



ENTRY PACK

BRITISH NATIONAL DIVING CUP 2019

1-3 FEBRUARY
PLYMOUTH LIFE CENTRE



Funding Partner



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Host City and Venue



CONTENTS

CONTACT INFORMATION..... 4

THE VENUE..... 4

TRAINING 4

HOW TO ENTER..... 5

ENTRY FEES 5

SCHEDULE OF EVENTS..... 5

TECHNICAL MEETING 6

REGISTRATION/MEMBERSHIP DEADLINE 6

EVENT CONDITIONS 7

TICKETS..... 9

ACCREDITATION 9

COACH/CHAPERONE PASSES 9

PHOTOGRAPHY POLICY..... 9

CHILD PHOTOGRAPHY REFUSAL FORM 10



BRITISH NATIONAL DIVING CUP 2019

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ATHLETE ENTRY PACK



CONTACT INFORMATION

Events Officer: Georgina Coulson
Email Address: georgina.coulson@swimming.org
Phone Number: 07966 271753
Address: British Swimming
SportPark, Pavilion 3,
3 Oakwood Drive,
Loughborough,
LE11 3QF

THE VENUE

Plymouth Life Centre
Mayflower Drive
Plymouth
PL2 3DG

Please see below guides for planning your team's trip:

[Accommodation in Plymouth](#)

[Things to Do in Plymouth](#)

[Eating Out in Plymouth](#)

[Exploring Plymouth](#)

KEY DATES AT A GLANCE

Entry Deadline: Monday 14th January @12:00noon

Training Dates: 29th – 31st January

Technical Meeting: Thursday 31st January @17:00

Competition Dates: 1st- 3rd February

TRAINING

Training will be available on the following days:

Date	Diving Pit	Dry Dive
Tuesday 29 th January	8am – 5pm	8am – 5pm
Wednesday 30 th January	8am – 5pm	8am – 5pm
Thursday 31 st January	8am – 5pm	8am – 5pm

COMPETITION

Date	Diving Pit	Dry Dive
Friday 1 st February	In between competitions	8am – 6pm
Saturday 2 nd February	In between competitions	8am – 6pm
Sunday 3 rd February	In between competitions	8am – 6pm



BRITISH NATIONAL DIVING CUP 2019
1- 3 FEBRUARY, PLYMOUTH.
ATHLETE ENTRY PACK



HOW TO ENTER

All entries for the British National Diving Cup will be made online, please [CLICK HERE](#) for the entry page. Paper entries will not be accepted.

For Synchro entries, both members of a synchro team need to enter through the online system. Each member also needs the registration number of the other team member. This information can be accessed [here](#).

Entries must be received by 12:00 on Monday 14th January. A late fee of £30 will be charged after this date.

ENTRY FEES

Individual events: £15.00

Synchro events: £25.00

SCHEDULE OF EVENTS

Session times are subject to change

Friday 1st February 2019

Session 1 – 10:00

Women's 1m Prelim

Men's 1m Prelim

Session 2 – 14:15

Women's 1m Final

Men's 1m Final

Session 3 – 16:45

Women's 10m Synchro

Men's 3m Synchro

Saturday 2nd February 2019

Session 4 – 10:00

Men's 3m Prelim

Women's Platform Prelim

Session 5 – 14:30

Men's 3m Final

Women's Platform Final

Session 6 – 16:45

Men's 10m Synchro

Women's 3m Synchro

Sunday 3rd February 2019

Session 7 – 10:00

Women's 3m Prelim

Men's Platform Prelim

Session 8 – 14:00

Women's 3m Final

Men's Platform Final



BRITISH NATIONAL DIVING CUP 2019
1- 3 FEBRUARY, PLYMOUTH.
ATHLETE ENTRY PACK



TECHNICAL MEETING

The technical meeting will take place at 5pm on Thursday 31st January in Meeting Room 1 on the third floor at Plymouth Life Centre.

DIVE SHEETS

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 DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use. To submit your dive sheets on-line there are two options:

- Either visit: www.diverecorder.co.uk/onlinesheets and follow the instructions, or
- if you have an Android phone or tablet, you can get the ADiveSheets app from this page on the DiveRecorder website: www.diverecorder.co.uk/dive/android

As soon as you complete either on-line submission method, you will see a success/failure message. If you experience problems and need assistance please contact Ann Barker AnnBarker@aol.com

Electronic submissions must be made by Midnight on Wednesday 30th January. You will be asked to sign hard copies of these sheets at the venue, available from the Recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders. **The deadline for manual dive sheets is at the Technical Meeting on 31st January.**

REGISTRATION/MEMBERSHIP DEADLINE

Divers should be registered with the ASA 60 days prior to the commencement of the National Event ("The Meet") for which the diver is entering.

International divers must be a member of their country's diving federation in order to enter.



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BRITISH NATIONAL DIVING CUP 2019
1- 3 FEBRUARY, PLYMOUTH.
ATHLETE ENTRY PACK



EVENT CONDITIONS
INDIVIDUAL

Category	Gender	Board	Conditions
1m & 3m	Male	6 dives	6 dives from 5 groups, no limit. No dive may be repeated
5m, 7.5m and/or 10m*	Male	6 dives	6 dives from 6 groups no limit.
1m & 3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m*	Female	5 dives	5 dives from 5 groups no limit.

****Any diver wishing to be selected to the senior international team (Team A or B) must perform dives only from 10m platform (in both Prelim & Final).***

Junior Medals will be taken from the Senior events and they can use 5m, 7.5m and/or 10m in the Senior Platform however, “divers competing from 5m / 7.5m in the platform events are not eligible for the Senior title” as the Championships are the selection event for the international competitions with only 10m platform events.

SYNCHRO

Open Male 3m & 10m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open Female 3m & 10m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open mixed 3m & 10m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.

Synchro events can be performed at 5m, 7.5, & 10m. “divers competing from 5m / 7.5m in the synchro platform events are not eligible for the Senior title” as the Championships are the selection event for the international competitions with only 10m platform events.



BRITISH NATIONAL DIVING CUP 2019
1- 3 FEBRUARY, PLYMOUTH.
ATHLETE ENTRY PACK



EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 1m, 3m and 10m events. There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver will be taken to ensure the top 8 GB divers progress).
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged 11 years in the year of competition
- No dive may be repeated in any event
- Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the NPD.
- Divers may compete in synchronised events only.

RECOMMENDED PERFORMANCE STANDARDS FOR NATIONAL CUP

Category	Gender	Event	Conditions	No. of Dives	Recommended Standard
Group C	Girls	1m	5 from 5	5	170
		3m			190
		Platform			190
	Boys	1m	6 from 5	6	228
		3m	6 from 5		252
		Platform	6 from 6		252
Group B	Girls	1m	5 from 5	5	190
		3m			210
		Platform			210
	Boys	1m	6 from 5	6	252
		3m	6 from 5		288
		Platform	6 from 6		288
Group A	Girls	1m	5 from 5	5	200
		3m			225
		Platform			225
	Boys	1m	6 from 5	6	270
		3m	6 from 5		300
		Platform	6 from 6		300
Open	Women	1m	5 from 5	5	200
		3m			225
		Platform			225
	Men	1m	6 from 5	6	270
		3m	6 from 5		300
		Platform	6 from 6		300



TICKETS

Tickets are available via The Ticket Factory [here](#). Due to limited tickets being available please purchase your tickets as soon as possible to avoid any disappointment.

ACCREDITATION

Accreditation for all competitors and coaches will be photographic. There will be security present at the event and in order to enter both the seating and field of play area you will need accreditation. All divers will be required to submit a **recent passport sized photo** with their online entry. Failure to supply a photograph with the entry forms will result in the entry forms being invalid and therefore not accepted.

COACH/CHAPERONE PASSES

All coaches, chaperones and physiotherapists must have a valid photo to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £10 per event. **A valid DBS check, coaching and safeguarding qualification is required. Coach pass applications are now open [here](#).**

Applicants are advised the online Disclosure & Barring Service process could take up to 1 month to complete. All applicants must be registered with an ASA affiliated club.

All ASA clubs and license applicants will have to complete a DBS (CRB) application regardless of any previous check carried out through another organisation unless this has been registered with the DBS Update Service www.gov.uk/db-update-service.

If you hold a disclosure that has been registered with the DBS Update Service, and you have not yet given the ASA written consent to check the status, please submit your original disclosure certificate along with a completed consent form to Sam Massey, Swim England DBS Coordinator. Please email db@swimming.org for a DBS Update Service Consent form.

Coaches/Chaperones will not be allowed on poolside without a valid accreditation.

PHOTOGRAPHY POLICY

British Swimming are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within a British Swimming setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images,



BRITISH NATIONAL DIVING CUP 2019
1- 3 FEBRUARY, PLYMOUTH.
ATHLETE ENTRY PACK



particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

British Swimming encourage all spectators and participants at British Swimming events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

British Swimming is committed to ensuring that all children who participate in British Swimming activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

This event **will be photographed and live streamed**. Static images will be displayed on the British Swimming website www.britishswimming.org. They will be used to promote the sport at this event and events in the future. Moving images may be displayed at the venue and via live stream at www.britishswimming.org. In addition, British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the Event Officer present. However if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to British Swimming Events Department.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the ASA Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer

CHILD PHOTOGRAPHY REFUSAL FORM

Should you or any of your divers prefer not to be photographed please complete the refusal of consent and return to the events office prior to the event.

NAME OF DIVER: _____
DATE OF BIRTH: _____

I refuse permission for the taking and/or publication of images of my child by the Official Photographer(s) in respect of the British National Diving Cup 2019



BRITISH NATIONAL DIVING CUP 2019
1- 3 FEBRUARY, PLYMOUTH.
ATHLETE ENTRY PACK



SIGNED (PARENT/CARER): _____

PRINT NAME: _____

DATE: _____



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