



# BRITISH DIVING CHAMPIONSHIPS 2016

SHEFFIELD, PONDS FORGE  
10 - 12 JUNE

## EVENT CONDITIONS

### INDIVIDUAL

Category	Gender	Board	Conditions
3m	Male	6 dives	6 dives from 5 groups, no limit.
10m	Male	6 dives	6 dives from 6 groups no limit.
3m	Female	5 dives	5 dives from 5 groups no limit.
10m	Female	5 dives	5 dives from 5 groups no limit.

**All Platform events shall be from 10m (in both Prelim & Final)**

**No Junior Medals will be presented at the British Championships.**

### 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.





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## EVENT FORMAT

- Synchronised events will be a straight final
- In the Platform events, all dives must be performed from 10m
- Individual events – there shall be 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 diver’s progress).
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Minimum age for competitors in all events, 10 years by 31<sup>st</sup> December 2014
- 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.

## GB Recommended Performance Standards for British Championships

Category	Gender	Event	Conditions	No. of Dives	Recommended Standard
Open	Women	1m	5 from 5	5	200
		3m	5 from 5	5	225
		Platform	5 from 5	5	225
	Men	1m	6 from 5	6	270
		3m	6 from 5	6	300
		Platform	6 from 6	6	300

Funding Partner	Official Partner	Official Suppliers	Endorsed Product	Host City & Venue