



Dear sport friends,

We are happy to announce the 24th edition of the Eindhoven Diving Cup!

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 1 to 4 February 2024.

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 2013 who perform a C-program are invited.

Competitions will start at 9.00am and will finish between 5.00pm and 7.00pm, 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.

Concept scedule			
Thursday 1-2-2024	Friday 2-2-2024	Saturday 3-2-2024	Sunday 4-2-2024
Girls B 3 meter	Girls A 1 meter, preliminary	Girls A 3 meter, Preliminary	Girls C platform
Boys B 1 meter	Boys A 3 meter, preliminary	Boys A 1 meter, Preliminary	Boys C platform
Women 1 meter	Women 3 meter	Women Platform	Men synchro 3 meter
Men 3 meter	Men 1 meter	Men Platform	Women Synchro 3 meter
Girls C and Junior Stars 1 meter	Girls C + Junior Stars 3 meter	Girls B Platform	Team event
Boys C and Junior Stars 3 meter	Boys C + Junior Stars 1 meter	Boys B Platform	Girls A/B synchro 3 meter
Girls A Platform	Girls B 1 meter	Girls A 3 meter final	Boys A/B synchro 3 meter
Boys A Platform	Boys B 3 meter	Boys A 1 meter final	
	Boys A 3 meter final		
	Girls A 1 meter final		

We will publish the concept schedule on our website. This schedule is subject to change.

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
Junior mixed Team event	2-4 divers of A and B Age groups (at least 1 from B present), see rules in attachment

Training

There will be a training session on Wednesday, January 31st from 11.00am - 8.00pm.

Each competition day the gym will open at 07.30am for warm-ups. The pool (water) will open at 8.00am.

We will offer extra training sessions on Monday and Tuesday (January 29-30). 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

	morning	afternoon	evening
Monday	dryland 7.45am - 8.30am water 8.30am - 9.30am	dryland 3.00pm - 4.00pm water 4.00pm - 5.00pm	dryland 5.30pm - 8.00pm water 6.30pm - 8.00pm
Tuesday	dryland 8.00pm - 9.00pm water 9.00am - 10.30am	dryland 2.30pm - 3.30pm water 3.30pm - 5.00pm	dryland 6.30pm - 9.00pm water 7.30pm - 9.00pm

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, 2023**. 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 2024 . 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 required to nominate one judge. If you have 6 divers or more, you need to nominate at least a 2nd judge.

Technical meeting

The Technical meeting will take place on Wednesday January 31 st at 04.30pm.

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 2024.

Single / Double room : € 110,00, third bed € 17,00 extra (based on availability).

Breakfast: € 19,50 per person per day

City tax: € 3,50 per person per night

Rooms available on a first come, first served basis. Limited rooms available for this earlybird fee.

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-GF164343**

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,- per person

For those of you who would like to eat their lunch and dinner near the pool, we can offer you a lunch for € 11,50 pp/pd (from Wednesday until Sunday) and a 3 course dinner for the price of € 19,50 pp/pd (from Wednesday until Friday).

On Saturday night February 3rd, we will host our traditional 'meet & eat'. This is a party for divers, coaches and friends. Nice food will be served and the atmosphere is always great! The more, the merrier, so be there! The price is € 25,00 pp.

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, 2023**. 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 dones'.

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



Juniors Mixed Team Event is composed of minimum 1 male and 1 female up to 4 (four) divers (mixed boys and girls of A and B Age groups (at least 1 from B present))

Rounds of dives	6 dives		Program composition requirements	DD
1	3m springboard	Individual dive Girl	6 (six) dive groups must be used	Free DD
	3m springboard	Individual dive Boy		Free DD
2	3m springboard	Mixed Synchro Dive Boy/Girl		Free DD
3	5, 7.5, 10m Platform	Individual dive Girl		Free DD
	5, 7.5, 10m Platform	Individual dive Boy		Free DD
4	5, 7.5, 10m Platform	Mixed Synchro Dive Boy/Girl		Free DD

den Hoogenband
zwemstadion

