

# The Armada Cup

# 2014

20-23 February



everyone  
ACTIVE



# The Armada Cup

# 2014



Dear Diving Friends!

You are invited to take part in our 16th Armada Cup from 20-23 Feb 2014. This will be the second Armada Cup in the Life Centre and we hope you enjoy the new facility as much as we do.

The Armada Cup is run as an Age Group competition with opportunity for divers to make the recommended standards for the ASA National Age Group Diving Competitions 2014.

For the first time we are also including a Charity High Dive event hoping to let the children raise some money for a good cause

All the information you require is enclosed. Also attached is a provisional timetable based on last years timings .

We will be running simultaneous prelims on springboard & 6 diver, stand alone finals. We are once again running events on Thursday evening, so that teams can get away in good time on Sunday. Should you have any further queries, please do not hesitate to contact us.

See you all soon

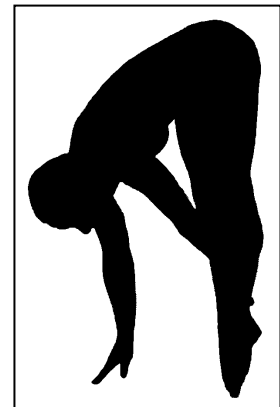
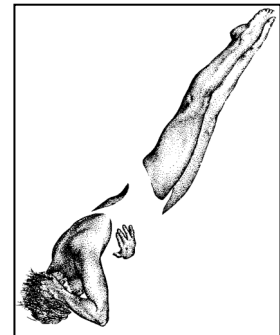
Regards.

Sally Freeman & Andy Banks  
Plymouth Diving

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# THE 2014 ARMADA CUP

## INFORMATION

### The Event

The event will be run under ASA Law. Events will be in the following categories:

Group E/D 8-11	- born 03,04,05, 06
Group C, 12-13	- born 01, 02
Group B, 14-15	- born 99, 00
Group A/Senior, 16+	- born 98, 97, 96 or earlier

There are 3 possible events for each age group, 1m, 3m and Platform. In group A only the 1 metre events will run as per the National Age Group Test for the purposes of qualification. All other age categories run as per the National Age Group Test. We reserve the right to split age groups if the numbers are too large.

The Synchronised competitions will be split into 13 & under (1m) and 14-18 (3m) categories

Awards will be made to the top 6 finalists in each individual event and the Top 3 teams in the Synchro events.

**WE WILL BE RUNNING SIMULTANEOUS PRELIMS AND STAND ALONE FINALS.**

There will be 1 overall team trophy. Team points will be awarded as follows:

1 <sup>st</sup>	20 points	2 <sup>nd</sup>	17 points	3 <sup>rd</sup>	14 points
4 <sup>th</sup>	12 points	5 <sup>th</sup>	10 points	6 <sup>th</sup>	8 points
7 <sup>th</sup>	6 points	8 <sup>th</sup>	5 points	9 <sup>th</sup>	4 points
10 <sup>th</sup>	3 points	11 <sup>th</sup>	2 points	12 <sup>th</sup>	1 point

Only the top 2 divers in each event, from each club, will count towards team points.

### Entry Fees

The entry fees are £11 per diver, per event and must be paid at the time of entry. Please make cheques payable to "Armada Cup". The synchronised competition entry fee is £20 per pair—please indicate on the Entry Form who is diving with who. Divers may pair up with divers from another Club but this must be clearly indicated on the Entry Form and entries cannot be taken on the day. The Team Points will then be shared equally.

### Programme

Exact timings will be determined once all the entries have been received and numbers are known. However, a provisional timetable is attached. We will aim to finish by 15.30pm on Sunday, so that everyone can start their journeys home at a reasonable time.

### Training

I envisage the pool will be available for training during the following times:

Thursday 20th February	-	from 12.00pm-4.00pm
Friday 21st February	-	7.30am to start of events
Saturday 22nd February	-	7.30am to start of events
Sunday 23rd February	-	8.00am to start of events

### Technical Meeting

A technical meeting will be held on Thursday 20th February at 4.00pm in the Events Office at the pool.

### Dive Sheets

Dive lists must be submitted electronically by Wednesday 15th February - no later. Manual dive sheets for the Thursday events must be received, signed no later than 3.30pm on the 16<sup>th</sup> and all remaining manual sheets by the technical meeting at 4pm.

*All electronically submitted dive sheets MUST be signed when you arrive at the pool. We are happy for these sheets to be signed by divers OR by their coach on their behalf.*

**Changes can be made up to 1 hour before the start of the session.** Please understand that due to the demands on the recorders it won't be possible to change a dive after this time so ask your divers to be sure of their dives before they arrive! For the finals we will accept changes during the finals training session.

### Information pack

All teams will receive an information pack on arrival. It will contain programmes, start orders, dive sheets, pool safety rules and other general information regarding the weekend. Copies of dive sheets will be in this pack and we need these to be checked and signed and returned to the recording team as quickly as possible (there will be a dive sheet box on the balcony all day Thursday). Any sheets not signed and returned 2 hours before the session starts will be automatically withdrawn.

### Entry Forms

Please complete the entry form and make sure we receive it by Monday 30th January at the VERY latest. Entry forms received after this date CANNOT be guaranteed. The Armada Cup is a busy event and entries fill up fast!

### Timetable

We won't know accurate timings until we have all the entries. Please refer to the attached APPROXIMATE timings as a guideline only. Event order may change if entries dictate. ADDITIONS TO THE PROGRAMME WILL NOT BE ACCEPTED AT THE TECHNICAL MEETING UNLESS A DELETION HAS BEEN RECORDED BY THE SAME TEAM IN THE SAME EVENT and/ or a mistake has been made by us from the original entry form.

### Competing in a higher age group

Group B (those aged 14 or 15 this year) divers can compete in the age group higher, but must compete ALL their events in that age group.

### High Dive Event

All money raised from this event will go to a charity of our choice and is just a bit of fun for all the high dive enthusiasts—divers aged 12 and above can enter and can choose 7.5m or 10m for their dives. HOWEVER... as per the rules of normal high dive events, all dives must be FEET FIRST! It's an OPEN event so everyone dives against each other. Normal FINA rules apply to feet first entries!

### Payments

Please make cheques payable to "Armada Cup".

### Accommodation

Premier Lodge (Sutton Rd)	14 mins from pool	0871 527 8882 (Table Table restaurant onsite)
Premier Inn (Lockyers Quay)	11 mins from pool	0871 527 8880 (Table Table restaurant onsite)
<i>(both the above hotels are close to Barbican Leisure park which includes Pizza Hut, Nando's, Chiquito's &amp; Frankie &amp; Benny's)</i>		
Premier Inn (Plymouth Rd)	15 mins from pool	0871 5278884 (Beefeater Grill onsite)
Travelodge (Derry's Cross)	6 mins from pool	0871 984 6251 (Bella Pasta & Tapas adjacent)
Travelodge (Plymouth Roborough)	10 mins from pool	0871 559 1840 (Toby Carvery adjacent)

For smaller teams can I suggest local guest houses adjacent to the park which are also walking distance from the railway station:

Alma Lodge Guest House	5 min walk from pool	01752 217351
Summer Court	7 min walk from pool	01752 669270

### The venue

The Life Centre was completed in March 2012. It is a state of the art Diving Pool with the following boards:

- 4 x 1m springboards
- 3 x 3m springboards
- 1 x 3m platform
- 1 x 5m platform
- 1 x 7½m platform
- 1 x 10m platform

*Please note - divers will not be allowed to use the other facilities of the Life Centre without purchasing a ticket. Please ask your divers to keep the poolside clear of bags wherever possible. Competitors bags can be put in a locker or kept in the balcony with team mates.*

*The Dry Gym may be available for warm-ups but all divers will need a Level 2 Coach with them at all times.*



# 2014 Armada Cup Provisional Timetable

## Thursday 20th February

<u>Event</u>	<u>Time</u>
General Training	11-4pm
Technical Meeting	4-4.30pm
Restricted Training	4-5pm
Events 1-2	Girls & Boys 14-18 3m Synchro & Girls & Boys 13 and under 1m synchro
Restricted Training	Girls C 1m & Boys C 3m
Events 3&4	Girls C 1m & Boys C 3m

## Friday 21st February

Restricted Training	<b>Events 5-8</b>	<b>7.30-8.30pm</b>
Restricted Training	<b>Events 9-12</b>	8.30-9am
<i>Event 5 &amp; 6</i>	<i>Girls D 1m &amp; Girls B Platform</i>	
<i>Event 7 &amp; 8</i>	<i>Boys B 1m &amp; Mens 16+ 3m</i>	
Restricted Training	<b>Events 9 &amp; 10</b>	
<i>Events 9 &amp; 10</i>	<i>Boys D 5m &amp; Womens 16+ 3m</i>	
Restricted Training	<b>Events 11</b>	
<i>Events 11</i>	<i>Boys C Platform</i>	

## **FINALS**

## Saturday 22nd February

Restricted Training	<b>Events 12-14</b>	<b>7.30-8.15am</b>
Restricted Training	<b>Events 15-18</b>	8.15-8.45am
<i>Events 12 &amp; 13</i>	<i>Girls C Platform &amp; Boys C 1m</i>	
<i>Events 14</i>	<i>Girls B 3m</i>	
Restricted Training	<b>Events 15-19</b>	
<i>Events 15 &amp; 16</i>	<i>Girls D 5m &amp; Boys D 3m</i>	
<i>Events 17 &amp; 18</i>	<i>Womens 16+ 1m &amp; Boys B Platform</i>	
Restricted Training	<b>Events 20 &amp; 21</b>	
<i>Event 20 &amp; 21</i>	<i>Mens &amp; Womens 16 + Platform</i>	
Restricted Training	<i>HIGH DIVING</i>	

## **FINALS**

## Sunday 23rd February

Restricted Training	<b>Events 22-23</b>	<b>7.30-8.15am</b>
<i>Events 22 &amp; 23</i>	<i>Boys D 1m &amp; Girls D 3m</i>	
Restricted training	<b>Events 24-26</b>	
<i>Events 25 &amp; 26</i>	<i>Girls C 3m &amp; Girls B 1m</i>	
Restricted training	<b>Events 27-28</b>	
<i>Events 27-28</i>	<i>Boys B 3m &amp; Mens 16+ 1m</i>	

## 2014 ARMADA CUP CONDITIONS

Conditions for boys & girls events are the same  
Except in Group A/ Senior 3m & Platform

ALL AGES AS  
31ST DECEMBER  
2014

Age Group E/D 11 & U	PRELIM 1m	Requires 3	D.D limit 5.4	plus	Optionals 2	FINAL (top 6) 1m	no dd limit	Optionals 3
Age Group E/D 11 & U	PRELIM 3m	Requires 3	D.D limit 5.7	plus	Optionals 2	FINAL (top 6) 3m	no dd limit	Optionals 3
Age Group E/D 11 & U	PRELIM 5m	Requires 2	D.D limit 3.6	plus	Optionals 2	FINAL (top 6) 5m	no dd limit	Optionals 3
<p><b>Qualification scores for the National Age Groups can only be achieved in the preliminary competition.</b>  <b>All divers in Groups D, C and B will perform three dives in the final which must be from three different groups and have no limit on difficulty—AND must contain at least one dive from groups 2 or 3. Requireds will not carry forward.</b></p>								
Age Group C 12-13 years	PRELIM 1m	Requires 3	D.D limit 5.4	plus	Optionals 3	FINAL (top 6) 1m	no dd limit	Optionals 3
Age Group C 12-13 years	PRELIM 3m	Requires 3	D.D limit 5.7	plus	Optionals 3	FINAL (top 6) 3m	no dd limit	Optionals 3
Age Group C 12-13 years	PRELIM 5, 7½m	Requires 3	D.D limit 5.4	Plus	Optionals 2	FINAL (top 6) 5, 7½m	no dd limit	Optionals 3
13 & Under 1M	Synchro	Requires 2	2.0 each	Plus	Optionals 2	STRAIGHT FINAL		
Age Group B 14-15 years	PRELIM 1m	Requires 4	D.D limit 7.5	plus	Optionals 3	FINAL (top 6) 1m	no dd limit	Optionals 3
Age Group B 14-15 years	PRELIM 3m	Requires 4	D.D limit 7.9	plus	Optionals 3	FINAL (top 6) 3m	no dd limit	Optionals 3
Age Group B 14-15 years	PRELIM 5, 7½ or 10m	Requires 3	D.D limit 5.7	plus	Optionals 3	FINAL (top 6) 5, 7½, 10m	no dd limit	Optionals 3
<p><b>In Group A, all divers will choose their optionals in the final from the following: one dive from groups 1 or 4, one dive from groups 2 or 3 and one dive from groups 5 or 6. Only the 1 metre events follow the National Age Groups test.</b></p>								
Group A/Senior 16+ years	PRELIM 1m	Requires 5	D.D limit 9	plus	Optionals 3	FINAL (top 6) 1m	no dd limit	Optionals 3
Group A/Senior 16+ years	PRELIM 3m	Optionals 5 women 6 men	No DD limit		To cover 5 groups	FINAL (top 6) 3m	no dd limit	Optionals 3
Group A/Senior 16+ years	PRELIM 5, 7½ or 10m	Optionals 5 women 6 men	No DD Limit		To cover 5 groups	FINAL (top 6) 5, 7½, 10m	no dd limit	Optionals 3
14-18 yrs 3m	Synchro	Requires 2	2.0 each	Plus	Optionals 3	STRAIGHT FINAL		
HIGH DIVING (AGE 12 & ABOVE)	7.5M OR 10M	Requires 1	2.0 max	plus	1 optional NO LIMIT	STRAIGHT FINAL		FEET FIRST ENTRIES