



Bergen Diving Club  
takes great pleasure in inviting you to

— — Bergen Open  
— — 2023

*The Norwegian Diving Adventure*

The 4<sup>th</sup> – 7<sup>th</sup> of May

Bergen, Norway

[www.bergenopen.com](http://www.bergenopen.com)



## INVITATION

The 21<sup>st</sup> Bergen Open Diving Competition will be held on Thursday 4<sup>th</sup> to Sunday 7<sup>th</sup> of May 2023. Bergen Diving Club will host the competition which consists of Age-group and Senior diving events. Warm up will begin on Wednesday the 3<sup>rd</sup> of May for all divers. The competitions will begin on Thursday the 4<sup>th</sup> of May, and end on Sunday the 7<sup>th</sup> of May. We hope to hear from all interested teams soon.

### Place:

AdO arena

Address: Lungegårdskaaien 40  
5015 BERGEN

### Competition will consist of:

1. All FINA's Age-groups (A,B,C) (1-meter, 3-meter, platform)
2. Open Group (1-meter, 3-meter and 10-meter).
3. Synchronized events (Junior, Open and Mixed) on 3-meter and 10-meter.

### Technical Meeting:

There will be a technical meeting on Wednesday the 3<sup>rd</sup> of May at 20:00 – 21:00.

### Questions or additional information:

All questions must be forwarded to Paul Joachim Thorsen at the following e-mail address: [post@bergenopen.com](mailto:post@bergenopen.com).

For faster and more accurate response you may call 0047 932 99 995

There is also be a special information-page on the Bergen Diving Clubs homepage concerning Bergen Open 2023: <http://www.bergenopen.com>

## AdO arena, Bergen

### The facilities at the pool:

AdO arena has 4x1 meter and 4x3 meter springboards, and full Olympic standard platforms (1-10m).



AdO arena also has a dry-land area with mats, 2x trampolines and 3x dryboards.



## Program

### Wednesday 3<sup>rd</sup>:

Training: 06:00 - 21:00  
Technical meeting: 20:00 - 21:00

### Thursday 4<sup>th</sup>:

Training: 06:00 - 09:00  
Competitions: 09:00 - 21:00

### Friday 5<sup>th</sup>:

Training: 07:00 - 10:00  
Competitions: 10:00 - 19:00

### Saturday 6<sup>th</sup>:

Training: 07:00 - 10:00  
Competitions: 09:30 - 19:00  
Banquet dinner: 20:00 -

### Sunday 7<sup>th</sup>:

Training: 06:00 - 09:00  
Competitions: 10:00 - 16:00

There may be some changes in the program.

### Events and Series

Senior group (FINA's rules D 3)

Women: All heights - Five (5) dives from different groups, without limit of degree of difficulty.

Men: 1m and 3m – Six (6) dives from 5 different groups, without limit of degree of difficulty.

Platform – Six (6) dives from 6 different groups, without limit of degree of difficulty.

A-group: Born 2005, 2006 & 2007:

1m and 3m: FINA's A-series DAG 3.1  
(Girls 5+4 dives & Boys 5+5 dives)

Platform: FINA's A-series DAG 3.1  
(Girls 4+4 dives & Boys 4+5 dives)

B-group: Born 2008 & 2009:

1m and 3m: FINA's B-series DAG 3.2  
(Girls 5+3 dives & Boys 5+4 dives)

Platform: FINA's B-series DAG 3.2  
(Girls 4+3 dives & Boys 4+4 dives)

C-group: Born 2010:

1m and 3m: FINA's C-series DAG 3.3  
(Girls 5+2 dives & Boys 5+3 dives)

Platform: FINA's C-series DAG 3.3  
(Girls 4+2 dives & Boys 4+3 dives)

Synchronized event: Open competition

FINA's Synchronized Diving Rules D 3.6

Men 3m: 2+4 dives

Women 3m: 2+3 dives

Men 10m: 2+4 dives

Women 10m: 2+4 dives

FINA's Mixed Synchronized Rules D 3.8

Mixed 3m: 2+3 dives

Mixed 10m: 2+3 dives

Synchronized event: Junior competition

FINA's Synchronized Diving Rules DAG 3.1  
(we allow AG-C divers in this event)

Boys 3m: 2+3 dives

Girls 3m: 2+3 dives

Boys Platform: 2+3 dives

Girls Platform: 2+3 dives

### Accommodation form and Preliminary entry

Please send in the accommodation form and preliminary entry form no later than Friday the 3<sup>rd</sup> of March 2023.

### Final Entry

Please send in the entry form no later than Friday the 7<sup>th</sup> of April 2023.

Please send entry form to

e-mail: [post@bergenopen.com](mailto:post@bergenopen.com)

### Entry Fee

The entry fee is 200 NOK per start for the individual events, and 300 NOK per pair for the synchronized event.

Late entries: Entries arriving after April 7<sup>th</sup> will be charged 400 NOK per start for the individual events, and 600 NOK per pair for the synchronized event.

All clubs have to pay the entry before April 21<sup>st</sup>. Participating clubs will receive an invoice after sending entry-form.

**All payment is in Norwegian currency!**

### Diving Sheets:

Bergen Open will run the DiveCalc program. You will be able to enter the divesheets online.

All sheets will be posted on the results-wall, the day before the event, and changes can be made up to one hour before the event starts.

## Accommodation

Booking must be done before the 3<sup>rd</sup> of March 2023.

Any cancellation after this date, you will have to pay the hotel-booking in full (100%).

Invoice-payment is due by 21<sup>st</sup> of April.

NB: If teams do not book accommodation via Bergen Diving Club, there will be a 500,- NOK payment per day per person as a part of organization costs.

### Scandic, Ørnen

600m from AdO arena

<http://www.scandichotels.no/Hotels/Norge/Bergen/Ornen/>

The cost of accommodation and full board is as follows. (The price per person per day):

Single room: 2000,- NOK

Double room: 1500,- NOK

Triple room\*: 1350,- NOK

Quadruple room\*: 1150,- NOK

*\*Limited availability*

To take advantage of these favourable prizes, please book directly to the Bergen Open Secretary by filling out the Accommodation-form and return it before 3<sup>rd</sup> of March 2023.



### **Early Bird offer!**

If you book accommodation before January the 31<sup>st</sup>, you will get 10% off on all rooms!

**All payment is in Norwegian currency!**



## Food

Full board from Wednesday to Sunday is as follows:

### This includes:

Breakfast (Thursday-Sunday) will be served at the Hotel.

Lunch (Wednesday-Sunday) will be served at AdO arena.

Dinner (Wednesday-Saturday) will be served in AdO arena.

*(Dinner on Sunday can be ordered upon request)*

### Coaches evening:

On Friday we have a special evening planned, for all the coaches, judges and leaders.

### Banquet dinner:

On Saturday evening there will be a banquet dinner held in AdO arena. Here there will be entertainment and a good chance for the competitors to get to know each other better.

### Special food:

If there is need for special food due to allergy or for any other reason, please let us know, and specify it in the entry form.

## The City of Bergen

Founded in 1070 by King Olav Kyrre, Bergen is an international town with small-town charm and atmosphere. The inhabitants love to show off their beautiful city. They are proud of Bergen's shipping, trading and cultural traditions. The city with its 235,000 inhabitants is like a spectacular amphitheatre clambering up the mountainsides, overlooking the sea, embracing you. You can roam through living history in this modern city, the gateway to the wildest and loveliest fjords of Norway. Tradition, initiative and drive have made Bergen one of Norway's most vigorous cultural cities. It is not merely by chance that Norway's biggest cultural event, the Bergen International Festival, is held here each year, or that the town was chosen to be one of the European Cities of Culture in the year 2000. The old parts of town are living history, and the museums and galleries keep both art and the ancestral heritage alive. The Hanseatic wharf Bryggen, the Fish Market, the composer Edvard Grieg's home at Troidhaugen, Rasmus Meyer's art collection, the Aquarium and Old Bergen are just a few of the many attractions worth visiting.

