

Peter Waterfield Invitational Novice Diving Competition 2013

Sunday 10th November 2013, The Quays, Southampton



Southampton Diving Academy is proud to invite you to the 8th Peter Waterfield Novice Diving Invitational.

The event is an opportunity for divers to experience the conditions we expect to be used at National Skills in 2014.

The divers will perform 12 skills. These skills will be divided into 3 stations and assessed with 3 judges at each. The competitors will be divided across the 3 stations and rotated once each station has finished.

The B+ Age Group will only have 2 stations

This competition format creates a very exciting environment for our up and coming stars to demonstrate their talent

Awards will be given to the top 6 divers and the Top Team.

ENTRY FORMS

Entry fee £10 per diver

Please complete the Entry Form (photocopy as appropriate) and return it to Vanessa.kerr@talktalk.net or post to address below closing date 28th October 2013

ENTRY FEES PAYMENT

Please pay by Bank Transfer to Barclays Bank PLC, The Bargate Branch, Southampton,

Sort code 20-79-29, Account name- SDA, account number 90966762,

please include reference for Diving club that relates to payment.

Alternatively, if you are unable to make a Bank transfer, please make cheques payable to "Southampton Diving Academy" and post to Vanessa Kerr 10 Churchfields Fawley Southampton so45 1fy

INFORMATION PACK

All teams will receive an information pack at the Technical meeting. This will include the programme, start orders, pool safety guidelines and other general information regarding the event.

DIVE SHEETS

Dive Sheets must be submitted prior to your arrival.

Lindsey Fraser
Head Coach
Southampton Diving Academy.

Please contact me with any questions

E-mail Lindsey.fraser@activenation.org tel 02380720922



PW CONDITIONS 2013

The conditions are based on those expected to be used for the National Skills finals in 2014.
 Expected changes are highlighted in red

Age Groups

Group E 8/9 years
 Group D 10/11 years
 Group C 12/13 years
 Group B+ 14/16 years

Category	Board Height	Skill	DD	Recommended Std
Age Groups E, D & C	Section 1 <i>Poolside</i>	Plain header (3 bubble rip)	1.0	Group E 235
		Armswing back jump tucked	1.0	
		Forward dive tucked	1.0	
		Fwd pike jump from T start	1.0	
	Section 2 <i>1m</i>	Hurdle step straight jump	1.0	Group D 250
		Armswing back jump straight	1.0	
		1 dive from list A	dd to count	
		1 dive from list B	dd to count	
	Section 3 <i>3m</i>	Forward fall straight, hands T start	1.0	Group C 265
Sitting forward tuck roll, pike out		1.2		
Standing back fall straight		1.4		
Crouched back tuck roll		1.3		

List A

101c, 101b, 103c, 103b, 401c, 401b

List B

Back fall straight (1.0), 201c, 201b, 301c, 301b

**NOTE: Forward and Reverse movements may be performed standing, x2 bounce start, or from a hurdle step. All back and inward movements are to be performed from a T starting position.*

Category	Board Height	Skill	DD	Recommended Std
Age Group B+	Section 1 <i>1m</i>	3 skills from list C 3 skills from list D (at least 2 groups must be covered from each list)	dd to count dd to count	Group B 290
	Section 2 <i>3m</i>	4 skills from list E (at least 2 groups must be covered) 1 fwd line up from Section 3 above 1 back line up from Section 3 above	dd to count dd to count dd to count dd to count	

List C (1m)

101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c – repeats permitted (1.0) *

List D (1m)

201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c – repeats permitted (1.0) *

List E (3m)

101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b—repeats permitted (1.0)*

*** Dives of the same number are considered to be a repeat, even if they are in a different shape**

Divers in the second year of Group C (ie aged 13 years on 31/12/13) may opt to dive up if they wish. This will allow divers to make a qualifying standard for National Skills 2014 if required. This should be clearly indicated on the entry form.

This NOVICE event is aimed at divers starting out along their diving career-

Divers are not eligible to enter this competition if:

- They medalled at National Skills Final 2013
- They have dived at National Age Groups

UNLESS they are moving up an age group