



Diving Skills

Under Swim England laws & regulations

Tunbridge Wells Sports Centre
St John's Road
Tunbridge Wells
TN4 9TX

28 May 2022
9.30am – 6pm

E-programme

South East Region President: John Tripp

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.

Further guidance can be found in Swim England's [Wavepower](#).

Emergency / Evacuation

In the unlikely event of an emergency it may be necessary to evacuate the building.

Please follow instructions from the venue's staff and meet organisers.

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 thanks and appreciation to the participating clubs, officials, supporters and other volunteers, without whom this meet would not be possible.

Thanks also to the Fusion Lifestyle staff and management at Tunbridge Wells Sports Centre.

Conditions

Group E – 8/9 Years

Group D1 – 10 Years

Group D2 – 11 Years

Group C1 – 12 Years

Group C2 – 13 Years

Group B+ – 14/16 Years

Ages recorded at 31 December in the year of competition

Age Category	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E (8/9)	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	
D1 (10)	Section 2 (1m)	5. 2-bounce forward jump straight	100A	1.0	Group D1 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 DD to count	
D2 (11)	Section 3 (3m)	9. Forward fall straight	10A	1.2	Group D2 255
		10. Forward tuck roll 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 Category	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C1 (12)	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	Group C1 270
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
C2 (13)	Section 2 (1m)	5. Hurdle step forward jump straight	100A	1.0	Group C2 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 DD to count	
	Section 3 (3m)	9. Forward fall straight	10A	1.2	
		10. Forward tuck roll 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 Category	Height	Dives	Degree of Difficulty	Qualification Standard
B+ (14/16)	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, 104C, 401C, 401B, 402C, 403C – repeats permitted (1.0) *

List D (1m): 201C, 201B, 202C, 203C, 301C, 301B, 5122D, 5221D – 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 poolside, 1m and 3m, 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

Divers must be Swim England category 2 registered (club compete).

Swim England Team Z divers are ineligible.

Divers who have competed at regional age groups are ineligible to compete at the National Skills Finals in the same year.

Divers who have competed at the National Age Group Championships are ineligible at future National Skills Finals, except with prior written approval from the Swim England Diving Leadership Group when moving into Group B+.

Divers must achieve the qualification standard at a regional skills qualifier in the same year as the National Skills Finals.

Medals

Open and Closed medals will be presented to the top three in each event.

Open events are for divers who are members of any club affiliated to Swim England through their regional association.

Closed events are for divers who are members of clubs affiliated to Swim England South East Region.

Timetable

	Technical meeting	09.20 – 09.30	
	Event(s)	Training	Competition
1	E Girls, E Boys, D1 Girls, D1 Boys	09.30 – 10.00	10.10 – 11.10
	Followed by results and presentations		
2	D2 Girls, D2 Boys	11.10 – 11.40	11.50 – 12.50
	Followed by results and presentations		
3	C1 Girls, C1 Boys	12.50 – 13.20	13.30 – 14.20
	Followed by results and presentations		
4	C2 Girls, C2 Boys	14.20 – 14.50	15.00 – 15.50
	Followed by results and presentations		
5	B+ Girls, B+ Boys	15.50 – 16.30	16.35 – 18.00
	Followed by results and presentations		

Session 1

E Girls (8/9)

	Diver	YoB	Club	Place	Score
1	Hollie Hewer	2014	SDA		
2	Khloe Shave	2013	SDA		
3	Libby Edelson	2013	STAR		
4	Karina Baxendale	2013	CDT		
5	Adelyn Richards	2014	DLAC		
6	Rosie-Mei Dolman	2013	SDA		

E Boys (8/9)

	Diver	YoB	Club	Place	Score
1	Cai Tobin	2013	SWLD		

D1 Girls (10)

	Diver	YoB	Club	Place	Score
1	Sophia Howard	2012	CDT		
2	Mollie Cotter	2012	SD		
3	Imogen Simms	2012	SDA		
4	Isla Applin	2012	PLYM		
5	Emma Armstrong	2012	SDA		
6	Jemima Appleton	2012	SWLD		
7	Violet Rhodes	2012	LDC		
8	Florence Tibbatts	2012	CDT		
9	Thea Shirley	2012	SDA		
10	Florence Brindley	2012	STAR		
11	Henrietta Stuart	2012	ASC		
12	Alice Morskyj	2012	DLAC		

13	Sienna Robson	2012	DLAC		
14	Ariana Nikpay	2012	SWLD		

D1 Boys (10)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Casper Gunton	2012	DLAC		
2	Victor Burke	2012	SWLD		
3	Rami Cooper	2012	SDA		
4	Ryan Church	2012	CDT		
5	Ivan Mihalciuc	2012	ADCR		

Session 2

D2 Girls (11)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Eva Tsianavas	2011	PLYM		
2	Lucy Crispin	2011	SDA		
3	Ava-Rose Martin	2011	SDA		
4	Elin Tait	2011	SD		
5	Ruby Harris	2011	ASC		
6	Rosie Mower	2011	SD		
7	Lyla Rising	2011	SD		
8	Daisy Boo Radley	2011	SD		
9	Jessica Wilkie	2011	SDA		
10	Sophia Harris	2011	STAR		
11	Emilie Butler	2011	DLAC		
12	Lacey Chapman-Othen	2011	SDA		
13	Lily Bryant	2011	SDA		
14	Daisy Dwyer	2011	LDC		
15	Nancy Kasperkowicz	2011	DLAC		

D2 Boys (11)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Joshua Saxton	2011	LDC		
2	Thomas Buscombe	2011	SD		
3	Luke Trickett	2011	SDA		
4	Harry King	2011	SDA		
5	Isaac Ide	2011	PLYM		
6	Forrest Ahmet	2011	SD		
7	Elijah Cheeseman	2011	SDA		
8	Connor Craydon	2011	DLAC		
9	Isaac Rowell	2011	DLAC		
10	Jack Ellis	2011	SDA		
11	Benjamin Rogers	2011	SDA		

Session 3

C1 Girls (12)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Ava Cowper	2010	PLYM		
2	Erin Huish (guest)	2010	ACDC		
3	Samantha Barr	2010	SDA		

4	Freya Sisson	2010	SDA		
5	Lana Cooper	2010	SDA		
6	Abigail Bishop	2010	PLYM		
7	Poppy Rice	2010	SD		
8	Yuzu Baxendale	2010	CDT		
9	Elodie Biggam	2010	LDC		
10	Yuting Wang	2010	CDT		
11	Isla Pavitt	2010	SD		
12	Imogen Hobbs	2010	SDA		
13	Lacey Hale	2010	SD		
14	Regan Raffell	2010	SD		
15	Poppy Jones	2010	PLYM		
16	Amelie Avery	2010	SD		
17	Heidi Duff	2010	SD		

C1 Boys (12)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Kaden Nelson-Gursoy	2010	DLAC		
2	Lincoln Stephens	2010	PLYM		
3	Sebastian Haskins	2010	SD		
4	Ethan Cooper	2010	SD		
5	Kaiwen Dun	2010	PLYM		
6	Leo Robinett	2010	STAR		

Session 4

C2 Girls (13)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Lois Fell-Cowen	2009	LDC		
2	Aurelia Lee	2009	LDC		
3	Kayla Segun	2009	SDA		
4	Brianna Fox	2009	SD		
5	Rose Mitchell	2009	SDA		
6	Sophie Uminksi	2009	LDC		
7	Rebecca Price	2009	LDC		
8	Sophie Lebbe	2009	STAR		
9	Millie Olynyk	2009	SWLD		
10	Hannah Hopkinson	2009	ASC		
11	Sophie Hamlin	2009	SDA		
12	Delilah Wadsworth	2009	SDA		
13	Abigail Gateshill	2009	DCRM		
14	Libby Seage	2009	ASC		
15	Jessica Worthington	2009	SDA		
16	Evie Gillespie	2009	ADCR		
17	Grace Aris	2009	DCRM		
18	Emma Harrison	2009	SDA		
19	Emily King	2009	SDA		
20	Amy Gregg	2009	ADCR		
21	Grace Sufaj	2009	SDA		

C2 Boys (13)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Joshua Crowley	2009	SDA		
2	Lewys Owen (guest)	2009	ACDC		

Session 5**B+ Girls (14/16)**

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Kiri Pethick	2008	PLYM		
2	Emma Buckley	2007	ASC		
3	Isabelle Geary	2008	SDA		
4	Amy Schipper	2007	TWDC		
5	Beatrice Ratti	2008	SWLD		
6	Amelia King	2006	ADCR		
7	Xenia Laricheva	2008	SWLD		
8	Abigail Tompkins	2007	SDA		
9	Hannah Cundell	2007	LDC		
10	Amelia Patel	2008	DLAC		
11	Grace Crowley	2008	SDA		
12	Tegan Fookes	2008	STAR		
13	Isabel Watson	2008	ASC		
14	Sophia Berry Thornton	2008	SWLD		
15	Scarlett Hallam	2007	DCRM		
16	Laura Bugbee	2006	SDA		
17	Poppy Baker	2008	DCRM		
18	Eva O'Reilly	2007	STAR		
19	Hannah Ashdown	2008	ADCR		
20	Yeva Baruch	2008	SWLD		
21	Emily Jerrim	2006	SDA		
22	Rebecca Blohm	2008	STAR		
23	Marie Girardet	2006	DLAC		
24	Mia Tiley	2007	LDC		
25	Tessa Fenwick	2007	STAR		
26	Tabitha Wicks	2008	DCRM		
27	Laura Burrows	2007	PLYM		

B+ Boys (14/16)

	<i>Diver</i>	<i>YoB</i>	<i>Club</i>	<i>Place</i>	<i>Score</i>
1	Ryan Spiteri	2006	SDA		
2	Travis Stafford	2006	SDA		
3	Alex Cookson	2006	STAR		
4	Finlay Whitehouse	2007	ADCR		
5	Max Goodwin	2007	DLAC		
6	Oliver Secker	2007	SDA		
7	Matthew Glynn	2007	ASC		

Club Codes

ACDC – Aberdare Comets Diving Club
ADCR – Albatross Diving Club Reading
ASC – Amersham Swimming Club
CDT – Cambridge Dive Team
DCRM – Dacorum Diving Club
DLAC – Dive London Aquatics Club
LDC – Luton Diving Club
PLYM – Plymouth Diving
SD – Southend Diving
SDA – Southampton Diving Academy
STAR – Star Diving Club Guildford
SWLD – South West London Diving
TWDC – Tunbridge Wells Diving Club

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