



BRISTOL

BLUE



TEAM
FREEDIVING COMPETITION



16th November 2019

Henbury Leisure Centre - Bristol

www.Bristolfreedivers.co.uk/teamcomp



Dear Athletes,

We are very excited to welcome you to Bristol for the 6th Bristol Blue Freediving Competition hosted by Bristol Freedivers. For the second time, the Bristol Blue will be a Team competition where teams of 3 athletes will combine their scores to compete for top honours.

This information pack will give you all you need to know for the competition, where to go, what to bring and when it is all happening. There are also links to the competition website and other useful pages. If you have any other questions please get in touch at BristolBlueComp@Gmail.com

Good luck, dive safe and have a great time!!

Bristol Freedivers



Bristol Blue Team Competition

General Info

The competition is taking place on Saturday 16th November and is being held at Henbury Leisure in Bristol. The address is **Avonmouth Way, Bristol, BS10 7NG**. There is plenty of parking on site which is free all day.

On arrival, you will probably find us in the main reception but if not, go through to the sports hall round to the right. Registration and the athlete briefing will be held here. You can hang out and relax here until we are allowed through to the pool.

We have the pool from 12:30 when you can go through and relax around poolside. All athletes need to be poolside 1 hour before their top times but you are welcome to stay there during the whole competition. There is plenty of space around the small pool and main pool to warm up and prepare for your dives, but please be mindful of other athletes who are competing and try to give the judges and assistants plenty of room to walk up and down the poolside when judging.

The pool is a 25m pool which is 1.1m deep at the shallow end and slopes down to 1.8m at the deep end. It is heated to 29 deg C and will be used for DNF and DYN disciplines. For DNF and DYN there are 6 lanes with 3 being used as competition lanes with the remaining 3 lanes being used for warm-up and photography. STA will take place in the smaller learner pool. This is 1m deep and is heated to 31 Deg C.

We have been informed that the competition wave breaker lane ropes are not available so the lane ropes used will be standard pool ropes. We will do all we can to ensuring these are tightened as much as possible and floats attached to ensure they are able to support athletes surfacing. We have a fantastic team of experienced safety divers, all have all supported previous competitions, who will have the brief to support the lane ropes with their floats if needed to ensure the ropes do not dip.

There is no café onsite so bring any food and drink with you. Shops are within driving distance but not really close enough to walk. There are vending machines for snacks but no café.



Timetable

11am	Registration opens
12:000	Athlete Briefing (Rules and procedure for the day)
12:30	Registration closes. First athletes pool side check in

Session 1

13:30 to 14:15	STA - Athletes A
14:30 to 15:15	STA – Athlete B
15:30 to 16:15	DNF - Athlete C

Break

Session 2

17:00 to 17:35	DNF – Athlete A
17:50 to 18:25	DYN – Athlete B
18:40 to 19:15	DYN – Athlete C

19:30	Presentations and awards
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What to bring

On the day please bring with you

- Passport or other proof of ID
- AIDA Medical form signed by a doctor (Must be signed by a doctor in order to compete)
- Liability release completed and signed

Copies of the forms can be found at <http://www.bristolfreedivers.co.uk/forms>.

Your medical statement **MUST** be signed by a doctor in order to compete, even if you tick No to all medical conditions listed. Failure to provide this will mean you will not be allowed to compete.

Competitors must be a member of a National Freediving Association such as the BFA. We will endeavour to confirm your membership with the BFA prior to the competition so you do not need to bring proof of membership. If you are a member of an association from another country, please bring with you proof of membership or let me know the person to contact to confirm it in advance.

Rules

There will be an athlete briefing each day to go over the rules but please familiarise yourself with them in advance. The full rules can be found on the competition website,

<http://www.bristolfreedivers.co.uk/forms> or on the AIDA website:
<https://drive.google.com/drive/folders/0B1v9HiNnzknFeXY0MjhCUnU4YzA>

AIDA Ranking points

In advance of the competition, if you haven't already please can you create an account with AIDA so the results can be loaded for you. <https://aidainternational.org/Account/Register>



Top Times

Top times are calculated on the AP's given by each athlete, lowest going first, and will be posted on the competition website: <http://www.bristolfreedivers.co.uk/top-times> and via Facebook. They also accompany this pack and will be posted poolside through the competition. There will be an automated countdown to each top broadcast on poolside.

Official Time

Official time will be given during the athlete briefing. There unfortunately is no clock poolside so athletes will need to set their watches to this. We will use the official time for all top times and countdowns. The automated countdown will ensure all athletes start at the correct designated time.

Scoring

Points will be awarded for each discipline as per the AIDA scoring system. Each performance is converted into points using the following scales:

- Static Apnea: 1 second of immersion = 0.2 points
- Dynamic Apnea (DYN/DNF): 1m of distance = 0.5 points
- For the purposes of overall scores only, an uplift of 15% will be added to performances of DYN-BIFINS to ensure results are comparable to DYN-MONO performances

Points will be deducted for Yellow cards, as per the AIDA scoring system and Red cards will result in Zero points.

Winners

The scores for each athlete's performances will be combined with the others members of their team to give an overall team score. Prizes will be given to the team with the highest combined score

The only individual prize will be for Best Newbie, the athlete who is entering their first comp with the highest combined score. Newbie athletes who compete in DNF will receive a 30% uplift in their DNF score to make comparable to STA and DYN scoring. This uplift is only applied to work out the winners of the Best Newbie prize and is not applied to the overall team scores.

Social

Please join us for a social drink and meal after the competition at the Henbury Arms, which is a very short drive from the pool. It is just around the corner from the pool and is a warm, friendly pub offering carvery, pizza's, traditional pub grub and drinks. There will be an area reserved for us so plenty of room for all!

Address: 189 Henbury Road, Henbury, Bristol, City of Bristol, BS10 7AD

Website: <https://www.stonehouserestaurants.co.uk/nationalsearch/southwest/henburybristol>

We look forward to welcoming you to Bristol!

Bristol Freedivers

