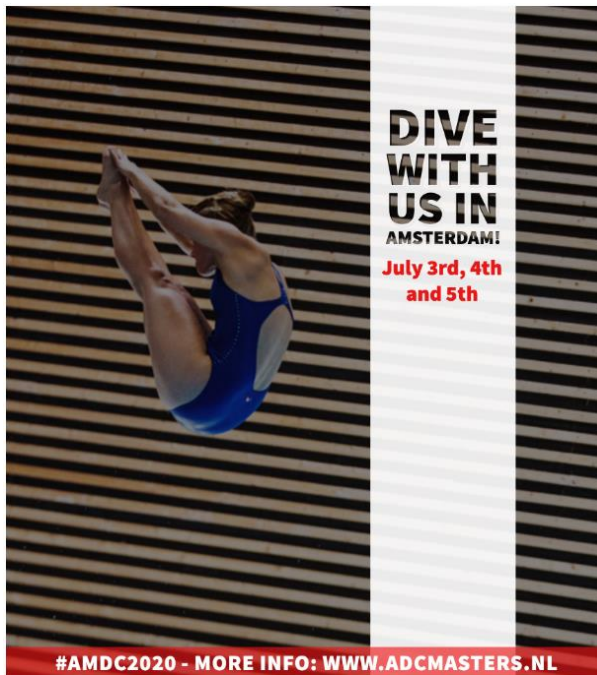




INVITATION
AMSTERDAM MASTER DIVING CUP
July 3-5 2020

AMSTERDAM MASTER DIVING CUP
WWW.ADCMASTERS.NL
@: INFO@ADCMASTERS.NL
FB: AMSTERDAMMASTERSDIVINGCUP
POOL: SLOTERPARKBAD
PRESIDENT ALLENDELAAN 3
1064 GW AMSTERDAM (NO MAIL)

Dear diving friends,



1 & 3 METER
BOARD, PLATFORM,
& SYNCHRONISED DIVING
FOR DIVERS
18 TO 90+ YEARS OLD



You are invited to dive with us this summer! Join us to compete at the international Amsterdam Master Diving Cup 2020, which will again be held in beautiful Amsterdam, the Netherlands, from Friday **July 3 to Sunday July 5**.

We warmly welcome all master and pre-master divers aged 19+. The much-loved synchronized competitions will be among the events highlights. Moreover, the Amsterdam Master Diving Cup will be awarded to both the male and female performing the best dive of the entire weekend.

Follow us to discover other fun awards you might experience to win.

Updates on www.adcmasters.nl and Facebook: www.facebook.com/AmsterdamMastersDivingCup

For the very brave and the entertainment of all, we add a spectacular X-diving platform side-event organized by our friends from indoor cliff diving to the program. Get in touch with Ken via www.indoorcliffdiving.com if you are interested to show your freestyle skills.



- Events:** Individual 1m board, 3m board, platform (5/7.5/10m) - men & women
Synchro 3m board, platform - men, women & mixed
According to FINA Master age groups and rules*
- Side-events:** X-Diving Competition
Diner on Saturday at Hotel Buiten, walking distance to the pool
(Both not included in AMDC competition fees)
- Training:** Monday June 29: 17.30-19.15, Tuesday June 30: 18.15- 20.15,
Wednesday: 17.15-19.00. Thursday July 2: 18.15 - 20.15h
Friday to Sunday between competitions
- Competition:** Friday July 3rd (15-21h), Saturday 4th (9-18h) and Sunday 5th (9-15h)
Times are approximate and may be subject to change
- Requirements:** Per AMDC event each diver performs dives in at least 3 different directions as per the [FINA Handbook](#) dive table. Platform dives can be freely combined from 5, 7.5 or 10m. Number of dives and additional requirements per category can also be found in the FINA Handbook.
- Entry Fee:** **EARLY BIRD OFFER: REGISTER BEFORE APRIL 1 (not joking) AND ONLY PAY €16 PER EVENT!**
After this: € 20 per event including synchro (i.e. two synchro divers for the price of one)
Free training from Monday to Sunday included between competitions
- Entry Forms:** Deadline for submission of your **Final Entry Form** is **June 1, 2020**
- Payment:** After the entry form has been sent in, you will receive an invoice.
Entries are valid only **after** payment. All payments are non-refundable.
Full payment must be made by **June 12** in Euros.
- Diving Sheets:** All AMDC diving sheets must be exclusively submitted using [DiveRecorder](#) by **June 19, 2020**. You may change dives per email or (after Thursday July 2) with the administration officers in the pool up to 24h before the start of your event.
- Judges:** Each participating team is kindly requested to nominate at least one judge/referee

We remain at your disposal for any enquiries and are looking forward to meeting you in Amsterdam this summer!

Kind regards,

Committee of the Amsterdam Master Diving Cup 2020

Andy, Anke, Bas, Cecile, Kirsten, Stephan, Yanaika

Supported by De Dolfijn Amsterdam

Contact us at info@adcmasters.com

**The organization is entitled to adjust or combine events based on number of registrations*

