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Swim England South East Region Diving Skills Competition

Under Swim England regulations

K2

Pease Pottage Hill
Crawley, West Sussex
RH11 9BQ

Saturday 27 April 2019
8am start

E-programme

South East Region President: Jennifer Gray MBE

Still & Video Photography

Flash photography is not permitted during the performance of a dive as this can be distracting to the diver and could lead to an accident.

Emergency / Evacuation

In the unlikely event of an emergency it may be necessary to evacuate the building. Please follow instructions from the event organisers and Everyone Active staff. For your safety, familiarise yourself with the nearest emergency exit. If you have children with you please be aware of their whereabouts at all times.

Acknowledgements

Swim England South East Region would like to express its thanks and appreciation to the Everyone Active staff and management. Thanks also to the participating clubs, divers, coaches, officials, supporters and volunteers.

Conditions

Age Groups

- Group E 8/9 years in the year of competition
 Group D 10/11 years in the year of competition
 Group C 12/13 years in the year of competition
 Group B+ 14/16 years in the year of competition

Age Groups	Height	Skill	Dive No	Degree of Difficulty	Qualification Scores
E & D	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	Group E 240
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. 2-bounce forward jump straight	100A	1.0	Group D 255
		6. T armswing back jump straight	200A	1.0	
		7 – 8. 1 dive from list A and 1 dive from list B (in any order)		DD to count	
	Section 3 (3m)	9. Forward Straight Fall	10A	1.2	
		10. Forward tuck roll to pike out	10C	1.2	
11. Back fall straight (hands on thighs)		20A	1.4		
12. Crouched back tuck roll		20C	1.3		

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Groups E & D – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

Age Groups	Height	Skill	Dive No	Degree of Difficulty	Qualification Score
C	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	Group C 270
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. Hurdle step forward jump straight	100A	1.0	DD to count
		6. T armswing back jump straight	200A	1.0	
		7 – 8. 1 dive from list A and 1 dive from list B (in any order)			
	Section 3 (3m)	9. Forward Straight Fall	10A	1.2	
		10. Forward tuck roll to pike out	10C	1.2	
11. Back fall straight (hands on thighs)		20A	1.4		
12. Crouched back tuck roll		20C	1.3		

Group C – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

Age Group	Height	Skill	Degree of Difficulty	Qualification Score
B+	Section 1 (1m)	1 – 5. Either 3 dives from list C + 2 dives from list D OR 2 dives from list C + 3 dives from list D (in either case, at least 2 groups must be covered from each list)	DD to count	Group B+ 250
	Section 2 (3m)	6 – 10. 5 dives from list E (at least 3 groups must be covered)	DD to count	

List C (1m)

101C, 101B, 103C, 103B, 401C, 401B, 402C, 403C – repeats permitted (1.0) *

List D (1m)

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – repeats permitted (1.0) *

List E (3m)

101C, 101B, 103C, 103B, 105C, 401C, 401B, 403C, 403B, 201C, 201B, 203C, 203B, 301C, 301B, 303C – repeats permitted (1.0) *

Group B+ – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

*Dives of the same number are considered to be repeats, even if they are in a different shape.

E, D and C are run in a “circuit” format with groups of competitors simultaneously competing on 1m, 3m and poolside, enabling 12 skills to be completed in the same amount of time as 4.

B+ is run in a “circuit” format with groups of competitors simultaneously competing on 1m and 3m, enabling 10 dives to be completed in the same amount of time as 5.

The winner is the diver with the highest combined points total from ALL stations added together.

Timetable

	Event(s)	Training	Competition
1	E Girls, E Boys, D Boys	08.00 – 08.25	08.35 – 10.00
	Followed by results and presentations		
2	D Girls	10.00 – 10.25	10.35 – 11.55
	Followed by results and presentations		
3	C Boys	11.55 – 12.20	12.30 – 13.30
	Followed by results and presentations		
4	C Girls	13.30 – 13.55	14.05 – 15.45
	Followed by results and presentations		
5	B+ Girls, B+ Boys	15.45 – 16.15	16.25 – 17.50
	Followed by results and presentations		

Session 1

E Girls (8/9 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Elodie Biggam	2010	ASC		
2	Caitlyn Coster	2010	CPDC		
3	Rannie Jones	2010	HA		
4	Sarah Brockie	2010	LDC		
5	Tobi Fayomi	2010	LDC		
6	Harper Heath	2010	SWLD		
7	Winnie Griffiths	2010	SWLD		
8	Emma Mansfield	2010	SD		
9	Heidi Duff	2010	SD		
10	Kaycie Illingworth	2011	SD		

E Boys (8/9 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Joshua Saxton	2011	BCSC		
2	Woody Mantella	2010	CPDC		
3	Kaden Nelson-Gursoy	2010	DLAC		
4	Max Harvard-Wards	2010	DLAC		
5	Phoenix Graham	2010	DLAC		
6	Joshua Marsh	2010	MAID		
7	Gethin Davies	2010	SWLD		
8	Finlay Williams	2010	SD		
9	Rocco Morgan	2010	SD		

D Boys (10/11 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Maximilien Roberts	2008	ADCR		
2	Nelson Djoumessi Bazzard	2008	ASC		
3	Sofian Shaukat	2008	BCSC		
4	Ollie Eve-Raw	2008	BDA		
5	Jack Page	2009	CPDC		
6	Levi Livingstone	2008	CPDC		
7	Mikolaj Wilk	2009	CPDC		
8	Lewis Gordon	2008	SWLD		
9	Adam Tearle	2008	SDA		
10	Caleb Williams	2008	SDA		
11	Jay Gale	2008	SDA		
12	Jed Brown	2009	SDA		
13	Lucas Maul	2008	SDA		
14	Nathan Dorney	2008	SDA		
15	Noah Compton	2008	SDA		
16	Samuel Clark	2008	SDA		
17	Thomas Wigley	2008	SDA		
18	Billy East	2008	SD		
19	Finley Ledger	2008	SD		
20	Felix Bushell	2008	STAR		
21	Oliver McLean	2008	STAR		
22	Callum Salter	2008	TWDC		

Session 2

D Girls (10/11 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Esme Newall	2009	ASC		
2	Olivia Sykes	2009	ASC		
3	Lois Fell-Cowen	2009	BDA		
4	Cerys Aaron	2009	CPDC		
5	Charlotte Bloodworth	2008	CPDC		
6	Charlotte Hewitt	2008	CPDC		
7	Emmanuelle Packer	2008	CPDC		
8	Harriet Downer	2009	CPDC		
9	Imogen Prescott	2008	CPDC		
10	Ingrid Lake	2009	CPDC		
11	Isla Smith	2008	CPDC		
12	Juliette John	2009	CPDC		
13	Robyn Eastlake	2008	CPDC		
14	Ruby Taylor-Ross	2008	CPDC		
15	Thalia Fisher	2008	CPDC		
16	Jaime Gilbert	2008	DLAC		
17	Karis Gous	2008	MAID		
18	Amelia Patel	2008	SWLD		
19	Beatrice Ratti	2008	SWLD		
20	Daniella Sim	2008	SWLD		
21	Georgina Seath	2009	SWLD		
22	Rebecca Collins	2009	SWLD		
23	Ella Sunderland	2008	SDA		
24	Evie Tierney	2008	SDA		
25	Hana Cheung	2009	SDA		
26	Isabelle Bennett	2008	SDA		
27	Katie Palmer-Kitchin	2009	SDA		
28	Olive Smith	2008	SDA		
29	Pyrena Heath	2008	SDA		
30	Rose Mitchell	2009	SDA		
31	Summer Marvin	2009	SDA		
32	Alice Bilton	2009	SD		
33	Sadie Stratford	2009	SD		
34	Annabella Higgins	2009	STAR		
35	Mia Barnes	2008	STAR		
36	Tegan Fookes	2008	STAR		
37	Jasmine Jones	2008	TWDC		

Session 3

C Boys (12/13 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Finlay Stratford	2007	ADCR		
2	Joe Foster	2006	ADCR		
3	Matthew Rex	2006	ADCR		
4	Ewan Dibble	2006	ASC		

5	Matthew Glynn	2007	ASC		
6	Alex Hill	2007	CPDC		
7	Samuel Kempster	2007	CPDC		
8	Valentino Pouria-Khamnei	2007	CPDC		
9	Felix Saly	2006	HA		
10	Eddie Roberts	2007	LDC		
11	Jack Lister	2007	LDC		
12	Ludo Waterman	2006	LDC		
13	Scott Haxton	2006	LDC		
14	Daniel Fletcher	2006	MAID		
15	Finn Heath	2007	SWLD		
16	Joe Anderson	2007	SWLD		
17	Fabian Otten	2007	SDA		
18	Jack Elcock	2007	SDA		
19	Jimmy James	2007	SDA		
20	Liam Richards	2006	SDA		
21	Matthew Sinclair	2007	SDA		
22	Ryan Spiteri	2006	SDA		
23	Travis Stafford	2006	SDA		
24	Matthew Lewis	2007	SD		
25	Alex Cookson	2006	STAR		
26	Archibald Johnson	2006	STAR		
27	Thomas McMurray	2007	STAR		
28	Zac Devey	2007	TWDC		

Session 4

C Girls (12/13 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Daisy Thompson	2006	ADCR		
2	Lydia Palmer-Rios	2007	ADCR		
3	Emer Brownleader	2006	BCSC		
4	Yasmina Shaukat	2006	BCSC		
5	Jessica Grizenkova	2006	BDA		
6	Katie Foster	2007	BDA		
7	Mimi Earthrowl-Law	2007	BDA		
8	Aliya Hamdani	2006	CPDC		
9	Anna Smith Kirchner	2006	CPDC		
10	Annabelle Bowman	2006	CPDC		
11	Cara Gill	2006	CPDC		
12	Erin Cox	2006	CPDC		
13	Flora Kay	2007	CPDC		
14	Gabrielle Dale	2007	CPDC		
15	Jessica Pittman	2007	CPDC		
16	Kalina Wilk	2006	CPDC		
17	Luseane Koloj	2006	CPDC		
18	Mae Kelly	2007	CPDC		
19	Siofra Mawdsley	2006	CPDC		
20	Claire Kettler	2006	DLAC		
21	Quinn Kettler	2006	DLAC		
22	Hannah Cundell	2007	LDC		

23	Lucy Parker	2007	LDC		
24	Mia Tiley	2007	LDC		
25	Yasmin Harvey	2006	MAID		
26	Katie Proudlove	2006	SWLD		
27	Lottie Webster	2006	SWLD		
28	Amy Nightingale	2007	SDA		
29	Charlotte Beardsall	2006	SDA		
30	Chloe Farbrother	2006	SDA		
31	Elizabeth Hart	2007	SDA		
32	Emily Jerrim	2006	SDA		
33	Lilly Jones	2006	SDA		
34	Millie Groth	2006	SDA		
35	Pippa Stewart	2006	SDA		
36	Victoria-May Kelly	2007	SDA		
37	Amelia Neill	2007	SD		
38	Astrid Tait	2007	SD		
39	Edith Jefferson	2007	SD		
40	Holly Hartley	2007	SD		
41	Isabella Read	2006	SD		
42	Lily Elson	2007	SD		
43	Luana Bull	2006	SD		
44	Carrie Price	2006	STAR		
45	Liberty Smith	2007	STAR		
46	Tessa Fenwick	2007	STAR		
47	Lottie Young	2006	WFDC		

Session 5

B+ Girls (14/16 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Amber Cowan	2004	ADCR		
2	Anya Timothy	2005	ASC		
3	Charlotte Sykes	2003	ASC		
4	Fearna Scott	2004	ASC		
5	Kayla Tyrassek	2004	ASC		
6	Natasha Ridley Richardson	2005	ASC		
7	Sophie Kemp	2004	BDA		
8	Sophie Bennett	2005	CPDC		
9	Annie Campbell	2003	DLAC		
10	Alliyah Omar	2004	LDC		
11	Anna MacDougall	2005	LDC		
12	Amelia Barrett	2005	MAID		
13	Ella Weston	2003	MAID		
14	Emily Crowe	2003	MAID		
15	Amelia Harris	2003	SDA		
16	Rachel Cleal	2005	SDA		
17	Lily Maggs	2005	SD		
18	Olivia Capon	2004	SD		
19	Amy Smith	2005	STAR		
20	Kotryna Davidenas	2005	STAR		
21	Scarlett Winter	2005	STAR		
22	Mia Devey	2005	TWDC		

B+ Boys (14/16 Years)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Points</i>
1	Harry Healey	2004	ADCR		
2	Zac Cooper	2004	ADCR		
3	Henry Jones	2003	ASC		
4	Max Buisson	2003	ASC		
5	Morgan Hockley	2005	ASC		
6	Harry Cox	2005	CPDC		
7	Jak Holley	2003	SDA		
8	Max Blake	2005	SDA		
9	Anthony Trigg	2005	TWDC		
10	Caleb Beer	2005	WFDC		

Key to Clubs

ADCR – Albatross Diving Club Reading
ASC – Amersham Swimming Club
BCSC – Barnet Cophall Swimming Club
BDA – Beaumont Diving Academy
CPDC – Crystal Palace Diving Club
DLAC – Dive London Aquatics Club
HA – Haringey Aquatics
LDC – Luton Diving Club
MAID – Maidstone SC Diving Team
SD – Southend Diving
SDA – Southampton Diving Academy
STAR – Star Diving Club
SWLD – South West London Diving
TWDC – Tunbridge Wells Diving Club
WFDC – Waltham Forest Diving Club

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