



Akkaren Sport Diving Club hereby invites you to The Oslo Cup in Underwater Rugby, Saturday 12th of September 2009. This is a one-day tournament in Oslo with long traditions and teams in Europe are invited.

Last year we had teams from Norway, Sweden, Denmark, Spain and Germany participating. We hope that you will join us this year, to make the tournament even better and give your team a jump-start for the new season!

Place: Lambertseter Swimming pool (Lambertseter school), Oslo, Norway

Time: Saturday 12th of September at 08.00, teamleader meeting. Match start 09.00. The games will be over around 20.00, depending on the number of participating teams.

Rules: CMAS international rules, with exception of:
-Playing and pause time adjusted to the number of participating teams.
-Rules with respect to penalty competition etc will be informed about at teamleader meeting at 08:00.

Registration:

Registration and team information (see page 4) should be sent by e-mail to:

Kjellaug Hurlen, Phone: +47 408 71 406

E-mail: Kjellaug.Oppedal.Hurlen@dnv.com

Registration is valid only after the registration fee has been paid, deadline is 20th of August.





Payment:

Registration fee per team is **NOK 1500** to:

Akkaren SDK
Postboks 5227
N-0303 Oslo, Norway

National payment: 7076 1415938

International payment:

IBAN: NO81 7076 1415938
SWIFT/BIC: DNBANOKK
Bank name: DNBNor,Oslo, Norway

Referees:

All teams must supply two referees (named upon registration).

The fee for lack of referees is NOK 500,- per team.

Any referees that don't show up to an announced game will be fined an extra fee of 150,- NOK per referee per game.

Referee/Teamleader meeting:

Saturday morning, 08.00 at Lambertseter swimming pool.

Game schedule:

Will be sent out by e-mail to the contact person on each team.

Renovation of locker rooms/changing rooms:

The changing rooms are under renovation during the cup, and temporary buildings with showers and changing rooms will be outside the swimming pool. The changing rooms for the gymnasium are also available.

Café:

There will be a café during the day with a good selection of food.

Overnight accommodations:

Two simple hotels in the city center:

Akkaren Sportsdykker Klubb,
Postboks 5227, Majorstuen, 0303 Oslo
Bankgiro : 7076.14.15938
Internet: <http://www.akkaren.no>





Perminalen
Øvre Slottsgate 2
0157 Oslo
ph: (+47) 23 09 30 81
<http://www.perminalen.com/>

Cochs Pensjonat
Parkveien 25
0350 Oslo
ph: (+47) 23 33 24 00
<http://www.cochspensjonat.no/>

Outside city:

In the city center:

Haraldsheim
Haraldheimveien 4
0538 Oslo
Ph: (+47) 22 22 69 25
<http://www.haraldsheim.oslo.no>

Anker hostel
Storgata55
0182 Oslo
Ph: (+47) 22 99 72 10
<http://www.ankerhostel.no/>

To get to the pool, take the subway from downtown Oslo to Lambertseter (line 4 to Bergkrystallen), see <http://www.trafikanten.no/>.

If you are interested in sleeping in the gym at Lambertster School (next door to the swimming pool, costs about 2500 NOK from Friday to Sunday), send us an email. We will do our best to make a deal with the school.

Akkaren Sportsdykker Klubb,
Postboks 5227, Majorstuen, 0303 Oslo
Bankgiro : 7076.14.15938
Internet: <http://www.akkaren.no>





Team Name :

Ladies / Men :

Country :

Contact person :

Address :

E-mail: :

Phone: :

Other: :

Name of referees: 1)

2)

