



Diving Skills 2020

Saturday 23 May
8am – 6pm

K2 Leisure Centre
Pease Pottage Hill
Crawley
West Sussex
RH11 9BQ

This competition is promoted with Open and Closed events and entries are welcome from eligible divers. Closed events are for divers who are members of clubs affiliated to Swim England South East. Open events are for divers who are members of any club affiliated to Swim England through their Regional Association.

Conditions as National Skills Finals 2020.

Entry closing date: Friday 8 May

Dive sheets close: Friday 22 May (DiveRecorder)

Entries must specify diver's name, club, gender, year of birth, age group and the entry fees paid (£12 per diver). Payment via BACS to Swim England South East Region. A/C: 11514679, Sort: 40-32-19. Use ref: DS20 + club code.

Late entries will only be accepted at the organiser's discretion at a fee of £18 per diver. Fees must be paid in full before divers start training. A timetable will be published after the entry closing date. Swim England South East reserves the right to limit entry numbers. Participating clubs must provide judges.

Entries to be submitted by the closing date to

Francisco Diaz
46 Temple Road
Epsom
Surrey
KT19 8HA
Tel. 01372 727042
E-mail: francisco.diaz@btinternet.com

Age Groups

Group E – 8/9 Years
Group D – 10/11 Years
Group C – 12/13 Years
Group B+ – 14/16 Years

Ages recorded at December 31 in the year of competition

| Age Groups | Height | Skills | Dive No | Degree of Difficulty | Qualification Score |
|--|-------------------------|--|---------|----------------------|------------------------|
| 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 | Skills | 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 | Group C 270 |
| | | 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 | | |

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 | Skills | 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) *

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

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.

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.

Eligibility:

- England Diving Team Z divers are ineligible.
- Once a diver has competed at the National Age Group Championships they are ineligible at future National Skills Finals, except with written approval from the Swim England Diving Management Group when moving into Group B+.
- Divers must achieve the qualification score at a regional skills qualifier in the same year to compete at the National Skills Finals.

Swim England South East Region Diving Skills
K2, Crawley, Saturday 23 May 2020

Club:

Contact:

E-mail:

Complete the entry form and return it with the entry fees paid via BACS (£12 per diver) by the closing date (May 8).

Francisco Diaz, 46 Temple Road, Epsom, Surrey KT19 8HA

Tel: 01372 727042

E-mail: francisco.diaz@btinternet.com

| Diver | Gender | Year of Birth | Age Group | Coach |
|-------|--------|---------------|-----------|-------|
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[South East Region Privacy Policies](#)

<https://www.southeastswimming.org/privacy-policy-for-our-competitors/>

<https://www.southeastswimming.org/privacy-notice-for-officials-and-volunteers/>