



# ENTRY PACK

## BRITISH DIVING CHAMPIONSHIPS 2023

25-28 MAY

PONDS FORGE INTERNATIONAL  
SPORTS CENTRE



Funding Partner



Official Partners



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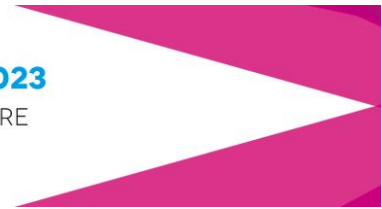
Host Venue





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PONDS FORGE INTERNATIONAL SPORTS CENTRE  
25-28 MAY



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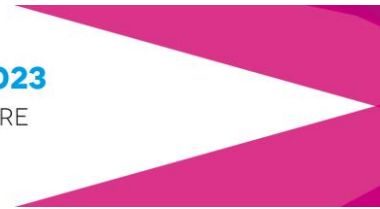


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**CONTACT INFORMATION**

British Swimming Contact	Venue Contact
<p>Issy Griffiths British Swimming SportPark 3 Oakwood Drive Loughborough LE11 3QF <a href="mailto:isobel.griffiths@swimming.org">isobel.griffiths@swimming.org</a> +44(0)7583 015581</p>	<p>Ponds Forge International Sports Centre Sheaf Street Sheffield S1 2BP 0114 223 3400 <a href="#">Website</a></p>

Please see below guides for planning your team’s trip:  
[Accommodation in Sheffield](#)  
[Things to Do in Sheffield](#)  
[Eating Out in Edinburgh](#)

**KEY DATES AT A GLANCE**

- Entry Opening Date:** Thursday 20<sup>th</sup> April 2023 @ 5pm
- Entry Deadline (before late fee applies):** Thursday 18<sup>th</sup> May 2023 @ 1pm
- Training Dates:** Tuesday 23<sup>rd</sup> May – Thursday 25<sup>th</sup> May 2023
- Technical Meeting:** Thursday 25<sup>th</sup> May 2023 @ 1pm
- Competition Dates:** Thursday 25<sup>th</sup> - Sunday 28<sup>th</sup> May 2023

**TRAINING**

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

Date	Diving Pool	Diving Dryland
Tuesday 23 <sup>rd</sup> May 2023	8am – 8pm	7.30am – 8pm
Wednesday 24 <sup>th</sup> May 2023	8am – 8pm	7.30am – 8pm
Thursday 25 <sup>th</sup> May 2023	8am – 6pm	7.30am – 8pm

**COMPETITION**

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

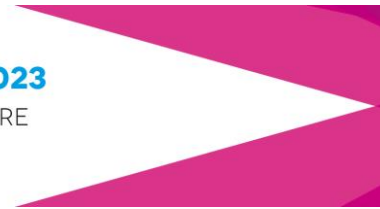
Date	Diving Pool	Diving Dryland
Thursday 25 <sup>th</sup> May 2023	8am – 6pm	7.30am – 8pm
Friday 26 <sup>th</sup> May 2023	8am – 9.45am and In between competitions	7.30am – 8pm
Saturday 27 <sup>th</sup> May 2023	8am – 9.45am and In between competitions	7.30am – 8pm
Sunday 28 <sup>th</sup> May 2023	8am – 9.45am and In between competitions	7.30am – 8pm





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### HOW TO ENTER

All entries for the British National Diving Cup 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 1pm on Thursday 18<sup>th</sup> May 2023. A late fee for individual events of £34.00 will be charged after this date. The entry fee for synchro events will remain at £17 per diver.**

### ENTRY FEES

Individual events: £17.00

Synchro events (per diver): £17.00

### SCHEDULE OF EVENTS

\*Please note that times are subject to change.

#### Thursday 25<sup>th</sup> May 2023

##### Session 1

Women's Platform Synchronised Final  
Men's Platform Synchronised Final

#### Friday 26<sup>th</sup> May 2023

##### Session 2

Women's 1m Springboard Prelim  
Men's 3m Springboard Prelim

##### Session 3

Women's 1m Springboard Final  
Men's 3m Springboard Final

##### Break

Women's 3m Synchronised Final

#### Saturday 27<sup>th</sup> May 2023

##### Session 4

Men's 1m Springboard Prelim  
Women's Platform Prelim

##### Session 5

Men's 1m Springboard Final  
Women's Platform Final

##### Break

Men's 3m Synchronised Final

#### Sunday 28<sup>th</sup> May 2023

##### Session 6

Men's Platform Prelim  
Women's 3m Springboard Prelim

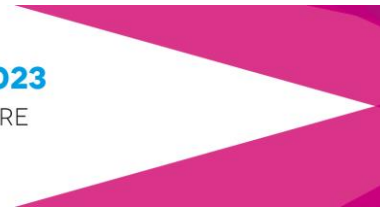
##### Session 7

Women's 3m Springboard Final  
Men's Platform Final



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### TECHNICAL MEETING

The technical meeting will take place at 1pm on Thursday 25<sup>th</sup> May at Ponds Forge International Sports Centre. The meeting room will be confirmed in due course.

### 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](http://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](http://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](mailto:jackielaugher@yahoo.com)

**Electronic submissions must be made by 8am on Wednesday 24<sup>th</sup> May 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 6pm on Wednesday 24<sup>th</sup> May.**

### 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.

Date	Meeting	Venue
Thursday 25 <sup>th</sup> May 2023 1pm	Technical Meeting – TEAMS	Ponds Forge TBC
Thursday 25 <sup>th</sup> May 2023 4.30pm	Judges Meeting	Ponds Forge TBC



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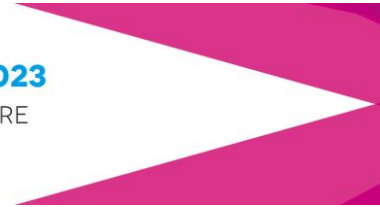
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### EVENT CONDITIONS

#### Event Conditions for British Diving Championships

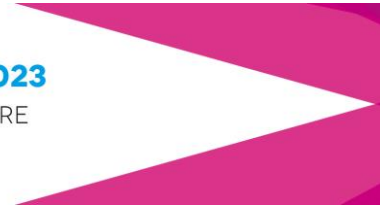
##### (1.0) GENERAL

- 1.1 British Teams with British eligible divers; have unlimited number of entries, but they must have achieved the qualification standard in the preceding 12 months (See Table 1.2).
- 1.2 Members of International Federations who are members of British clubs may enter under their British Club, but will follow rules 3.1-3.3
- 1.3 Individual events will follow World Aquatic conditions (See Table 1.1) for 1m and 3m springboard and 10m platform. All platform dives to be performed from the 10m platform.
- 1.4 No dive may be repeated in a list of dives.
- 1.5 Minimum age for competitors is 10 years on 31 December in the year of competition
- 1.6 Synchronised events will be straight finals
- 1.7 Late Entries for all events are allowed up to the start of the technical meeting. All late entries will incur a late entry fee. Except late entries to Synchro. The late entry fee for Synchro will be at the discretion of the Head Coach Olympic Diving.
- 1.8 Divers may compete exclusively in synchronised events.

##### (2.0) FINALS

- 2.1 Divers will perform their dives, competing in the reverse order of their preliminary rankings.
- 2.2 The 6 highest ranked British divers, regardless of ranking overall in the preliminary will proceed to the final.
- 2.3 The finals can consist of a maximum of 12 divers, ranked from the preliminary event, including any guests (IF) divers, see condition 3.2 and 3.3.
- 2.4 Following rules 3.2 and 3.3 the remaining 6 places in the final will be comprised of the remaining divers in ranked order. This may include divers originally ranked outside the top 12.





**GUESTS (International Federation / Club Entries).**

3.1 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.

3.2 A maximum of 6 international divers may proceed to the final unless in the preliminary event, there are fewer than 6 British divers. In this case, additional international divers may proceed to the final.

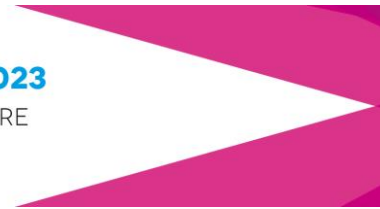
3.3. Individual International Federation Team (Guest) may only qualify a maximum of 2 divers into the final. Multiple club entries from one country will be treated as one International Federation for final qualification purposes.

**INDIVIDUAL (TABLE 1.1)**

Category	Gender	Board	Conditions
1m & 3m	Male	6 dives	6 dives from 5 groups, no limit.
10m Only	Male	6 dives	6 dives from 6 groups no limit.
1m & 3m	Female	5 dives	5 dives from 5 groups no limit.
10m Only	Female	5 dives	5 dives from 5 groups no limit.

**SYNCHRO**

<b>Male 3m &amp; 10m Only</b>	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.
<b>Female 3m &amp; 10m Only</b>	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.



**PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS (TABLE 1.2)**

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**

Information on how to purchase tickets will be published in due course.

**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.

If you need to re-print your accreditation on site, a charge of £10 applies. Please note the event is cashless and only card payment will be accepted on site.

**DOPING CONTROL**

By entering this event, you / your child, consents to report to Doping Control if requested any time during this event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See Link [Anti-Doping | British Swimming](#)

**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 per event. **A valid DBS check, coaching and safeguarding qualification is required. Coach pass applications are now open [here](#).**

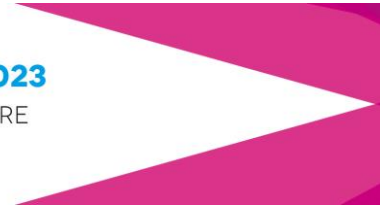






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Applicants are advised the online Disclosure & Barring Service process could take up to 1 month to complete. All applicants must be registered with an ASA affiliated club.

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](http://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](mailto:dbs@swimming.org). Please also email [dbs@swimming.org](mailto: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 applies. Please note the event is cashless and only card payment will be accepted on site.

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

### 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.

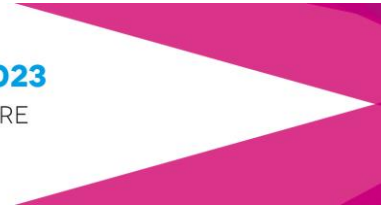
British Swimming is committed to ensuring that all children who participate in British Swimming activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose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





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This event **will be photographed and live streamed**. Static images will be displayed on the British Swimming website [www.britishswimming.org](http://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](http://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 2023

SIGNED (PARENT/CARER): \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

