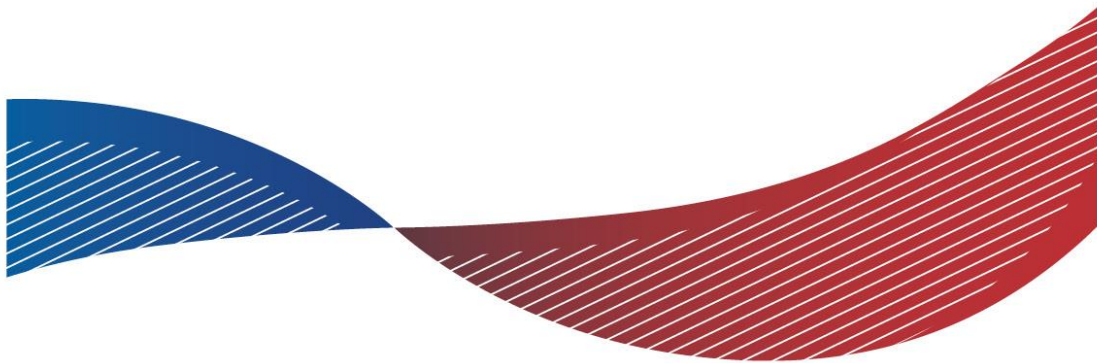




# CONFIRMATION PACK



## BRITISH NATIONAL DIVING CUP 2017

3 - 5 FEBRUARY

PLYMOUTH





## NATIONAL DIVING CUP 2017

PLYMOUTH  
3RD - 5TH FEBRUARY 2017

### CONTACT INFORMATION

Events Officer: Ben Tarrant  
Email Address: [ben.tarrant@swimming.org](mailto:ben.tarrant@swimming.org)  
Phone Number: 01509 640249/07825 290407  
Address: British Swimming Events Department  
SportPark, Pavilion 3,  
3 Oakwood Drive  
Loughborough University,  
LE11 3QF  
Website: [www.swimming.org](http://www.swimming.org)

### KEY DATES AT A GLANCE

**Entry Deadline:** Monday 9<sup>th</sup> January @ 12pm

**Coach Application Deadline:** British Swimming and the ASA are currently working on a new coach pass application for 2017. This will be available after the National Diving Cup and will be place for Elite Juniors.

**Training Dates:** 31<sup>st</sup> January, 1<sup>st</sup> & 2<sup>nd</sup> February

**Technical Meeting:** Thursday 2<sup>nd</sup> February @ 5pm

**Competition Dates:** 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> February

### TRAINING

Training will be available on the following days:

Date	Diving Pit	Dry Dive
Tuesday 31 <sup>st</sup> January	8am – 5pm	8am – 5pm
Wednesday 1 <sup>st</sup> February	8am – 5pm	8am – 5pm
Thursday 2 <sup>nd</sup> February	8am – 5pm	8am – 5pm

**\*Please note that the diving pit will be closed between 12pm – 1pm on Thursday 2<sup>nd</sup> February for the TYR kit launch.**

### COMPETITION

Date	Diving Pit	Dry Dive
Friday 3 <sup>rd</sup> February	In between competitions	8am – 6pm
Saturday 4 <sup>th</sup> February	In between competitions	8am – 6pm
Sunday 5 <sup>th</sup> February	In between competitions	8am – 6pm



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### SCHEDULE OF EVENTS

*Session times are subject to change*

#### Friday 3<sup>rd</sup> February 2017

**Session 1 – 10:00**  
Women's 1m Prelim  
Men's 1m Prelim

#### **Session 2 – End of 1m Prelims Time TBC**

Mixed 3m Synchro  
Mixed 10m Synchro

**Session 3 – 14:15**  
Women's 1m Final  
Men's 1m Final

**Session 4 – 16:45**  
Women's 10m Synchro  
Men's 3m Synchro

#### Saturday 4<sup>th</sup> February 2017

**Session 5 – 10:00**  
Men's 3m Prelim  
Women's Platform Prelim

**Session 6 – 14:30**  
Men's 3m Final  
Women's Platform Final

**Session 7 – 16:45**  
Men's 10m Synchro  
Women's 3m Synchro

#### Sunday 5<sup>th</sup> February

**Session 8 – 10:00**  
Women's 3m Prelim  
Men's Platform Prelim

**Session 9 – 14:00**  
Women's 3m Final  
Men's Platform Final



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### TECHNICAL MEETING

The technical meeting will take place at **17:00pm on Thursday 2<sup>nd</sup> February** in Meeting room 1 on the 3<sup>rd</sup> floor of 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](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 Ann Barker [annbarker@aol.com](mailto:annbarker@aol.com)

**Electronic submissions must be made by no later than Midnight on Tuesday 31<sup>st</sup> 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.**

### 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.

Divers must have been registered with the ASA/British Diving since **Monday 22<sup>nd</sup> December 2016** or earlier.

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



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### EVENT CONDITIONS

#### INDIVIDUAL

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.
Open mixed 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 diver's progress).
- 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 31<sup>st</sup> December 2016.
- 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

### 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. **Athlete accreditation will be ready to collect at the technical meeting. You do not need to print off your own accreditation.**



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### COACH/CHAPERONE PASS INFORMATION

British Swimming and the ASA are currently working on a new coach pass application for 2017. This will be available after the National Diving Cup and will be place for Elite Juniors.

### ENTRIES

Entries correct as of 11.01.17

#### Start Lists for Preliminaries

##### Women's 1m

Start	Name	Born	Representing
1	Grace Reid	1996	Edinburgh Diving Club
2	Emily Bearpark	2001	City of Leeds Diving Club
3	Kayleigh Sinclair	1998	Plymouth Diving
4	Lydia Rosenthal	1998	City of Leeds Diving Club
5	Millie Fowler	1998	City of Sheffield Diving Club
6	Amy Read	2000	City of Leeds Diving Club
7	Callie Eaglestone	2004	City of Leeds Diving Club
8	Scarlett Mew Jensen	2001	Crystal Palace Diving Club
9	Holly Prasanto	2001	City of Sheffield Diving Club
10	Katherine Torrance	1998	City of Leeds Diving Club
11	Maria Papworth	2001	Dive London Aquatics Club
12	Yasmin Harper	2000	City of Sheffield Diving Club
13	Fern Hitchen	1997	City of Sheffield Diving Club
14	Evie Webb	1998	City of Bradford Esprit Diving
15	Millie Haffety	1999	City of Sheffield Diving Club

##### Men's 1m

Start	Name	Born	Representing
1	Henry Biggs	1999	Luton Diving
2	William Hallam	1999	City of Leeds Diving Club
3	James Denny	1993	City of Leeds Diving Club
4	Alfie Brown	2002	Plymouth Diving
5	Freddie Woodward	1995	City of Sheffield Diving Club
6	James Heatly	1997	Edinburgh Diving Club
7	Anthony Harding	2000	City of Leeds Diving Club
8	Oliver Dingley (guest)	1992	Ireland
9	Alex Kostov	1998	Bulgaria / Cambridge Dive Team
10	Jordan Houlden	1998	City of Sheffield Diving Club
11	Ben Sambrook	1994	City of Leeds Diving Club
12	Oliver Crompton	2001	City of Leeds Diving Club
13	Tyler Humphreys	2003	Southend Diving
14	Jack Laughler	1995	City of Leeds Diving Club
15	Yona Knight-Wisdom (guest)	1995	Jamaica / City of Leeds DC
16	Jack Ffrench (guest)	1996	Ireland
17	Ross Haslam	1997	City of Sheffield Diving Club
18	Raffael Benltez	2002	City of Sheffield Diving Club
19	Jack Haslam	1995	City of Sheffield Diving Club



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### Mixed 3m Synchro

Start	Name	Born	Representing
1	Grace Reid	1996	Edinburgh Diving Club
	Thomas Daley	1994	Dive London Aquatics Club
2	Katherine Torrance	1998	City of Leeds Diving Club
	James Heatly	1997	Edinburgh Diving Club
3	Aidan Heslop	2002	Plymouth Diving
	???		???
4	Emily Bearpark	2001	City of Leeds Diving Club
	Joe Stocking	2003	City of Leeds Diving Club

### Mixed Platform Synchro

Start	Name	Born	Representing
1	Gemma McArthur	1998	Southampton Diving Academy
	Cameron Gammage	2002	Southampton Diving Academy
2	Thomas Daley	1994	Dive London Aquatics Club
	Tonia Couch	1989	Plymouth Diving
3	Matty Lee	1998	City of Leeds Diving Club
	Lois Toulson	1999	City of Leeds Diving Club

### Women's 10m Synchro

Start	Name	Born	Representing
1	Ruby Bower	1999	City of Leeds Diving Club
	Phoebe Banks	2000	City of Leeds Diving Club
2	Tonia Couch	1989	Plymouth Diving
	Lois Toulson	1999	City of Leeds Diving Club

### Men's 3m Synchro

Start	Name	Born	Representing
1	James Heatly	1997	Edinburgh Diving Club
	Freddie Woodward	1995	City of Sheffield Diving Club
2	Anthony Harding	2000	City of Leeds Diving Club
	William Hallam	1999	City of Leeds Diving Club
3	Oliver Crompton	2001	City of Leeds Diving Club
	Ben Sambrook	1994	City of Leeds Diving Club
4	Noah Williams	2000	Dive London Aquatics Club
	Matthew Dixon	2000	Plymouth Diving
5	Ross Haslam	1997	City of Sheffield Diving Club
	Jack Haslam	1995	City of Sheffield Diving Club
6	Christopher Mears	1993	City of Leeds Diving Club
	Jack Laughher	1995	City of Leeds Diving Club

### Men's 3m

Start	Name	Born	Representing
1	Aidan Heslop	2002	Plymouth Diving
2	Jack Laughher	1995	City of Leeds Diving Club
3	Cameron Gammage	2002	Southampton Diving Academy
4	William Hallam	1999	City of Leeds Diving Club
5	Alex Kostov	1998	Bulgaria / Cambridge Dive Team
6	Oliver Dingley (guest)	1992	Ireland
7	Jordan Houlden	1998	City of Sheffield Diving Club
8	Jack Haslam	1995	City of Sheffield Diving Club





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9	Henry Biggs	1999	Luton Diving
10	Alfie Brown	2002	Plymouth Diving
11	Thomas Bailey	2001	Southampton Diving Academy
12	Freddie Woodward	1995	City of Sheffield Diving Club
13	Raffael Benitez	2002	City of Sheffield Diving Club
14	Jack Ffrench (guest)	1996	Ireland
15	Ben Cutmore	2003	Luton Diving
16	Anthony Harding	2000	City of Leeds Diving Club
17	Tyler Humphreys	2003	Southend Diving
18	Oliver Crompton	2001	City of Leeds Diving Club
19	Yona Knight-Wisdom (guest)	1995	Jamaica / City of Leeds DC
20	Pele Neo Julien (guest)	2001	Jamaica / Luton Diving
21	Ben Sambrook	1994	City of Leeds Diving Club
22	Ross Haslam	1997	City of Sheffield Diving Club
23	Elliot Beedon	1998	City of Sheffield Diving Club
24	James Denny	1993	City of Leeds Diving Club
25	James Heatly	1997	Edinburgh Diving Club
26	Kyle Kothari	1998	Dive London Aquatics Club

### Women's Platform

Start	Name	Born	Representing
1	Georgia Davenport	1996	City of Sheffield Diving Club
2	Holly Waxman	2002	City of Bradford Esprit Diving
3	Emily Martin	2001	Southampton Diving Academy
4	Lois Toulson	1999	City of Leeds Diving Club
5	Lucy Hawkins	2000	Southampton Diving Academy
6	Tanya Watson	2001	Southampton Diving Academy
7	Shanice Lobb	1998	Dive London Aquatics Club
8	Tia McGarry	1995	City of Sheffield Diving Club
9	Amy Read	2000	City of Leeds Diving Club
10	Gemma McArthur	1998	Southampton Diving Academy
11	Ruby Bower	1999	City of Leeds Diving Club
12	Cody Powell Tuckett	2001	Plymouth Diving

### Men's 10m Synchro

Start	Name	Born	Representing
1	Noah Williams	2000	Dive London Aquatics Club
	Matthew Dixon	2000	Plymouth Diving
2	Brandon Foster	2001	Southampton Diving Academy
	Owen Harrison	2001	City of Sheffield Diving Club

### Women's 3m Synchro

Start	Name	Born	Representing
1	Millie Fowler	1998	City of Sheffield Diving Club
	Millie Haffety	1999	City of Sheffield Diving Club
2	Maria Papworth	2001	Dive London Aquatics Club
	Scarlett Mew Jensen	2001	Crystal Palace Diving Club

### Women's 3m

Start	Name	Born	Representing
1	Evie Webb	1998	City of Bradford Esprit Diving
2	Maria Papworth	2001	Dive London Aquatics Club



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3	Lydia Rosenthal	1998	City of Leeds Diving Club
4	Millie Fowler	1998	City of Sheffield Diving Club
5	Holly Waxman	2002	City of Bradford Esprit Diving
6	Emily Bearpark	2001	City of Leeds Diving Club
7	Katherine Torrance	1998	City of Leeds Diving Club
8	Scarlett Mew Jensen	2001	Crystal Palace Diving Club
9	Kayleigh Sinclair	1998	Plymouth Diving
10	Lucy Hawkins	2000	Southampton Diving Academy
11	Holly Prasanto	2001	City of Sheffield Diving Club
12	Tanya Watson	2001	Southampton Diving Academy
13	Grace Reid	1996	Edinburgh Diving Club
14	Millie Haffety	1999	City of Sheffield Diving Club
15	Callie Eaglestone	2004	City of Leeds Diving Club
16	Fern Hitchen	1997	City of Sheffield Diving Club

### Men's Platform

Start	Name	Born	Representing
1	Brandon Foster	2001	Southampton Diving Academy
2	Lewis Irons	2000	Southend Diving
3	Noah Williams	2000	Dive London Aquatics Club
4	Cameron Gammage	2002	Southampton Diving Academy
5	Alfie Brown	2002	Plymouth Diving
6	Ben Cutmore	2003	Luton Diving
7	Elliot Beedon	1998	City of Sheffield Diving Club
8	Pele Neo Julien (guest)	2001	Jamaica / Luton Diving
9	Thomas Bailey	2001	Southampton Diving Academy
10	Matthew Dixon	2000	Plymouth Diving
11	Max Cott	1999	Southampton Diving Academy
12	Daniel Goodfellow	1996	City of Leeds Diving Club
13	Owen Harrison	2001	City of Sheffield Diving Club
14	Matty Lee	1998	City of Leeds Diving Club
15	Aidan Heslop	2002	Plymouth Diving