## Surrey County ASA inc. SCWP&SA

### www.surreyswimming.org



Dear diving friend

### 2014 Surrey County ASA Skills Competition

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

The meet will run from 12.30pm -5.00pm.

Medals will be awarded to the top three Surrey divers in each event and Guest medals to all non-Surrey divers finishing in the top three.

Please return your entries on the form below, either by post or e-mail, to reach me no later than Monday 20 January.

Arrangements on dive sheets, a draft programme and schedule will be circulated once all the entries have been collated. Cheques to cover the entry fees must be made payable to Surrey County ASA – at £7 per diver.

We look forward to you joining us for what promises to be a fun afternoon for some of our emerging young stars.

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

Yours sincerely

#### Francisco Diaz

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# Surrey County ASA inc. SCWP&SA Skills Competition – Entry Form Guildford Spectrum, Saturday 1 February

Name of Club: Contact person:

Diver's name:	Gender:	Year of Birth:	Age Group:	Coach:
		1		
		1		
		1		
		1		

## **Conditions**

Age categories for girls and boys:

Group E (8/9 Years)

Group D (10/11 Years)

Group C (12/13 Years)

Group B (14/15 Years)

Group A (16/18 Years)

### Ages recorded at 31 December 2014

Skill	Height	DD	Dive No
1. V-sit (hold for 5 seconds)	Poolside mat	1.0	111B
2. Forward jump piked with armswing	Poolside	1.0	100B
3. One- or two-bounce forward jump straight	1m	1.0	100A
4. Forward dive with tuck	1m	FINA	101C
or Back dive with tuck		FINA	201C
or Inward dive with tuck		FINA	401C
5. Forward line-up (straight)	3m	1.0	10A
or Piked (falling dive)		1.0	10B
6. Back fall straight	3m	1.2	20A
or Back tuck roll		1.2	20C
or Back jump straight		0.9	200A

### Entry Criteria

The competition is aimed at grassroots divers.

You are ineligible here if you have dived at the England Talent Games, National Skills Finals, or made your National Skills Finals recommended standard points at a regional skills qualifier but did not dive at the national meet.