

# Surrey County ASA

[www.surreyswimming.org](http://www.surreyswimming.org)



Dear diving friends

## 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 24 January 2026.

The pool will be open for event-specific training at 4pm. The meet will be run as a three-station circuit, with divers performing two rounds at each station and 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 who rank in the top three overall of their event.

Please return your entries 'by club' on the form below, to reach me via email no later than Friday 16 January.

The entry fee is £15 per diver, payable 'by club' to Surrey County ASA. BACS transfers to: A/C: 90576360; Sort: 20-84-17; ref: Diving Skills + club name.

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 published a few days before the meet and available to view, download or print from the diving section of the Surrey County ASA website.

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

In the meantime, please do not hesitate to contact me if you have any further questions.

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# Conditions

Age categories for female and open

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 2026

Skill	Height	DD	Dive No
1. Plain header	Poolside	1.0	101A
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, A)	1m	1.0	100A
4. Forward dive with tuck or Back dive with tuck or Inward dive with tuck	1m	1.2	101C
		1.5	201C
		1.4	401C
5. Forward fall straight or Sitting tuck to pike roll or Pike fall	3m	1.2	10A
		1.2	10C
		1.0	10B
6. Back fall straight or Back tuck roll or Back jump straight	3m	1.4	20A
		1.3	20C
		1.0	200A

## Entry Criteria

Divers are ineligible if they have competed at the National Skills Finals, Swim England Talent Games or beyond.

Surrey County ASA  
Diving Skills Competition – Entry Form  
Guildford Spectrum, Saturday 24 January 2026

Contact:

E-mail:

[illegible]

Entry closing date: Friday 16 January