

Surrey County ASA

www.surreyswimming.org



Dear diving friend

2019 Surrey County ASA Diving Skills Competition

You are cordially invited to enter divers into the 2019 Surrey County ASA Diving Skills Competition to be held at Guildford Spectrum, Parkway, Guildford, Surrey GU1 1UP on Saturday 26 January.

The pool will be open for 'event-specific' training at 1pm. The meet runs 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 on the form below, either by post or e-mail, to reach me no later than Monday 14 January.

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

Cheques to cover the entry fees must be made payable to Surrey County ASA – at £10 per diver. Or by BACS: A/C: 70012378; Sort: 20-84-17.

An e-programme will be available to view, print or download from the Surrey County ASA website several days 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

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 2019

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

