



# ASA East Region Age Group Diving Competitions

Saturday 17<sup>th</sup> May 2014, 1:30 pm – 6:30 pm &  
Sunday 18<sup>th</sup> May 2014, 11:00 am – 6:00 pm

Southend Leisure & Tennis Centre  
Garon Park  
Eastern Avenue  
Southend on Sea  
SS2 4FA

It is with great pleasure that we invite you and your divers to Southend to compete in the ASA East Region Age Group (Level 3) Diving Competitions 2014. The East Region welcomes divers from outside the region to enter as guests; regional medals will be presented to the top three divers from the East Region; any guest diver who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

**Entry Closing Date:** Sunday, 4<sup>th</sup> May 2014  
**Entry Fee:** £10 per diver, per event.  
**Cheques made payable to ASA East Region.**

Entries will be accepted by post or by email, please send your entries to:

Roger Page  
ASA ER Diving Competition Entry  
49 Hempstead Road  
KINGS LANGLEY  
Hertfordshire  
WD4 8BS

Email: [roger.page@data-interface.net](mailto:roger.page@data-interface.net)

Tel: 07979 961413

Please Note: ***Individual*** entries received by whatever means will ***not*** be accepted. Parents and divers, please ask your coach to find out who is coordinating your club's entry and ensure that your entry is added to the divers listed on the appropriate official entry form being submitted by your club.

Late entries may not be accepted and all fees must be paid in full before divers start training.

Confirmation of entries received, instructions for submission of dive sheets, a detailed timetable and all other final details will be published as soon as possible after the entry closing date. The competition organisers reserve the right to limit entry numbers. All the information you require is enclosed here, but if you should have any further questions then please do not hesitate to contact me by phone or by email.

We look forward to seeing you at the event.

**Roger Page**  
**Event Co-ordinator**  
**For and on behalf of the East Region Technical Diving Committee**

***ASA East Region – Age Group Diving Competitions 2014***



# ASA East Region Age Group Diving Competitions

## General Event Conditions

- The competitions shall be conducted in accordance with ASA laws and F.I.N.A. Technical Rules for Diving.
- There shall be separate events for males and females.
- All ages are as at the 31st December in the year of competition.
- All competitions shall be promoted as 'Open' events with two separate entry categories.
- An individual entry for both entry categories will not be accepted.
- An entrant for a competition must be an ASA registered category 2 member of the club they are representing or a Temporary Member of the ASA by the published closing date.

## Entry Categories:

### East Region Entries

- Will be accepted from divers who are registered members of clubs affiliated to ASA East Region.
- An entered diver shall not have competed in the closed championships or competitions of another Region of the ASA in the same year other than as an individual member of a synchronised pair.

### Guest Entries

- Will be accepted from divers who are registered members of any club affiliated to the ASA through their Regional Association, the Scottish or Welsh ASA or one of the countries affiliated to F.I.N.A.

## Medals:

- Medals will be presented to the top three competitors from the East Region entries.
- A guest competitor who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

## Eligibility:

### Level 3 Regional Age Group Competitions - Eligibility

Is 'open' to an ASA East Region or Guest diver who has not previously entered:

- An individual competition at a National or Regional Junior Elite (level 4) event on a particular board.
- An individual or synchronised competition at a National or Regional Senior (level 5) event.

### Please Note:

Coaches entering divers of an inappropriate standard in any East Region Diving Event may be approached by the Regional Diving Manager and given advice on competition selection.



# ASA East Region Age Group Diving Competitions

## Age Groups for All Events

Group D – 8/9/10/11 Years  
 Group C – 12/13 Years  
 Group B – 14/15/ Years  
 Group A – 16/17/18 Years

All ages are as at the 31st December in the year of competition.

Category	Board	Event Conditions	*National Recommended Standard
Age Group D	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups no limit	110
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups no limit	120
	5m	2 dives from 2 groups (3.6 dd) + 2 dives (minimum of 3 groups to be covered)	95
Age Group C	1m	3 dives from 3 groups (5.4 dd) + 3 dives From 3 groups no limit	140
	3m	3 dives from 3 groups (5.7 dd) + 3 dives From 3 groups no limit	150
	5m / 7.5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups no limit	125
Age Group B	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit	170 Girls 180 Boys
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	180 Girls 190 Boys
	5m / 7.5m / 10m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit	155 Girls 170 Boys
Age Group A	1m	5 dives from 5 groups (9.0 dd) + 3 dives from 3 groups no limit	210 Girls 230 Boys
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit	220 Girls 245 Boys
	5m / 7.5m / 10m	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit	190 Girls 215 Boys

### Please Note:

\* National Standard - For your information we have published the points required to meet the recommended National Standard. The publishing of these points does not imply you are required to meet this standard to dive in this Regional competition nor automatic qualification to a National Age Group Competition.

**End.**