



# WHITE ROSE DIVING INVITATIONAL 2019

19<sup>th</sup> & 20<sup>th</sup> October

John Charles Aquatics Centre  
Middleton Grove, Leeds  
LS11 5DJ



[www.diveleeds.com](http://www.diveleeds.com)



**Entries to be sent to:**

City of Leeds Diving Club  
C/o Ann Barker  
24 Lyndale Road, Eldwick, Bingley, West  
Yorkshire, BD16 3HE  
[AnnBarker@aol.com](mailto:AnnBarker@aol.com)

**More information contact:**

Joe Meszaros  
[joe.meszaros@leeds.gov.uk](mailto:joe.meszaros@leeds.gov.uk)  
Harriet Jones  
[harriet.jones@leeds.gov.uk](mailto:harriet.jones@leeds.gov.uk)

# The White Rose Novice Diving Invitational

## 19<sup>th</sup> & 20<sup>th</sup> October 2019

In conjunction with Leeds City Council, the City of Leeds Diving Club is proud to invite you to the 2019 White Rose Novice Diving Invitational.

The competition will be held at the John Charles Centre for Sport, Aquatics Centre in South Leeds. The pool is a state of the art facility boasting a full complement of springboards and platforms with a fully equipped dryland training area.

This years event is running a little bit later as we are undergoing an upgrade of the pool!

This is also the pool used for Talent Games so will be a good opportunity for divers to get a taste of what things are like before they come to Talent Games.

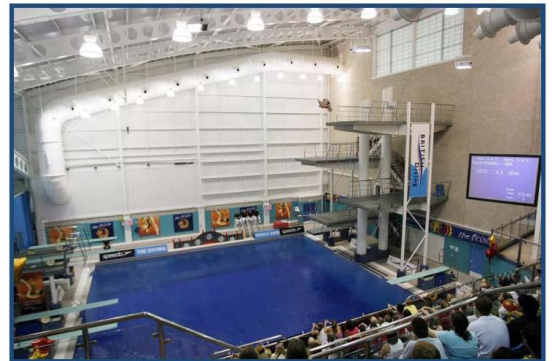
The divers will perform 12 skills. These skills will be divided into 3 stations of 4 skills and assessed with 3 judges at each. The competitors will be divided across the 3 stations and rotated once each station has finished. Once the final result has been calculated the top 6 divers will progress to the final where 3 designated skills will be repeated.

Awards will be given to the top 6 finalists, Top Coach and the Top Team will receive the White Rose trophy.

On behalf of the organising team, the City of Leeds Diving Club and Leeds City Council, we look forward to welcoming you to what will be one of the most exciting novice competitions this year!!!

Yours in Diving

Joe Meszaros  
**CITY OF LEEDS DIVING CLUB**



### **Eligibility**

Please consider the following eligibility clauses carefully when selecting events for your divers.

- No England Diving Team Z divers are eligible to compete.
- Once a diver has competed at National Age Group Championships they are excluded from competing at future Skills finals, except with written approval from the Management Group when moving into the B+ age group.
- If a competitor has competed at Elite Junior Championships they are not eligible to compete at the future Age Group Championships, except with written approval from the Management Group when moving up an age group
- If a competitor has competed at any GB Senior Championship they are not eligible to compete at the future Age Group Championships

Failure to comply with these conditions will result in disqualification. We recommend that divers do NOT move up more than one diving level within a single year.

### **JUDGING**

- In order to satisfy the judging requirements for this type of event we will supply a judge for each panel at each station in the preliminary. The rest of the panels will be made up from the attending clubs. There will be 3 judges per station. We will nominate a referee for each panel.
- In the Finals there will be a panel of 5 Judges – one from Leeds and the rest from the attending clubs.

**Judges lists will be posted in advance.**

**Training Slots Friday 18<sup>th</sup> October** – there will be a charge of £5 per diver for 1hr 15 mins pool training.

**Available training slots:**

**Training Slot 1 – 1:00 – 2.15 pm / Training Slot 2 – 2:15 – 3.45 pm**

**Training Slot 3 – 3.45 – 5.00 pm / Training Slot 4 – 6.15 – 7.30 pm**

Please can any clubs wishing to train on the Friday contact the Diving Office in advance to inform us of your time of arrival.

The Diving Training Scheme is still in operation during the day and we will timetable you in to ensure you have access to the right boards.

**Email:** [joe.meszaros@leeds.gov.uk](mailto:joe.meszaros@leeds.gov.uk) or [harriet.jones@leeds.gov.uk](mailto:harriet.jones@leeds.gov.uk)

## **T-SHIRTS**

White Rose 2019 T-shirts will be available at a cost of £15. These will be professionally designed, performance wicking fabric with divers names on the back.

If you are interested in purchasing one, please contact Helen Dutton – [events@diveleeds.com](mailto:events@diveleeds.com)

## **ENTRY FORMS**

Please complete the Entry Form (photocopy as appropriate) and return it to Ann Barker by **Saturday 21st of September 2019**

## **ENTRY FEES**

**£12.00** per diver

All Payments to be made payable to 'The City of Leeds Diving Club'

**To pay by BACS please use these account details:**

**Sort Code: 40-27-15                      Acct No: 74427653**

**Reference: You're Club Name**

**\*\*\*Late Fees = a £5 fee will incur if entries are submitted past the deadline**

## **INFORMATION PACK**

All teams will receive an information pack at the Technical meeting. This will include the programme, start orders, pool safety guidelines and other general information regarding the weekend.

## **DIVE SHEETS**

Dive Sheets must be submitted on line electronically prior to your arrival.

**Close of play for electronic dive sheets is: Wednesday 16<sup>th</sup> October**

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 successful you will be sent an automatic email confirming receipt of your details and dives.

You can check your submitted dive sheets a few days before the event online at [www.diverecorder.co.uk/live](http://www.diverecorder.co.uk/live). If you experience problems and need assistance please contact Ann Barker ([AnnBarker@aol.com](mailto:AnnBarker@aol.com)).

We will allow changes to dive sheets up to one hour before the start of each day's events.

## LIVE RESULTS

Live results will be available at [www.diverecorder.co.uk](http://www.diverecorder.co.uk)

## Event Conditions

### GROUP E (8/9yrs) and GROUP D (10/11yrs)

#### Preliminary

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E & D	Section 1 (Poolside)	1. Plain header (3-bubble rip) 2. Armswing back jump tucked 3. Forward dive tucked 4. Armswing forward jump piked	101A 200C 101C 100B	1.0 1.0 1.0 1.0	<b>Group E 240</b>  <b>Group D 255</b>
	Section 2 (1m)	5. 2-bounce forward jump straight 6. T armswing back jump straight 7-8. 2 dives one from list A and one from list B (in any order)	100A 200A	1.0 1.0 DD to count	
	Section 3 (3m)	9. Forward fall straight 10. Forward tuck to pike roll 11. Back fall straight (hands on thighs) 12. Crouched back tuck roll	10A 10C 20A 20C	1.2 1.2 1.4 1.3	

#### List A

101C, 101B, 103C, 103B, 401C, 401B

#### List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

#### Group 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.

#### Final

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

#### 1m Springboard

1. x1 Dive from List A\*
2. x1 Dive from List B\*

#### 3m Springboard

1. Repeat x1 Entry from the Preliminary

**Group C (12/13 years)**  
**Preliminary**

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	<b>Group C 270</b>
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. Hurdle step forward jump straight	100A	1.0	
		6. T armswing back jump straight	200A	1.0	
		7-8. 2 dives one from list A and one from list B (in any order)		DD to count	
	Section 3 (3m)	9. Forward Straight Fall	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		

**List A**

101C, 101B, 103C, 103B, 401C, 401B

**List B**

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

**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.

**Final**

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

**1m Springboard                  3m Springboard**

1. x1 Dive from List A\*    1. Repeat x1 Entry from the Preliminary
2. x1 Dive from List B\*

**GROUP B+ (14/16yrs)**

**Preliminary**

Age Group	Height	Skills	Degree of Difficulty	Qualification Standard
B+	Section 1 (1m)	1-5. Either: 3 skills from list C + 2 skills from list D	DD to count	<b>Group B+ 250</b>
		Or: 2 skills from list C + 3 skills from list D	DD to count	
	(in either case at least 2 groups must be covered from each list)			
	Section 2 (3m)	6-10. 5 skills from list E (at least 3 groups must be covered)	DD to count	

**List C (1m)**

101C, 101B, 103C, 103B, 401C, 401B, 402C, 403C – repeats permitted (1.0) \*\*

**List D (1m)**

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – 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 a repeat, even in a different shape**

**Group B**

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.

**Final**

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

<b>1m Springboard</b>	<b>3m Springboard</b>
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- |                         |                                      |
|-------------------------|--------------------------------------|
| 1. x1 Dive from List C* | 1. Repeat x1 Line Up from the Prelim |
| 2. x1 Dive from List D* |                                      |

**PROVISIONAL TIMETABLE OF EVENTS**

Please note this is a provisional timetable of events and all times/days are subject to change depending on the number of divers in each event.

There will be no open training over the weekend, instead there will be restricted training for each group immediately before their event.

The duration of restricted training will be allocated based on number of entries in each group to ensure there is ample training for all divers.

We reserve the right to combine / split events dependent on entry numbers

**Saturday 19<sup>th</sup> October 2019**

09:00	Session 1 Group E Girls Group E Boys Group D1 Boys Group D2 Boys Group C1 Girls Group C2 Girls Group B+ Boys
15:45- 16:15	Restricted Training for Finals
16:15	Dive Show
16:30	Finals

Estimated finish time 18:30

**Sunday 20<sup>th</sup> October 2019**

09:00	Session 2 Group D1 Girls
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Group D2 Girls  
Group C1 Boys  
Group C2 Boys  
Group B+ Girls

13:30- 14:15 Restricted Training for Finals  
14:15 Finals

Estimated finish time 16:00

**Deadline for Entry is Saturday 21st September 2019.**  
**Entry fee per Diver is £12.00, a late fee of £5 per Diver will be charged**  
**after the deadline.**

**To pay by BACS please use these account details:**

**Sort Code: 40-27-15**

**Acct No: 74427653**

**Reference: Your Club Name**









PAYMENTS BY BACS TO CITY OF LEEDS DIVING CLUB SORT CODE 40-27-15 ACCOUNT NUMBER 74427653