



Technical Manual Diving



DISCLAIMER

All information in this guide was correct at the time of going to press. Changes to schedules, procedures, facilities, and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sports Information Centre in the Athletes Village or Sports Information Desk at the Competition Venue.



Welcome

The 3rd European Games Kraków-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials, and about 1,200 Technical Officials from across Europe to participate in elite-level sports competitions.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Technical Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule, and key dates.

The Technical Manual also includes details of the relevant venue, medical, anti-doping, training, and competition-related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Manual helps with your planning in the weeks remaining before the European Games 2023. Hard copies of this Technical Manual will be provided upon arrival in Poland. We look forward to welcoming you to European Games Kraków-Małopolska 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.



Table of Contents

1. General Information.....	5
1.1. Key dates.....	5
1.2. Competition Management	5
1.3. International Technical Officials (ITOs)	6
1.4. National Technical Officials (NTOs)	8
1.5. Medal Events	9
1.6. Competition Format.....	9
1.7. Competition Draw	11
1.8. Competition Rules.....	11
1.9. Clothing and equipment.....	12
1.10. Late Athlete Replacement Policy (LAR)	12
1.11. Doping Control.....	13
1.12. Sports Information	15
1.13. Competition Schedule.....	15
1.14. Weather Information	15
2. Competition Venue Information	17
2.1. Key information	17
2.2. Venue access.....	17
2.3. Field of Play (FoP)	17
2.4. Venue Services and Facilities	18
3. Team Leaders Information.....	21
3.1. Pre-competition Procedures	21
3.2. Competition Procedures	21
3.3. Post-Competition Procedures	22
4. Training Information.....	26
4.1. Key Information	26
4.2. Training Information and Regulation	26

1. General Information

The Diving Competition at the 3rd European Games 2023 will be held from 22 June to 28 June 2023 at Diving Arena in Rzeszów.

The EG2023 Diving Competition will be held at the European Diving Championships. The champion in each of the Individual Events for men and women in 3m Springboard and Platform will earn quota place for Paris 2024 Olympic Games.

1.1. Key dates

Date	Event
5 May 2023	Deadline for the Long List Presentation
2 June 2023	Sports Entries Submission Deadline
18 June 2023	Athletes' Village official opening
19 June 2023	Arrival day
20-21 June 2023	Official Trainings
21 June 2023	EG2023 Opening Ceremony
22 June 2023	Team Leaders' Meeting Start of the Competition
28 June 2023	End of the Competition
29-30 June 2023	Departure Day
2 July 2023	EG2023 Closing Ceremony
4 July 2023	Athletes' Village official closing

1.2. Competition Management


Position	Name
Diving Competition Manager	Marcin KULCZYCKI
Diving Venue Manager	Łukasz KRASOWSKI

1.3. International Technical Officials (ITOs)

The total number of ITOs is 42.

Position	Number
Bureau Liaison	2
Technical Delegate	1
World Aquatics Technical Delegate	1
Secretary	1
Member	13
Medical Delegate	1
Announcer	1
Commentator	1
Judge	21

Position	Name	NOC Code
Bureau Liaison	Petr RYSKA	CZE
Bureau Liaison	Marco TROLL	GER
Technical Delegate	Anna SOROKINA	UKR
World Aquatics Technical Delegate	Gordon PETERSON	CAN
Secretary	Klaus DIBIASI	ITA
Member	Georgi CHOBANOV	BUL
Member	Sanda DONOVAL	CRO
Member	Hana NOVOTNA	CZE
Member	Dolores SAEZ DE IBARRA	ESP
Member	Alexei EVANGULOV	GBR
Member	Holger SCHLEPPS	GER



Member	Georgia FYRIGOU CONSOLO	GRE
Member	Ildiko KELEMEN	HUN
Member	Arne TELLEFSEN	NOR
Member	Bartłomiej KRYNICKI	POL
Member	Snezana ZUGIC	SRB
Member	Mathz LINDBERG	SWE
Member	Salih BASPARMAK	TUR
Medical Delegate	Wessel ZIMMERMANN	NED
Announcer	Jill ROBINSON	GBR
Commentator	Michele BENEDETTI	ITA
Judge	Maria CHANDIRYAN	ARM
Judge	Jann SIEFKEN	AUT
Judge	Carla HERNANDO FERRER	ESP
Judge	Marja MATTURI- SLOTTE	FIN
Judge	Daniel AZORIN	FRA
Judge	Sarah BARROW	GBR
Judge	Irakli BARTAIA	GEO
Judge	Norman BECKER	GER
Judge	Nikolaos TOULLOUDIS	GRE
Judge	Zsolt JAFCSAK	HUN
Judge	Gianluca CALDERARA	ITA
Judge	Ale PIKTURNIENE	LTU
Judge	Ronald VAN DER VOORT	NED

Judge	Anna Maja THORSEN	NOR
Judge	Anna WIERNIUK	POL
Judge	Daniela-Mihaela ILIES	ROU
Judge	Carmen STRITT BURK	SUI
Judge	Peter AXTELIUS	SWE
Judge	Anatoliy GOLOVAN	UKR
World Aquatics Judge	Yehia DAW	EGY
World Aquatics Judge	Ricardo BAÑUELOS PADILLA	MEX

1.4. National Technical Officials (NTOs)

The total number of NTOs is 6.

Position	Number
Head of Secretariat	1
Secretariat Member	4
Last Call Room Manager	1

Position	Name	NOC Code
Head of Secretariat	TBD	
Secretariat Member x 4	TBD	
Last Call Room Manager	TBD	

1.5. Medal Events

This competition will consist of 13 medal events, summary below:

Men's Events (5)	Women's Events (5)	Mixed Events (3)
1m Springboard	1m Springboard	3m Synchronised
3m Springboard	3m Springboard	Platform Synchronised
Platform	Platform	Mixed Team Event
3m Springboard Synchronised	3m Springboard Synchronised	
Platform Synchronised	Platform Synchronised	

1.6. Competition Format

Events:

Individual Events Men's/Women's	Synchronised Events Men's/Women's	Mixed Events Men's/Women's
1m Springboard	3m Springboard Synchronised	3m Springboard Mixed Synchronised
3m Springboard	Platform Synchronised	Platform Mixed Synchronised
Platform		Mixed Team Event

Event Phases:

Event	Preliminary	Final
All Individual Events: 1m Springboard 3m Springboard Platform	✓	✓
All Synchronised Events & Mixed Team Event	X	✓

Starting Order

Starting order for all preliminaries and direct finals will be drawn at the Team Leaders' Meeting. All divers in every event start with zero (0) points.

Individual Events


Individual diving events on 1m Springboard, 3m Springboard, and Platform will be held in two phases: Preliminaries and Finals. The top twelve (12) ranked Athletes from the Preliminary competition qualify for the Final. The starting order of the divers in the Final will be according to the reverse order of their placing as determined by their total scores at the end of the Preliminary.

Composition of the Diving Programme:

- Women's 1m Springboard, 3m Springboard, and Platform Events: five (5) dives from five (5) different groups without limit of Degree of Difficulty (DD);
- Men's 1m Springboard and 3m Springboard Events: six (6) dives from five (5) different groups without DD limit;
- Men's Platform Event: six (6) dives from (6) different groups without DD limit.

Men's / Women's and Mixed Synchronised Events

The Synchronised Diving competition involves two competitors diving simultaneously from the Springboard or Platform.



Synchronised Diving Events (3m Springboard and Platform) will be held in a format of direct Finals. Dives to be performed are five (5) for women, five (5) for Mixed Events, and six (6) for men. Teams shall comprise two competitors of the same NOC.

The first two (2) rounds of dives are assigned with a degree of difficulty (DD) of 2.0 for each dive regardless of the formula. The other three (3) dives for women's and Mixed Events and four (4) dives for men's events are without any DD limit.

Mixed Team Event

All Teams shall comprise two (2) up to four (4) competitors of the same NOC (at least one male and one female in each Mixed Team). The competition shall comprise six (6) different dives: three (3) from 3m and three (3) from Platform. All dives should be from six (6) different groups and have no limit to DD.

The first two rounds are individual dives from the 3m Springboard performed one by a female and one by a male diver. The third round is a Mixed Synchronised dive from a 3m Springboard. The fourth and fifth rounds are Individual dives from Platform performed one by a female and one by a male diver. The last round is a Mixed Synchronised dive from Platform.

1.7. Competition Draw

Starting order for all preliminaries and direct finals will be drawn at the Team Leaders' Meeting.

1.8. Competition Rules

Duration and Scoring

Diving Competition during the EG2023 will be conducted in accordance with LEN Rules available at www.len.eu.

Protests and Appeals

Protests and Appeals shall be carried out in accordance with LEN Constitutional Rules or Constitution, which can be found at www.len.eu.

1.9. Clothing and equipment

Competition Uniforms

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Kraków-Małopolska 2023 European Games is left to the discretion of the participating NOCs. No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

Out of Competition Clothing


Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn by the members of their delegation. Two (2) manufacturer's identifications and one (1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.

No alcohol or tobacco product producers' logos, no betting companies' logos will be allowed.

No sponsors' logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal

1.10. Late Athlete Replacement Policy (LAR)

Starting on 3 June 2023, 00:00 CEST, the Late Athlete Replacement Policy becomes active and will be strictly enforced. NOCs should note that replacement Athletes should have been included in the accreditation long list by 5 May 2023.



The LAR policy is only applicable to those sports/disciplines in which the quota place has been allocated to the NOC.

Two procedures* are available for NOCs to replace confirmed Athletes after the Sports Entries deadline:


- Medical or injury-related LAR – to replace an athlete if he/she is injured after 2 June 2023. The deadline for submission of medical or injury-related LAR is two hours before the technical meeting or weight draw as appropriate in the related discipline;
- Non-medical LAR – each NOC is given a quota for the replacement of Athletes for other reasons. The deadline to submit non-medical LAR is 24 hours before the Technical Meeting as appropriate in the related discipline.

NUMBER OF ATHLETES IN NOC DELEGATION	QUOTA FOR NON-MEDICAL LAR
1-10	1
11-20	2
21-50	5
51-100	10
101-150	15
151+	20

*The LAR form and detailed procedure and approval process will be communicated to all NOCs by 16 May 2023.

1.11. Doping Control

During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in competition and out of competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency



(WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.

If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

Where the Athlete already has a TUE granted by their National Anti-Doping Organisation or International Federation for the substance or method in question and provided that such TUE has been reported in accordance with Article 5.5 of the International Standard for Therapeutic Use Exemptions, EOC will automatically recognise it for purposes of the EG2023 without the need to review the relevant clinical information.

In cases of emergency related to the need to use medicine that contains prohibited substances or methods considered prohibited for medical purposes during the EG2023, please contact the ITA with a request for further instructions. The ITA is the organisation that, on behalf of the EOC, is responsible for the review of TUEs during the EG2023.

EOC Anti-Doping Rules are applicable to all athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel, and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts. The EOC Anti-Doping Rules are available at <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

Doping control rules and program

During the EG2023, the World Anti-Doping Code in the amended version, which entered into force on 1 January 2021, and relevant international standards apply. The organizer of the event does not introduce any modifications in this regard.



1.12. Sports Information

The Sports Information Desk (SID) will be available at Competition Venue while the venue is open and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;
- the distribution of start lists, draw lists, and results;
- Training Schedule Information for open and pre-allocated training;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission, registration of filming devices);
- Lost and Found (at Competition Venues only)

1.13. Competition Schedule

During the Games, there may be delays, postponements, or cancellations of the Competition. If this occurs, NOCs will be informed of the revised competition schedule through SID at the Competition Venue.

Changes will also appear on the Games-time website.

For detailed information, please see Appendix 1.


1.14. Weather Information

At the turn of June and July there are the highest average temperatures of the year and the most sunlight hours during the day. The city in the south of Poland sees an average daily temperature of 19°C (around 65°F). The highs for the month reach all the way to 25°C (about 77°F) and the lows drop down to 12°C (about 54°F).

There are rainfalls an average of 69 mm over 17 days. Precipitation on a day is 50 percent.

A cloudy day is 33 percent, and a windy day is also 33 percent. There's also a 50/50 fog.

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include a forecast for the



current day as well as a summary forecast for up to three days in advance. The weather forecast will be regional and will be updated throughout the day as required.



2. Competition Venue Information

2.1. Key information

The Diving Competition will take place at the Diving Arena, 7a Matuszczaka Street, 35-083 Rzeszów.

Distance from the Athletes' village to the Venue - TBD.

The venue capacity is 400 spectators seats.

2.2. Venue access


During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars. The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports, and train stations as well. The shuttle service will run every 30-45 minutes and during rush hours every 15-20 minutes. The shuttle service will start operating two days before the first event starts and will end one day after the last event ends at each Sports Venue. On an operating day the shuttle service will start running two hours before the first activities at the Venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last event.

K&MEGOC will provide a shuttle service between Kraków and other locations 2-3 times a day, except the route Kraków – Tarnów, where the vehicles will operate more often.

2.3. Field of Play (FoP)

Field of Play specification:

- Pool dimensions: 29 x 25 meters
- Pool depth: 5 meters
- Springboards: 2 x 1m, 3 x 3m

- 
- Platforms: 1m, 3m, 5m, 7,5m, 10m
 - Springboards and platforms location: all on the same side of the pool

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

The infrastructure at the Venue will be set up in accordance with the requirements of LEN.

2.4. Venue Services and Facilities

o Athletes' Changing Rooms


Changing rooms for men and women will be available at the Competition Venue.

o Athletes' Refreshment Area

Access to snacks and beverages will be provided to Athletes in the Athletes' Refreshments Areas at the Competition Venues. Snacks and beverages at the Sports Venues will be available on both Competition Days and Official Training Days. All snack stations will be designed for self-service, but the catering staff will be responsible for replenishing them.

Snacks will be available at official sports facilities:

- On Competition Days: 1h before the start of the first event to 30 minutes after the end of the last event

- 
- On official Training Days: 30 minutes before the start of the first training up to 0.5 hours after the end of the last training of the day.

The following refreshments will generally be provided for Athletes and Team Officials at Competition Venues and Athletes' Lounges:

- Still water in 0.5l bottles at room temperature and chilled;
- Hot beverages-coffee and tea;
- Whole fruits -primarily bananas, but also apples, pears, and oranges;
- 100% apple and orange juice;
- Fruit and natural yogurts, also a vegan option;
- Granola bars;
- Isotonic drinks in bottles of 0.5l or 0.75l.

- **Broadcast Mixed zone and I-Zone**

All Competition Venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also Interview Zone provided for all the non-right TV and radio crews.

- **Doping Control Station**

At each Competition Venue, there will be an anti-doping control station, which meets criteria established by ITA and WADA. Doping control stations consist of waiting rooms, processing rooms, and toilets where the samples will be collected. The station's premises should be clean and provide comfort and privacy to the athletes and doping control personnel. At doping control stations, competitors will have access to sealed drinks in the form of bottled still water.



- **Lost and Found**

All reports of lost items at the Venue should be directed to SID. This is also the location where all found in the Athletes' Area or Field of Play should be delivered.

- **Medical Services**

Medical services will be provided at Competition Venues, Training Sites, and Non-Competition Venues.

The following medical services will be provided at the Venue:

- Ambulances with a doctor or paramedic equipped with Advance Life Support Equipment;
- Pedestrian Parts with a Paramedic, Basic Life Support Equipment;
- Medical Aid Points with a doctor or system nurse or paramedic, and Advance Life Support Equipment.

- **Venue Evacuation and Emergency Procedures**

In the unlikely event of a venue evacuation, a public announcement message will be broadcast within the venue that will provide directions.

On hearing the evacuation message, athlete groups onsite should follow the directions of the K&MEGOC workforce and leave the venue via indicated routes, and report to the designated evacuation assembly points. Details on the locations of the assembly points for each venue will be provided.

3. Team Leaders Information

3.1. Pre-competition Procedures

Team Leaders' Meeting

Date: 22 June 2023

Time: 11:15 a.m.

Location: Rzeszów Diving Arena – Conference Room at level 0, next to the entrance

During the Team Leaders' Meeting, all important information about the competition will be provided. Participants of the meeting shall be Team Leaders, max two (2) people per Team, LEN Technical Delegates, ITOs, NTOs, Competition Managers, and Venue Managers. Official Drawing will take place at the Team Leaders' Meeting.

3.2. Competition Procedures

o **NOC Filming Policy**

Each sport will be considered individually. In case of need, each NOC can apply to EBU which is the 3rd European Games 2023 official distributor of signal to television entities and responsible for creating of OTT platform for TV signal and life streaming. An official request can be sent to europiangames23@ebu.ch. The procedure for the NOCs' technical filming will be provided at a later stage.

o **Warm-Up**

During each Competition Day, there will be two Sessions: morning and afternoon. Before each Session, there is a Warm-Up. The last 40 minutes of each Warm-Up Session on the Event's height is reserved for Warm-Up only for divers competing in the next Events, e.g. if the Event after Warm-Up is "Women's 3m Springboard Preliminaries", on 3m Springboards shall dive only women competing in this Event. At the same time, on 1m Springboards and Platform, all divers may dive.

For detailed information about Warm-Up hours, refer to Competition Schedule (Appendix 1).



3.3. Post-Competition Procedures

Doping Control

Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after the athlete has finished competing or the medal ceremony. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or team doctor to the Doping Control Station along with them.

During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the athlete should be the first person to be informed about the selection for doping control. During doping control, athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.

Broadcast Mixed Zone and Flash-Zone


All the Athletes must exit FoP via the Mixed Zone.

After the competition or Medal Ceremony, all the Athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the Mixed Zone. Team Coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.

After passing through the Mixed Zone, Athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the Interview Zone (outside the Mixed Zone) or press conference.

Journalists wanting to interview someone would make a request to Press Operations Volunteers who will escort the athlete. By default, all three medalists and all Polish Athletes will be accompanied by Volunteers for interviews. Press Attaches, DCOs, and LANS Team members will be able to escort Athletes into the Mixed Zone if needed. Once in the Mixed Zone, the Athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the Volunteer before the start of the interview. The Volunteer has the right to interrupt



the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same Athlete.

The Mixed Zone will be managed by Press Operations Volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media "scrum" is created. All the medalists will be asked to attend a short press conference after the Medal Ceremony and pass through the Mixed Zone. Volunteers or Press Operations representatives will make their way to the official transport which will take them to City or Main Press Centre. After the press conference, Athletes will not come back to the FoP.

Result Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org

Delivery of printed results information is available only at Competition Venues and to time-critical services. Selected reports will be available for collection from SID at the Venue.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from the www.european-games.org


Medal Ceremonies

All Medal Ceremonies at the 3rd European Games 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medalists are gathered in the waiting area accompanied by Volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony.

As a rule, Medal Ceremony is held right after the sports session is finished.

All announcements for the Medal Ceremony will be made in two languages – English and Polish.



It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs, mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is in possession of any of these items, the latter is handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial, political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.

Athletes will be required to wear their NOC official uniform throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their full tracksuit with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games Kraków-Małopolska 2023.


Athletes ranked:

- first,
- second,
- and third

respectively (as well as those sharing the places, if it is outlined by the competition rules) take their places behind the podium.

The rewarding the prize-winners goes as follows:

The ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third.



Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

4. Training Information

4.1. Key Information

All Official Training Sessions as well as Warm-Up during Competition Days will take place at Diving Arena: Rzeszów Diving Arena, 7a Matuszczaka Street, 35-083 Rzeszów.

In a case of necessity of additional trainings before the Official Trainings start, each NOC can book Unofficial Trainings at the Venue. For this purpose, NOCs should contact Diving Arena administration in private order via e-mail: IKrasowski@rosir.pl. Organising Committee doesn't provide any kind of services for Unofficial Trainings. NOC take all responsibility for athletes' transfer, medical support, meals and ect. during Unofficial Trainings.

For Training Schedule see Appendix 2.

4.2. Training Information and Regulation

The Training Site will have controlled access for accredited Team Members only, public access will not be allowed.

Training Access:

TAPs allow registered members of an NOC delegation, who are considered essential to the athletes' preparation for the European Games, to have access to training venues (and competition venues which are used for training).

-This pass allows access to training venues and competition venues, only on the days when there is no competition taking place at that specific venue.

NOC applies for a TAP through the EGOC's Guest Pass system. On arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g. passport or official travel document for foreigners, ID or driver's license for nationals, etc.), if not accredited, to establish identity.

TAP can only be requested for sports venues and competition days where the NOC has competitors.

For every twenty (20) athletes (the number shall be rounded up), one (1) TAP will be allocated per day, for example:

- 1-20 athletes 1 TAP per day

- 
- 21-40 athletes 2 TAP per day
 - 41-60 athletes 3 TAP per day
 - 61-80 athletes 4 TAP per day
 - 81-100 athletes 5 TAP per day
 - 101-120 athletes 6 TAP per day
 - 121-140 athletes 7 TAP per day
 - 141-160 athletes 8 TAP per day
 - 161-180 athletes 9 TAP per day
 - 181-200 athletes 10 TAP per day
 - 201-220 athletes 11 TAP per day
 - 221-240 athletes 12 TAP per day
 - 241-260 athletes 13 TAP per day
 - Etc.

The training Schedule and Competition Schedule will be available at SID at the Venue.

Diving Official Training Sessions are always open to the media. NOCs or LEN cannot request closure of training. Broadcast Mixed Zone or press tribunes can be used for viewing. Photographers are allowed to be present near the media line inside the Training Area.

The infrastructure at the Venue will be set up in accordance with the requirements of LEN.

Full Medical Services will be provided during the Official Training days.

Appendix 1. Event Competition Schedule

Date	Time	Type	Competition Phase
Thursday, 22 June 2023		Competition Day 1	
	8:00-11:00	Morning Training	
	14:45-16:45	Warm-Up	
	17:00-18:00	Mixed Team Event	Final
		Medal Ceremony	
Friday, 23 June 2023		Competition Day 2	
	7:45-9:45	Warm-Up	
	10:00-12:00	Women Platform	Preliminaries
	12:45-14:45	Warm-Up	
	15:00-16:00	Mixed Synchronised 3m Springboard	Final
		Medal Ceremony	
	16:45-19:45	Warm-Up	
	20:00-21:05	Women Platform	Final
		Medal Ceremony	
Saturday, 24 June 2023		Competition Day 3	
	7:45-9:45	Warm-Up	
	10:00-13:00	Men 3m Springboard	Preliminaries
	13:15-14:45	Warm-Up	
	15:00-16:00	Mixed Synchronised Platform	Final
		Medal Ceremony	
	16:45-18:45	Warm-Up	
	19:00-20:20	Men 3m Springboard	Final
		Medal Ceremony	



Sunday,
25 June 2023

Competition Day 4

7:45-9:45	Warm-Up	
10:00-12:30	Women 3m Springboard	Preliminaries
12:45-14:45	Warm-Up	
15:00-16:05	Men Synchronised Platform	Final
	Medal Ceremony	
16:45-18:45	Warm-Up	
19:00-20:05	Women 3m Springboard	Final
	Medal Ceremony	

Monday, 26 June
2023

Competition Day 5

7:45-9:45	Warm-Up	
10:00-12:30	Men 1m Springboard	Preliminaries
12:45-15:45	Warm-Up	
16:00-17:00	Women Synchronised 3m Springboard	Final
	Medal Ceremony	
17:15-17:45	Warm-Up	
18:00-19:20	Men 1m Springboard	Final
	Medal Ceremony	

Tuesday, 27 June
2023

Competition Day 6

7:45-9:45	Warm-Up	
10:00-13:00	Men Platform	Preliminaries
13:45-15:45	Warm-Up	
16:00-17:00	Women Synchronised Platform	Final
17:00-17:45	Warm-Up	
18:00-19:20	Men Platform	Final
	Medal Ceremony	





Wednesday, 28 June 2023	Competition Day 7		
	7:45-9:45	Warm-Up	
	10:00-12:30	Women 1m Springboard	Preliminaries
	14:15-15:45	Warm-Up	
	16:00-17:00	Women 1m Springboard	Final
	17:05-17:45	Warm-Up	
	18:00-19:10	Men Synchronised 3m Springboard	Final
		Medal Ceremony	



Appendix 2. Training Schedule

Date	Time	Warm-Up Area	Diving pool
Tuesday, 20 June 2023	9:00-10:15	Group A	-
	10:15-11:30	Group B	Group A
	11:30-12:45	Group C	Group B
	12:45-14:00	-	Group C
Tuesday, 20 June 2023	14:00-15:15	Group A	-
	15:15-16:30	Group B	Group A
	16:30-17:45	Group C	Group B
	17:45-19:00	-	Group C
Wednesday, 21 June 2023	9:00-10:15	Group B	-
	10:15-11:30	Group C	Group B
	11:30-12:45	Group A	Group C
	12:45-14:00	-	Group A
Wednesday, 21 June 2023	14:00-15:00	Group B	-
	15:00-16:00	Group C	Group B
	16:00-17:00	Group A	Group C
Afternoon	17:00-18:00	-	Group A

All Athletes will be divided into three (3) groups. Each group will contain approximately 45 Athletes.

Group A – TBD

Group B – TBD

Group C - TBD

Appendix 3. Venue Maps





KRAKÓW MAŁOPOLSKA
EG2023
3rd EUROPEAN GAMES

Organising Committee