



ENTRY PACK

BRITISH DIVING CHAMPIONSHIPS 2018

26 - 28 JANUARY
PLYMOUTH LIFE CENTRE



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Host City and Venue



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ATHLETE ENTRY PACK



CONTACT INFORMATION

Events Officer: Sophie Turner
Email Address: Sophie.turner@swimming.org
Phone Number: 07583 129988
Address: British Swimming
SportPark, Pavilion 3,
3 Oakwood Drive,
Loughborough,
LE11 3QF

THE VENUE

Plymouth Life Centre
Mayflower Drive
Plymouth
PL2 3DG

Please see below guides for planning your team's trip:

[Accommodation in Plymouth](#)

[Things to Do in Plymouth](#)

[Eating Out in Plymouth](#)

[Exploring Plymouth](#)

KEY DATES AT A GLANCE

Entry Deadline: Wednesday 10th January @13:00

Training Dates: 23rd – 25th January

Technical Meeting: Thursday 25th January @17:00

Competition Dates: 26th – 28th January

TRAINING

Training will be available on the following days:

Date	Diving Pit	Dry Dive
Tuesday 23 rd January	8am – 5pm	8am – 5pm
Wednesday 24 th January	8am – 5pm	8am – 5pm
Thursday 25 th January	8am – 5pm	8am – 5pm

COMPETITION

Date	Diving Pit	Dry Dive
Friday 26 th January	In between competitions	8am – 6pm
Saturday 27 th January	In between competitions	8am – 6pm
Sunday 28 th January	In between competitions	8am – 6pm



HOW TO ENTER

All entries for the British Diving Championships will be made online, please [CLICK HERE](#) for the entry page. Paper entries will not be accepted.

For Synchro entries, both members of a synchro team need to enter through the online system. Each member also needs the registration number of the other team member. This information can be accessed [here](#).

Entries must be received by 13:00 on Wednesday 10th January. A late fee of £30 will be charged after this date.

ENTRY FEES

Individual events: £15.00

Synchro events: £25.00

SCHEDULE OF EVENTS

Session times are subject to change

Friday 26th January 2018

Session 1 – 10:00

Women's 1m Prelim

Men's 1m Prelim

Session 2 – 14:15

Women's 1m Final

Men's 1m Final

Session 3 – 16:45

Women's 10m Synchro

Men's 3m Synchro

Saturday 27th January 2018

Session 4 – 10:00

Men's 3m Prelim

Women's Platform Prelim

Session 5 – 14:30

Men's 3m Final

Women's Platform Final

Session 6 – 16:45

Men's 10m Synchro

Women's 3m Synchro

Sunday 28th January 2018

Session 7 – 10:00

Women's 3m Prelim

Men's Platform Prelim

Session 8 – 14:00

Women's 3m Final

Men's Platform Final

TECHNICAL MEETING

The technical meeting will take place at **5pm** on Thursday 25th January in Meeting Room 1 on the third floor at Plymouth Life Centre.

DIVE SHEETS

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the Recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use. To submit your dive sheets on-line there are two options:

- Either visit: www.diverecorder.co.uk/onlinesheets and follow the instructions, or
- if you have an Android phone or tablet, you can get the ADiveSheets app from this page on the DiveRecorder website: www.diverecorder.co.uk/dive/android

As soon as you complete either on-line submission method, you will see a success/failure message. If you experience problems and need assistance please contact Ann Barker AnnBarker@aol.com

Electronic submissions must be made by Midnight on Wednesday 24th January. You will be asked to sign hard copies of these sheets at the venue, available from the Recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders. **The deadline for manual dive sheets is at the Technical Meeting on 25th January.**

REGISTRATION/MEMBERSHIP DEADLINE

Divers should be registered with the ASA 60 days prior to the commencement of the National Event ("The Meet") for which the diver is entering.

International divers must be a member of their country's diving federation in order to enter.



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EVENT CONDITIONS
INDIVIDUAL

Category	Gender	Board	Conditions
1m & 3m	Male	6 dives	6 dives from 5 groups, no limit. No dive may be repeated
5m, 7.5m and/or 10m*	Male	6 dives	6 dives from 6 groups no limit.
1m & 3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m*	Female	5 dives	5 dives from 5 groups no limit.

***Any diver wishing to be selected to the senior international team (Team A or B) must perform dives only from 10m platform (in both Prelim & Final).**

Junior Medals will be taken from the Senior events and they can use 5m, 7.5m and/or 10m in the Senior Platform however, “divers competing from 5m / 7.5m in the platform events are not eligible for the Senior title” as the Championships are the selection event for the international competitions with only 10m platform events.

SYNCHRO

Open Male 3m & 10m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open Female 3m & 10m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.

Synchro events can be performed at 5m, 7.5, & 10m. “divers competing from 5m / 7.5m in the synchro platform events are not eligible for the Senior title” as the Championships are the selection event for the international competitions with only 10m platform events.



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EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 1m, 3m and 10m events. There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver will be taken to ensure the top 8 GB divers progress).
- Divers cannot progress to the final if they do not perform dives from 10m.
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Minimum age for competitors in all events, 10 years by 31st December 2017.
- No dive may be repeated in any event.
- Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the NPD.
- Divers may compete in synchronised events only.

GB Recommended Performance Standards for British Championships:

Category	Gender	Event	Conditions	No. of Dives	Recommended Standard
Open	Women	1m	5 from 5	5	200
		3m	5 from 5	5	225
		Platform	5 from 5	5	225
	Men	1m	6 from 5	6	270
		3m	6 from 5	6	300
		Platform	6 from 6	6	300

TICKETS

Tickets will available via The Ticket Factory. Due to limited tickets being available please purchase your tickets as soon as possible to avoid any disappointment.

<https://www.theticketfactory.com/british-diving-championships/online/>

ACCREDITATION

Accreditation for all competitors and coaches will be photographic. There will be security present at the event and in order to enter both the seating and field of play area you will need accreditation. All divers will be required to submit a **recent passport sized photo** with their online entry. Failure to supply a photograph with the entry forms will result in the entry forms being invalid and therefore not accepted.



COACH/CHAPERONE PASSES

All coaches, chaperones and physiotherapists must have a valid photo to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £8 per event. **A valid DBS check, coaching and safeguarding qualification is required. Coach pass applications are now open [here](#).**

Applicants are advised the online Disclosure & Barring Service (DBS formerly CRB) process could take up to 1 month to complete. All applicants must be registered with an ASA affiliated club.

All ASA clubs and license applicants will have to complete a DBS (CRB) application regardless of any previous check carried out through another organisation unless this has been registered with the DBS Update Service www.gov.uk/dbs-update-service.

If you hold a disclosure that has been registered with the DBS Update Service, and you have not yet given the ASA written consent to check the status, please submit your original disclosure certificate along with a completed consent form to Sam Massey, Swim England DBS Coordinator. Please email dbs@swimming.org for a DBS Update Service Consent form.

Coaches/Chaperones will not be allowed on poolside without a valid accreditation pass.

PHOTOGRAPHY POLICY

British Swimming are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within a British Swimming setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

British Swimming encourage all spectators and participants at British Swimming events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

British Swimming is committed to ensuring that all children who participate in British Swimming activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.



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This event **will be photographed and filmed**. Static images will be displayed on the British Swimming website www.britishswimming.org. They will be used to promote the sport at this event and events in the future. Moving images may be displayed at the venue and via live stream at www.britishswimming.org. In addition, British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the Event Officer present. However if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to British Swimming Events Department.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the ASA Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer

CHILD PHOTOGRAPHY REFUSAL FORM

Should you or any of your divers prefer not to be photographed please complete the refusal of consent and return to the events office prior to the event.

NAME OF DIVER: _____

DATE OF BIRTH: _____

I refuse permission for the taking and/or publication of images of my child by the Official Photographer(s) in respect of the British Diving Championships 2018

SIGNED (PARENT/CARER): _____

PRINT NAME: _____

DATE: _____



Dive in to Plymouth!

Whilst you're here in Plymouth for the British Diving Championships, why not make the most of your visit by exploring all that the city has to offer.

There's plenty to see and do here, in Britain's Ocean City. Take a trip down memory lane, walk the waterfront, take a leisurely boat trip or get active with one of our many walking and cycling trails. We have selected our favourite recommendations to help inspire you.



Dive in: What not to miss

Smeatons Tower

One of the world's most famous lighthouses built by John Smeaton in 1759 on the Eddystone Rocks, (14 miles SW of Plymouth). It was moved to the Hoe in 1884 when a new lighthouse replaced it. Discover stunning views of Plymouth Sound from the top.

Plymouth Gin Distillery

Black Friars Distillery, the working home of Plymouth Gin since 1793, is the oldest working gin distillery in England – take a guided tour and learn about the art of making the world-famous Plymouth Gin.

Mount Edgcumbe House and Country Park

Mount Edgcumbe House is the former home of the Earls of Mount Edgcumbe. Set in Grade I Cornish Gardens within 865 acres Country Park on the Rame Peninsula, South East Cornwall. Explore, enjoy and learn about the beautiful history of the house and country park.

See the city by Boat

Set sail with Plymouth Boat Trips, Plymouth's premier fishing, ferry and cruising company. From fun packed fishing trips and relaxed harbour cruising to connecting ferries to Cornwall – there's something for everyone!

Heritage Trails and Walks

Take a walk down memory lane and explore Plymouth's heritage. Visit some of our historic sites, places of interest and parks and discover some fascinating facts. Check out our Waterfront Walkway, historic Sutton Harbour Trail or take a wander along the South West Coast Path from Plymouth Hoe to the historic Royal William Yard, now bustling with great restaurants and bars.

Shopping

Plymouth is the largest centre for shopping in the South West, outside of Bristol, and features many independent retailers as well as national brands and high street names in its varied shopping areas.

National Marine Aquarium

Visit the UK's largest Aquarium and be amazed by our fascinating underwater world and how we all play a part in conserving it.

Explore Dartmoor

The beautiful Dartmoor National Park, just a few miles from Plymouth has more than 450 miles of public paths and offers a variety of walking routes to suit all abilities as well as cycle trails, horse-riding and climbing.

Mayflower Steps

Visit the world-famous Mayflower Steps, flanked by British and American flags, which mark the final English departure point of 102 Pilgrim passengers who set sail for North America on the Mayflower in 1620.

Get active

Embark on an interesting and challenging adventure with the Mount Batten Centre. With the diverse range of activities including coasteering, caving, rock climbing or a variety of water sports such as sailing, kayaking, windsurfing and more.

Great food and drink

We have a wide variety of restaurants in Plymouth, here are a couple of suggestions for you below, for many more choices please take a look at our Food & Drink section on our website.

Dinner with a view

Marco Pierre White Steakhouse Bar & Grill – The restaurant is a destination with a difference, taking a prestigious space on the top floor of the Crowne Plaza with stunning sea views over the Hoe and to Cornwall. Marco's Steakhouse is a contemporary and glamorous restaurant where you feel welcome and relaxed and you can enjoy a great menu, amazing steaks and fantastic service all in a superb setting.

Great fish and chips

Rockfish Seafood & Chips – is a relaxed place to enjoy some great fish and shellfish. It is no accident that their restaurant is located close to the fish market, so that the mornings catches of prime fish and shellfish are on your plate that very same day. Rockfish in Plymouth is situated between the Plymouth Fish Market and the National Marine Aquarium, the perfect location for a family seafood restaurant! The menu allows flexible dining, for those looking for just a plate of award winning fish & chips with the family or those looking for a seafood feast!

Fine dining

The Greedy Goose – set in Plymouth's oldest building, Prysten House, in the centre of Plymouth, it is grade 1 listed, and dates back to 1487. They source the best seasonal produce from the West Country & serve them in modern, modest & flavoursome dishes. Chef Ben believes that the best way to approach food is to be unpretentious & uncomplicated. This reflects in the menus at The Greedy Goose. They believe that every occasion should be exceptional, whether you're joining us for a light lunch in the beautiful courtyard, dinner with friends or family, a romantic night out or a big celebration.

Find out more about what to do in Plymouth at visitplymouth.co.uk or drop in to our Tourist Information Centre on the Barbican to speak to one of our knowledgeable Visitor Services Guides for the best tips to make the most of your visit.