

# Surrey County ASA

www.surreyswimming.org



Dear diving friend

## Surrey County ASA Diving Skills Competition

You are cordially invited to enter divers into the Surrey County ASA Diving Skills Competition to be held at Guildford Spectrum, Parkway, Guildford, Surrey GU1 1UP on Saturday 25 January 2020.

The pool will be open for event-specific training at 12.30pm. The meet will run as a 'mini' three-station circuit, with divers rotating around the pool until all six skills are completed.

Medals will be awarded to the top three Surrey divers in each event and *guest* medals to any non-Surrey divers finishing in the top three.

Please return your entries 'by club' on the form below, either by post or e-mail, to reach me no later than Monday 13 January.

The entry fee is £10 per diver, payable 'by club' to Surrey County ASA. BACS transfers to: A/C: 70012378; Sort: 20-84-17; ref: Surrey Diving Skills.

Draft start lists, a timetable and entries by club will be circulated to the participating clubs after the entries have been collated.

An e-programme will be available to view, download or print from the Surrey County ASA website before the meet.

We look forward to you joining us for what promises to be a fun, friendly competition for some of our emerging young talent.

In the meantime, please do not hesitate to contact me if you have any questions or I can be of further help.

**Francisco Diaz**  
46 Temple Road  
Epsom  
Surrey  
KT19 8HA

Tel: 01372 727042

Mob: 07787 157930

E-mail: [francisco.diaz@btinternet.com](mailto:francisco.diaz@btinternet.com)

# Conditions

Age categories for girls and boys

Group E (8/9 years)  
Group D (10/11 years)  
Group C (12/13 years)  
Group B+ (14/16 years)

Ages recorded at 31 December 2020

<b>Skill</b>	<b>Height</b>	<b>DD</b>	<b>Dive No</b>
<b>1.</b> V-sit hold (5 seconds)	Poolside mat	1.0	111B
<b>2.</b> Forward jump piked (with a/s)	Poolside	1.0	100B
<b>3.</b> One- or two-bounce forward jump straight (E, D) Hurdle-step jump straight (C, B+)	1m	1.0	100A
<b>4.</b> Forward dive with tuck or Back dive with tuck or Inward dive with tuck	1m	1.2 1.5 1.4	101C 201C 401C
<b>5.</b> Forward fall straight or Sitting tuck to pike roll or Pike fall	3m	1.2 1.2 1.0	10A 10C 10B
<b>6.</b> Back fall straight or Back tuck roll or Back jump straight	3m	1.4 1.3 1.0	20A 20C 200A

## Entry Criteria

This competition is aimed at grassroots. You are ineligible if you have dived at the England Talent Games, National Skills Finals or beyond.

