



CONFIRMATION PACK

BRITISH NATIONAL DIVING CUP 2023

2-5 FEBRUARY

ROYAL COMMONWEALTH POOL, EDINBURGH



Funding Partner



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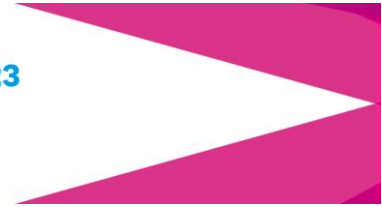
Host City and Venue





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2-5 FEBRUARY



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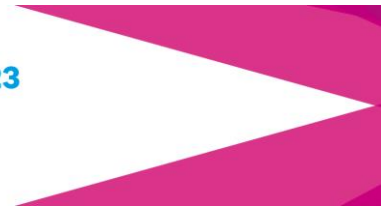


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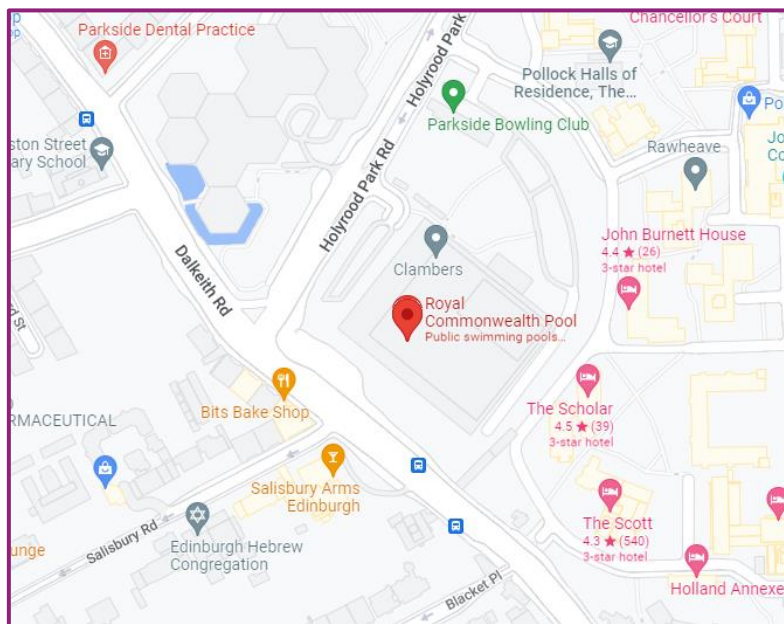
Host City and Venue





CONTACT INFORMATION

British Diving Contact	Venue Contact
<p>Abbie Roberts British Swimming SportPark 3 Oakwood Drive Loughborough LE11 3QF abbie.roberts@swimming.org +44(0) 7583 029285</p>	<p>Royal Commonwealth Pool Dalkeith Road Edinburgh EH16 5BB 0131 458 2100 Website</p>



Travelling to the venue



By Bus: Frequent services by Lothian Buses Dalkeith Road buses 2, 14, 30, 33, N30



By Bike: Use the Edinburgh CycleStreets Journey Planner for direct and scenic route options



By Car: There is a large customer car park to the rear of the building with an additional small disabled and parent & child car park with ramp access to the building. Parking is free for customers and tickets must be validated prior to exiting the building.

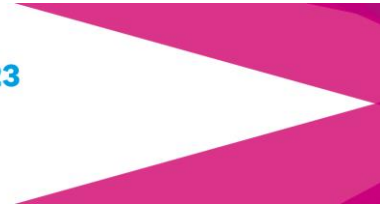


On Foot: You can find directions and an estimated walking time using the Google Maps app.



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KEY DATES AT A GLANCE

Entry Deadline: Thursday 12 January @ 13.00

Training Dates: Tuesday 31 January – Thursday 02 February

Technical Meeting: Thursday 02 February @ 13:00

Competition Dates: Thursday 02 February - Sunday 05 February

TRAINING

Training will be available at the following times during the training days:

Date	Diving Pool	Diving Dryland
Tuesday 31 January 2023	8am – 8pm	8am – 8pm
Wednesday 01 February 2023	8am – 8pm	8am – 8pm
Thursday 02 February 2023	8am – 18.15pm	8am – 8pm

COMPETITION

Training during the competition days will be available at the following times:

Date	Diving Pool	Diving Dryland
Thursday 02 February 2023	8am – 18.15pm	8am – 8pm
Friday 03 February 2023	8am – 9.45am and In between competitions	8am – 8pm
Saturday 04 February 2023	8am – 9.45am and In between competitions	8am – 8pm
Sunday 05 February 2023	8am – 9.45am and In between competitions	8am – 8pm

TICKETS

Tickets are available to purchase [HERE](#) or on arrival from the front desk which will be located in the main reception at Royal Commonwealth Pool.

- Doors will be opened to spectators 60 minutes before session start.
- Concessions are those under age 16 or over age 60.
- Ticket prices on the door are as follows:

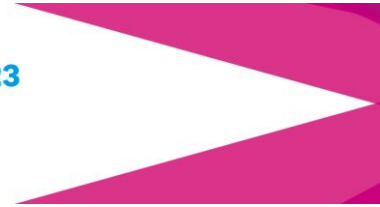
	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Adult	£8.50	£6.50	£8.50	£6.50	£8.50	£7.00	£8.50
Concession*	£7.00	£5.00	£7.00	£5.00	£7.00	£5.50	£7.00

Session timings will be published following the technical meeting on Thursday 02 February.

MERCHANDISE

Merchandise is available to purchase in advance of the event via the ticketing site or on arrival from the front desk which will be located in the main reception at Royal Commonwealth Pool.





SCHEDULE OF EVENTS

*Please note that times are subject to change.

Thursday 02 February 2023

Session	Time	Competitions
1	18:30	Men's & Women's Platform Synchronised Combined FINAL
	19:05	Medal Presentations to follow immediately after last event

Friday 03 February 2023

Session	Time	Competitions
2	10:00	Men's 3m Springboard PRELIM
	11:33	LUNCH BREAK and TRAINING
3	15:45	Men's 3m Springboard FINAL
	16:31	TRAINING (30 minutes)
	17:11	Women's 3m Synchronised FINAL
	17:32	Medal Presentations to follow immediately after last event

Saturday 04 February 2023

Session	Time	Competitions
4	10:00	Women's Platform Prelim
	10:48	LUNCH BREAK and TRAINING
5	15:45	Women's Platform FINAL
	16:21	TRAINING (30 minutes)
	17:01	Men's 3m Springboard Synchronised FINAL
	17:26	Medal Presentations to follow immediately after last event

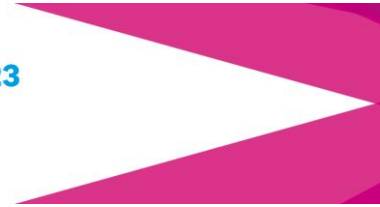
Sunday 05 February 2023

Session	Time	Competition
6	10:00	Women's 3m Springboard PRELIM
	11:11	TRAINING (45 minutes)
	12:06	Men's Platform PRELIM
	13:15	LUNCH BREAK and TRAINING
Session	Time	Competition
7	15:00	Women's 3m Springboard FINAL
	15:43	TRAINING (30 minutes)
	16:23	Men's Platform FINAL
	17:00	Medal Presentations to follow immediately after last event



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TECHNICAL MEETING

The technical meeting will take place at **13:00 on Thursday 02 February** in Meeting Room 2 at Royal Commonwealth Pool.

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 Jackie Laugher: jackielaugher@yahoo.com

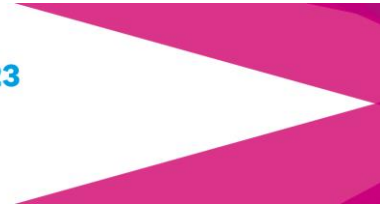
Electronic submissions must be made by 08.00am on Wednesday 01 February 2023. You will be asked to sign hard copies of these sheets at the venue, available from the Recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders. **The deadline for manual dive sheets is from 13:00-18:00 on Wednesday 01 February with the Recorders at RCP.**

EVENT CONDITIONS

INDIVIDUAL

Category	Gender	Board	Conditions
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.
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.





*Divers competing from 5m and 7.5m platform in the prelim cannot qualify for the final. But are eligible for junior medals after the ranking of any juniors who proceed to the final competing all dives from the 10m platform.

SYNCHRO

<p>Open Male 3m & 10m</p>	<p>6 dives</p>	<p>2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered</p>	<p>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.</p>
<p>Open Female 3m & 10m</p>	<p>5 dives</p>	<p>2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered</p>	<p>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.</p>

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

Awarding of British National Cup Junior Medals:

1. Junior Championship medals will be awarded from the National Cup 2nd – 5th February 2023 in all individual events.
2. Medals awarded will be based on 1. Ranking order of any finalists followed by 2. remaining places ranking order from preliminary.
3. Platform - Divers competing from 5m and 7.5m platform in the prelim cannot qualify for the final. But are eligible for junior medals after the ranking of any juniors who proceed to the final competing all dives from the 10m platform.

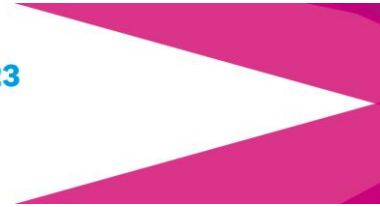
Awarding of British National Cup Medals:

Divers eligible to compete for Great Britain are eligible for British Medals. In all events there will be open and closed medals.
Open medals will be awarded if a diver not eligible to compete for Great Britain places in the top 3 in a final.
In Platform competitions; only divers performing ALL dives from 10m are eligible for senior medals.

Selection to British Teams:

Divers wishing to be eligible for selection in platform competitions for either Team A or Team B must compete all dives from the 10m platform. All selections will be based upon the Selection Policy 2023.





EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 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(s) will be taken to ensure the top 8 GB divers progress).
- Individual Platform finals must be from 10m only
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged at least 11 years by the 31st Of December in the year of competition.
- 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 Head Coach.
- Divers may compete in synchronised events only.

RECOMMENDED PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS

Gender	Event	Conditions	No. of Dives	Recommended Standard
Women	3m	5 from 5	5	225
	Platform	5 from 5	5	225
Men	3m	6 from 5	6	300
	Platform	6 from 6	6	300

COVID-19

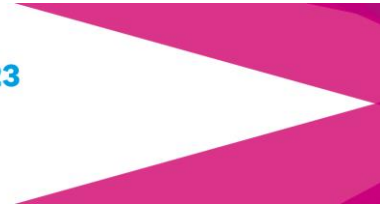
Although there are no domestic COVID-19 restrictions in England COVID 19 remains a risk and there are steps that can be followed to keep yourself and others safe. Please consider the following when attending the pool:

- Consider wearing a face covering especially in crowded or enclosed spaces
- Wash your hands with soap and water or use hand sanitizer regularly throughout the day.
- If you have any of the following symptoms the government advises you to stay at home: a new continuous cough, high temperature, loss, or change in, your normal sense of taste or smell.



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Please be aware that as the Coronavirus situation changes the COVID-19 plan will be continuously reviewed and therefore may be subject to change up until the event. British Swimming will communicate any changes.

ACCREDITATION

Accreditation for all competitors and coaches will be photographic. You will have received your accreditation automatically by email at the time of entering the event online. Please print this and bring to the event with you.

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. **Please ensure you print out your own pass as if you need it printing or replacing on site, a charge of £10.00 applies.** Please note the event is cashless and only card payment will be accepted on site.

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 £10.00 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 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 dbs@swimming.org. Please also email dbs@swimming.org for a DBS Update Service Consent form.

If you need to re-print your coach pass on site, a charge of £10.00 applies. Please note the event is cashless and only card payments will be accepted on site.

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



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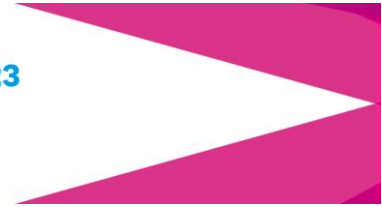


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ENTRIES

ENTRIES AT 19 JANUARY 2023

Women's Platform Synchronised

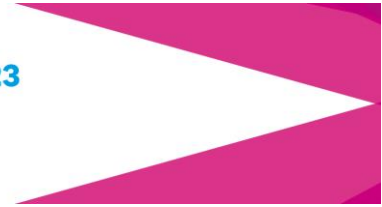
1	Birch Martin	Robyn Emily	Dive London Dive London
2	Spendolini Sirieix Toulson	Andrea Lois	Dive London Co Leeds DC
3	Duke Gillespie	Libby Ellen	Edinburgh Di Edinburgh Di

Men's Platform Synchronised

1	Williams Lee	Noah Matty	Dive London Dive London
2	Cutmore Kothari	Ben Kyle	Dive London Dive London

Men's 3m Springboard

1	Heath	Ollie	Plymouth DC
2	Mabbott	Danny	Edinburgh Di
3	Bull	Nathan	South Dive A
4	Junttila	Juho	Tiirat Diving Team
5	Passmore	Jake	Co Leeds DC
6	Willcox	Oscar	Co Shef Dive
7	Laugher	Jack	Co Leeds DC
8	James	Bryn	South Dive A
9	Rogan	Declan	Co Shef Dive
10	Patel	Hamish	Dive London
11	Haslam	Ross	Co Shef Dive
12	Heatly	James	Edinburgh Di
13	Clayton	Lucas	Dive London
14	Baker	Leon	South Dive A
15	Thomas	Hugo	Dive London
16	Eskrick-Parkinson	Yohan	JAM
17	Spencer	Maxwell	Dive London
18	Geggus	Todd	Southend D
19	Kane	Oscar	Dive London



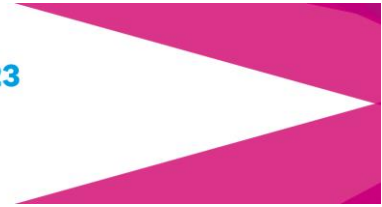
20	McCabe	Euan	Plymouth DC
21	Stark	Lachlan	Edinburgh Di
22	Lano	Connor	Southend D
23	Penman	Noah	Aberdeen DC
24	Sinjab	Yassen	Dive London

Women's 3m Synchronised

1	Brown Smith	Tilly Evie	South Dive A Dive London
2	Kutty Eaglestone	Maya Callie	South Dive A Co Leeds DC
3	Underwood Burrows Mackley	Amelie Corin	Plymouth DC Dive London
4	Bent-Ashmeil Mew Jensen	Desharne Scarlett	Dive London Dive London
5	Garip Widerstroem	Emilia Nilsson Elna	Sweden Sweden

Women's Platform

1	McGarry	Tia	Co Shef Dive
2	Birch	Robyn	Dive London
3	Newbrook	Hannah	Dive London
4	Burrows Mackley	Corin	Dive London
5	Johnson	Chloe	Co Leeds DC
6	Spendolini Sirieix	Andrea	Dive London
7	Martin	Emily	Dive London
8	Duke	Libby	Edinburgh Di
9	Gillespie	Ellen	Edinburgh Di
10	Bond	Maisie	Co Shef Dive
11	Toulson	Lois	Co Leeds DC
12	Powley	Elizabeth	Co Leeds DC
13	Thorne	Ruby	Dive London



Men's 3m Springboard Synchronised

1	Laugher Harding	Jack Anthony	Co Leeds DC Co Leeds DC
2	Rogan Willcox	Declan Oscar	Co Shef Dive Co Shef Dive
3	Haslam Heatly	Ross James	Co Shef Dive Edinburgh Di
4	Clayton Lano	Lucas Connor	Dive London Southend D
5	Geggus Kane	Todd Oscar	Southend D Dive London

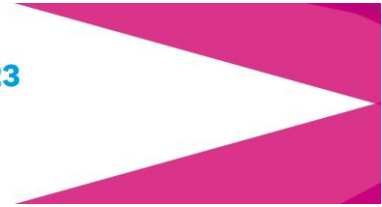
Women's 3m Springboard

1	Underwood	Amelie	Plymouth DC
2	Reid	Grace	Dive London
3	Brown	Tilly	South Dive A
4	Smith	Evie	Dive London
5	Kutty	Maya	South Dive A
6	Burrows Mackley	Corin	Dive London
7	Powley	Elizabeth	Co Leeds DC
8	Cryan	Clare	Co Shef Dive
9	Rollinson	Amy	Dive London
10	Eaglestone	Callie	Co Leeds DC
11	Harper	Yasmin	Co Shef Dive
12	Webb	Lana	Dive London
13	Bent-Ashmeil	Desharne	Dive London
14	Garip	Emilia Nilsson	Sweden
15	Widerstroem	Elna	Sweden
16	Hallaselka	Lauren	South Dive A
17	Ryan	Brooke	Dive London
18	Torrance	Katherine	Co Leeds DC
19	Mew Jensen	Scarlett	Dive London
20	Burton	Katie	Co Leeds DC



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Men's Platform

1	Heath	Ollie	Plymouth DC
2	Williams	Noah	Dive London
3	Lee	Matty	Dive London
4	Dixon	Matthew	Dive London
5	Lee	Robbie	South Dive A
6	Fisher-Eames	Jorden	Dive London
7	Covell	Ollie	South Dive A
8	Wignall	Oliver	South Dive A
9	Cutmore	Ben	Dive London
10	James	Bryn	South Dive A
11	Patel	Hamish	Dive London
12	Wang	Romano	Crystal P DC
13	Menmuir	Angus	Edinburgh Di
14	Wellington	Theo	Co Shef Dive
15	Kothari	Kyle	Dive London
16	Penman	Noah	Aberdeen DC



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