



Event:	Level 2 Skills Diving Event
Venue:	Stevenage Pool, St Georges Way, Stevenage, Herts, SG1 1XY
Date:	Sunday 7 March
Closing date for entries	Monday 22th February 2010
On Line Dive Sheet Close:	Friday 26th February 2010 at 6.00pm
Diver Warm Up:	10.00 – 11.00pm(dependent on entry numbers) (TBC)
Technical Meeting:	9.50 (TBC)
Start Time:	10.00 (TBC)
Finish Time	4.00pm (TBC)

The East Region is promoting its Level 2 Skills diving event for all divers in the region. In addition the East Region welcomes divers from outside the region to enter as guests. They will be included in the final results but not included in the medal presentations which will be for East Region divers only.

Please note that age groups E, D, and C will perform the dives required for the national event. This will enable divers to obtain recommended national qualifying points.

Age Group B+ divers will perform less dives than in the national event to encourage our new divers to take part. There will be an opportunity for group B+ to perform extra dives to obtain recommended national qualifying points- but these points will not be used in the list of final placings. Divers wishing to take this opportunity to perform the 6 extra divers for NQP should tick the appropriate column on the entry form (no fee is required for these extra dives).

On Line Dive Sheets Submission via ‘Dive Recorder’

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 Dive Sheets with which most of you will already be familiar. Alternatively, individual dive sheets may be submitted on-line.

To submit your dive sheets on-line, go to www.diverecorder.co.uk and follow the instructions. As soon as you complete the on-line submission you will see a success/failure message.

Electronic submissions must be made no later than 6.00pm on Friday 26th February. You will be asked to check hard copies of the dive lists at the venue. **Changes to your dive list will be allowed up to 30 minutes prior to the start of the competitions.**

Please note the closing date for entries, by which time email entries plus hard copy with appropriate fees must be received.

Late entries or entries not accompanied by fees will not be accepted

Please see entry form for fee structure.

Please Note Additional Dive Numbers for dive sheet submission for Groups E,C & D:

- 1. **Plain Header (three bubble rip)..... 101a**
- 2. **Reverse Pike Sit with armswing..... 32b**
- 3. **Pike Fall with hands grabbed..... 10b**
- 4. **Sitting Forward Tuck Roll..... 11c**
- 5. **Standing Back Fall Straight.....20a**
- 6. **Crouched Back Tuck Roll.....21c**
- 7. **Board Height for Poolside..... 0**

Cambridge Dive Team

Diving Events Organiser

Regional Level 2 Diving Skills – Conditions

Age Groups:

Group E 8/9 yrs Group D 10/11 yrs Group C 12/13 yrs Group B+ 14 – 16 yrs

Category	Board Height	Event Conditions	Tariff	NQP
Age Groups E, D & C	Section 1 Poolside	Plain Header (Three Bubble Rip) Armswing back jumped tucked Forward Dive Tucked Reverse Pike Sit with armswing	1.0 1.0 1.0 1.0	Group E 225
	Section 2 1m	Hurdle step straight jump Armswing back jump straight One Dive From List A One Dive From List B	1.0 1.0 dd to count dd to count	
	Section 3 3m	Pike Fall with Hands Grabbed Sitting Forward Tuck Roll Standing Back Fall Straight Crouched Back Tuck Roll	1.0 1.2 1.4 1.3	Group C 235

Dive List A - 101c, 101b, 103c, 103b, 401c, 401b

Dive List B - Back Fall Straight, 201c, 201b, 301c, 301b

Category	Board Height	Event Conditions	Tariff	Information
Age Group B+	Section 1 1m Springboard	2 Skills From List C 2 Skills From List D (Minimum of two groups from each list)	dd to count	No repeat dives from the same height board Section 1 & 2 for regional result with medals awarded accordingly.
	Section 2 3m Springboard	2 Skills From List E (Minimum of two groups to be covered)	dd to count	
Extra Dives for National Qualifying Points	Section 3 1m 1m 3m 3m 3m	1 skill from list C 1 skill from list D 2 skills from list E 1 forward line up from section 3 above 1 back line up from section 3 above	dd to count dd to count dd to count as 3 above as 3 above	Section 3 for NQP only Group B: 250 points

Dive List C – 1m 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c (repeats permitted 1.0*)

Dive List D – 1m 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c (repeats permitted 1.0*)

Dive List E – 3m 101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b (repeats permitted 1.0*)

*** Dives of the same number are considered to be a repeat, even if they are in a different shape**

- These event may be run in a “circuit” format, with groups of competitors (gymnastics style), simultaneously competing on 1m, 3m and poolside, enabling 12 skills to be competed in the same amount of time as 4 skills (dependent on entry numbers).
- The winner is the diver with the highest combined points total from ALL stations added together.