



ASA East Region East Region Club Championships

Sunday, 29th September 2013
9am – 5pm

Inspire
Luton Sports Village
Hitchin Road
Luton
LU2 8DD

Saturday, 5th October 2013
9am – 5pm

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 Luton and to Southend to compete in the ASA East Region (Diving) Club Championships 2013.

Entry Closing Date: Sunday 15th September 2013

**Entry fees: £10 per diver per individual event
£12 per pair for synchronised events
Cheques to be made payable to ASA East Region**

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

Roger Page
ASA ER Club Championships Entry
49 Hempstead Road
KINGS LANGLEY
Hertfordshire
WD4 8BS

Email: 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 team entry and ensure that your entry is added to the divers listed on the appropriate form being submitted by your diving club.

Late entries will only be accepted at the discretion of the event organisers 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 all at the event.

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

ASA East Region East Region Club Championships

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.
- A published 'Event Entry Pack' will give specific event conditions, test requirements and general event information.

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

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

Medals / Club Trophy:

- 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.
- A 'Regional Club Trophy' will be presented to the ASA East Region club with the most accumulated points from the first six individual placed competitors in the East Region Club Championships excluding synchronised diving competitors.
- Accumulated points will be allocated as follows: 12 points 1st place, 10 points 2nd place, 8 points 3rd place, 6 points 4th place, 4 points 5th place, 2 points 6th place.

Eligibility:

- These competitions are 'open' to an ASA East Region or Guest diver without affecting the diver's National or Regional Level 3, 4 or 5 status.
- An entry to an individual competition in this event may invalidate the diver's future entry to a Regional Level 1 and/or Level 2 competition. Please refer back to the Level 1 and/or Level 2 specific event eligibility conditions for more details.

ASA East Region East Region Club Championships

Age Groups:

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

Junior Boys / Girls – 10 to 15 years

Senior Men / Women - 16+ years

Individual Competition Conditions:

Category	Age	Board	Event Conditions	Remarks
Senior / Men	16+ yrs	Separate Competitions on 1m, 3m and Platform	Six Different Dives from Four Groups	A maximum of two different dives from the same group.
Senior / Women	16+ yrs	Separate Competitions on 1m, 3m and Platform	Five Different Dives from Four Groups	
Junior / Boys	10-15 yrs	Separate Competitions on 1m, 3m and Platform	Five Different Dives from Four Groups	No repeat dives within a list of dives.
Junior / Girls	10-15 yrs	Separate Competitions on 1m, 3m and Platform	Four Different Dives from Four Groups	

Synchronised Competition Conditions:

Age	Gender	Board	Event Conditions	Remarks
10-15 yrs	Male / Female	1m Springboard	3 Dives from 2 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	On springboard at least one forward facing dive must be with a hurdle step.
16+ yrs	Male / Female	1m Springboard	4 Dives from 3 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	
10-15 yrs	Male / Female	5m / 7.5m Platforms	3 Dives from 2 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	Each dive performed by the pair in an individual round must have the same dive number and be in the same position.
16+ yrs	Male / Female	5m / 7.5m / 10m Platforms	4 Dives from 3 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	

Please Note:

Divers under the age of 12 yrs are encouraged not to use the 7.5m or 10m platform and divers under the age of 14 are encouraged not to use the 10m platform.

ASA East Region East Region Club Championships

On Line Dive Sheets Submission via 'Dive Recorder'

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 Dive Sheets with which most of you will already be familiar. Alternatively, individual dive sheets may be submitted on-line.

To submit your dive sheets on-line, go to www.diverecorder.co.uk and follow the instructions. As soon as you complete the on-line submission you will see a success / failure message.

Electronic submissions must be made no later than 11.00 pm on Wednesday 25th September. You will be asked to check hard copies of the dive lists at the venue. Changes to dive lists will be allowed up to 30 minutes prior to the start of the session that includes your competition.

Provisional Schedule of Events

Exact timings will be determined once all the entries have been received and numbers are known. However, a provisional timetable for the events is shown below.

SUNDAY 29th SEPTEMBER 2013

09:00 – 10:00 – Open Training
10:15 – 11:15 – Boys / Men 3m
11:30 – 12:30 – Girls / Women 3m
12:45 – 13:15 – Girls / Women Platform
13:30 – 14:00 – Boys / Men Platform
14:15 – 14:45 – Girls / Women Platform Sync
15:00 – 15:30 – Boys / Men Platform Sync

SATURDAY 5th OCTOBER 2013

09:00 – 10:00 – Open Training
10:15 – 11:45 – Boys / Men 1m
12:00 – 13:30 – Girls / Women 1m
14:00 – 14:30 – Girls / Women 1m Sync
15:00 – 15:30 – Boys / Men 1m Sync

Other Information

Clothing - during medal ceremonies full club kit or tracksuits must be worn i.e. no towels or bare feet are allowed. No GB kit is to be worn at any time.

END