971 by 09.12.2024 until. 23:59

- In the title of the transfer for the entry fee it is absolutely necessary to provide in sequence: NIP (of the club)_00148_number of paid starts,
- We do not combine transfers, each transfer for the club must be separate,
- In the case of data of a different recipient than the payer (payer) please send the data for the invoice to the e-mail address: sekretariat@polswim.pl
- PZP will not refund entry fees resulting from deletions made after the deadline for entries,
- Failure to start an entered athlete will result in the club being charged a regulatory fee in the amount specified in the 'PZP Fees Tariff'

TRAINING

Official Training will be held on 12 December 2024. Schedule will be announced at a later date based on number of participants.

RULES

All events shall be conducted in accordance with the World Aquatics Rules, which can be found on the World Aquatics website: <https://www.worldaquatics.com/rules/competition-regulations>. The competition is conducted on the basis of the '[Standards for the Protection of Minors in the Polish Swimming Federation - Child Protection Policy](#)'.

TECHNICAL MEETING

Technical Meeting will take place on 12 December 2024 in the conference room at the Diving Pool. Start time will be announced at a later date based on training schedule.



MEDALS AND DIPLOMAS

Top three ranked divers will be awarded with medals and top eight will be awarded with diplomas. There will be two medal ceremonies for events, in which participate also athletes from different Federation than Polish.

MEDICAL CARE

Medical care and lifeguards will be available during all trainings and competition.

VENUE

KEY INFORMATION

The Diving Competition will take place at the Diving Arena:

Pływalnia Matuszczaka
7A Matuszczaka Street
35-083 Rzeszów, Poland

The pool was opened in December of 2022 and was set up in accordance with the requirements of World Aquatics. It allows to organize international diving competitions and national team trainings for individual and synchronised diving.

VENUE SPECIFICATION

Pool specification:

- dimensions: 29 x 25 meters
- depth: 5 meters
- springboards: 2 x 1 m, 3 x 3m
- platforms: 1m, 3m, 5m, 7,5m, 10m
- springboards and platforms location: all on the same side of the pool
- recording equipment with TV screens

Warm-up Area (dry-land):

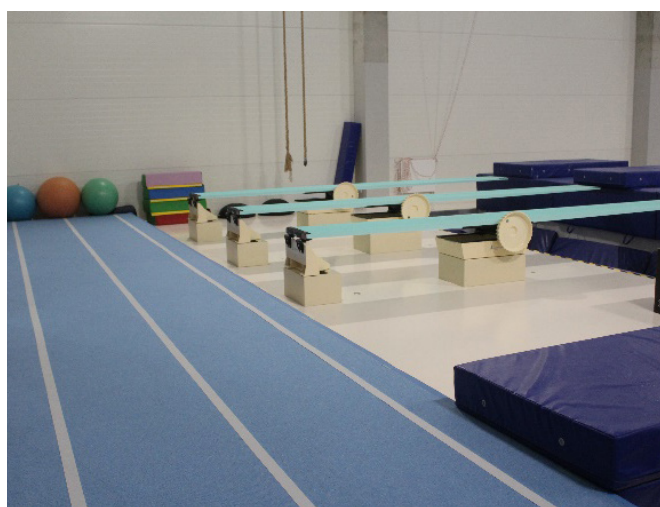
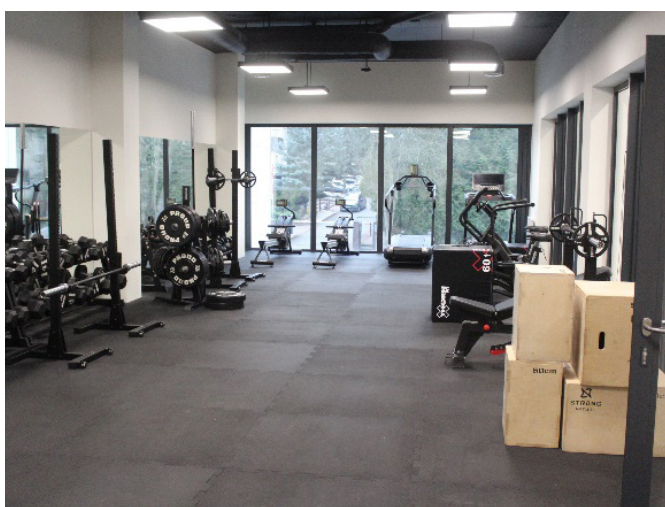
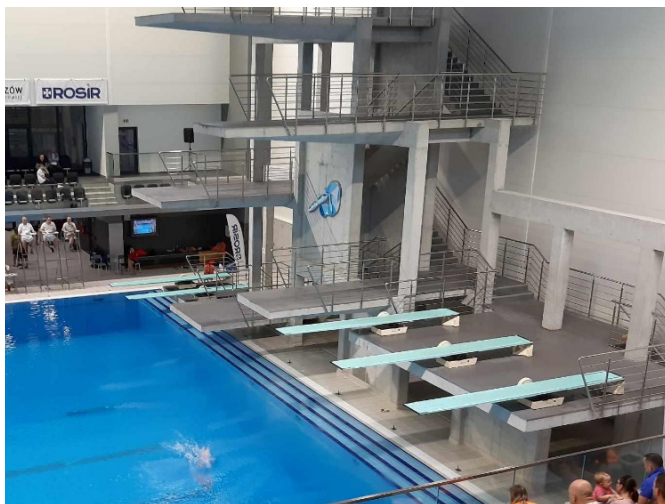
- springboards into the dry pool
- springboards onto the mats
- trampolines
- mats
- pits
- area for physiotherapy
- recording equipment with TV screens

Other:

- Jacuzzi
- Sauna
- Gym



VENUE PHOTOS



ACCOMODATION

It is recommended for teams to accommodate at the Prezydencki Hotel. See the offer below.

Accommodation Form should be sent by email to Competition Manager according to the date shown in the “Key dates” table (chapter 1.1.). For the Accommodation Form see Appendix 4.

PREZYDENCKI HOTEL

The Prezydencki Hotel is a 3-star hotel located in the city center within a 10-minute walk of the Rzeszów Old Town Square. Hotel offers 24-hour front desk, all rooms are spacious, classically decorated and in pastel colors. Hotel is located approx. 4 km from the Diving Pool. For more information see website: <https://hoteleprezydenckie.pl/>.

Price: 370 PLN / person / night (lunch at Twierdza Hotel included)

Price includes:

- breakfast - open buffet
- lunch - soup and main course (at Twierdza Hotel)
- dinner - open buffet
- transport: Prezydencki Hotel – Diving Pool – Prezydencki Hotel

Lunch will be served at Twierdza Hotel located 250m from the Diving Pool (see map in chapter 5.4.). The hotel stay begins with dinner and ends with lunch. It is possible to order extra lunch at Twierdza Hotel (e.g. on arrival day).

Price: 35 PLN / person

Preferred room type will be confirmed based on hotel rooms availability. Teams will receive the confirmation regarding rooms availability, which is limited. The order of applications is decisive. Team will receive two pro-forma invoices: one from the Prezydencki Hotel (accommodation and half-board) and one from Twierdza Hotel (for lunch only). Payment must be made before arrival.

Prezydencki Hotel
48 Podwisłocze Street
35-309 Rzeszów, Poland

+48 503 486 122 / +48 17 860 65 00





TRANSPORT

Only teams accommodated in Prezydencki Hotel will be provided with transport:

- **Morning:** Prezydencki Hotel >> Diving Pool
- **Evening:** Diving Pool >> Prezydencki Hotel

Bus schedule will be announced at later date based on competition schedule.

Host do not provide transport on route:

airport/main station - hotel - airport/main station

Useful travel tips are provided below.

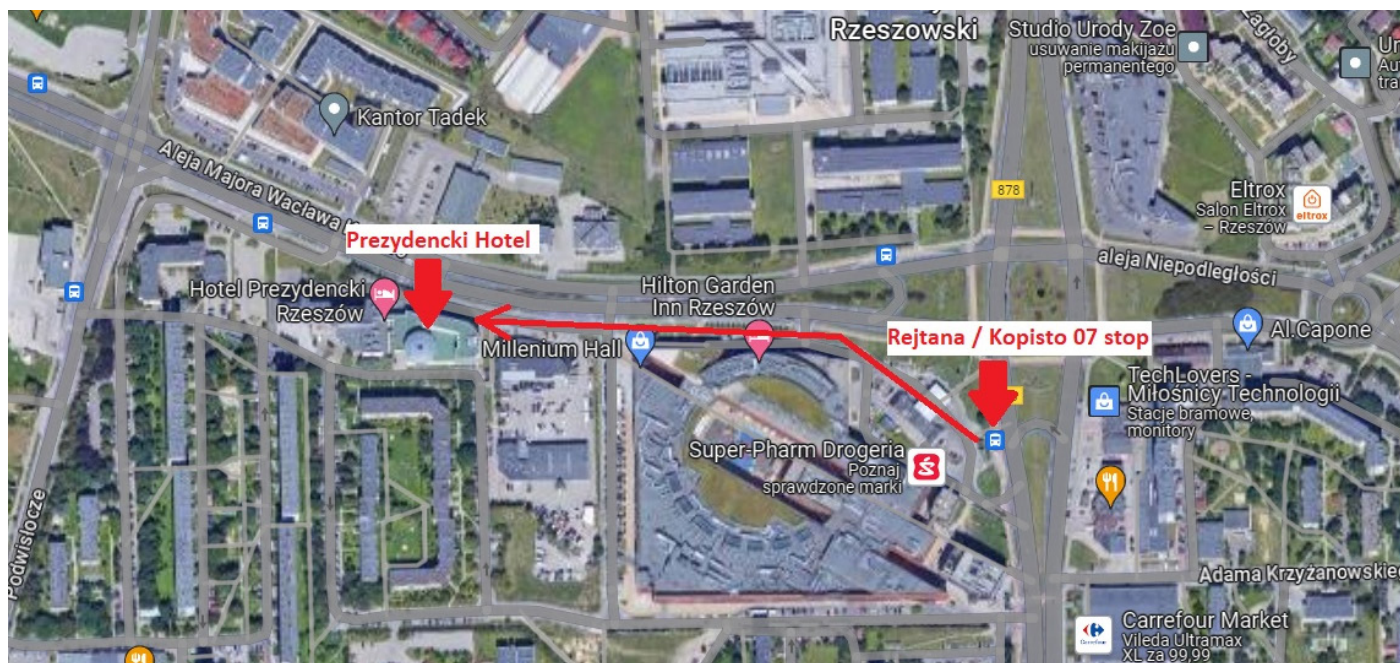
JASIONKA AIRPORT - RZESZÓW MAIN STATION

To get from the Jasionka airport to the Rzeszów main station ("Rzeszów Główny"), you need to take a train POLREGIO from train station ("Jasionka Lotnisko"). It is located on the left from the airport building, near the Terminal (next to the P2/P3 parking). The distance is approx. 11km and train trip takes around 20 minutes.



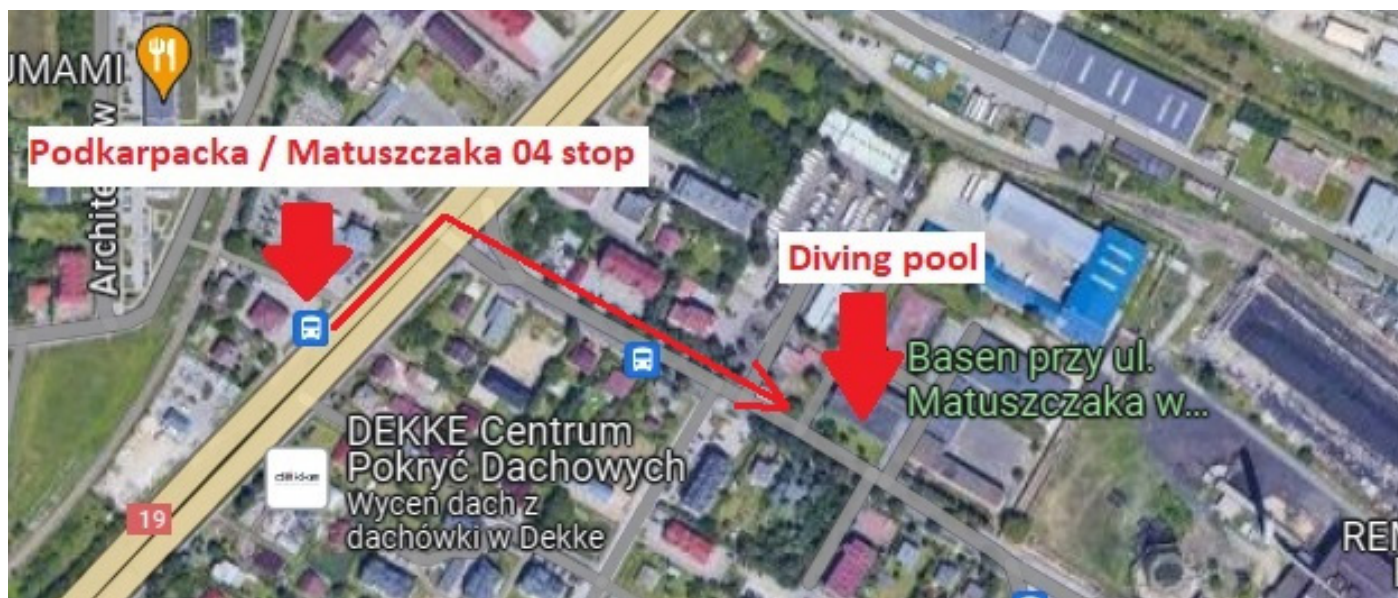
RZESZÓW MAIN STATION – PREZYDENCKI HOTEL

To get from the main station to the Prezydencki hotel (approx. 2.5km), you need to take a bus OB from the bus stop named Dworzec Główny PKP 03 (bus stop is located right in front of the station) to the Rejtana / Kopisto 07 bus stop (journey takes around 15-20 minutes), then turn left and walk about 400m to get to the Hotel.



PREZYDENCKI HOTEL – DIVING POOL

To get from the Prezydencki Hotel to the Diving pool (approx. 4km), you need to take a bus number 43 from the bus stop named Rejtana / Kopisto 07 to the Podkarpacka / Matuszczaka 04 stop, then cross the street and walk about 300m to get to the pool.



DIVING POOL – TWIERDZA HOTEL

To get from the Diving Pool to the Twierdza Hotel, you have to turn right, walk about 250m. Hotel is located across the street.





APPENDIXES

Appendix 1. Intent of Participation

Polish Winter Open Diving Championships

13 - 15 December 2024

Rzeszów, Poland

FEDERATION:

ADDRESS:

CONTACT PERSON:

E-MAIL:

Anticipated number of participants:

Athletes	
Coaches / Team Leaders	
Judges	

Anticipated date of arrival:

and date of departure:

Are you interested in using recommended accommodation at Prezydencki Hotel?

Yes

No

Additional comments:

Date

Stamp and Signature

President/General Secretary





GOOD LUCK

TO ALL PARTICIPANTS