



ASA East Region Age Group Diving Competitions 2016

Saturday 21st May 2016, 08:00 am – 5:00 pm &
Sunday 22nd May 2016, 08:00 am – 5:00 pm

Southend Swimming & Diving 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 2016. 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: Friday, 6th May 2016
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

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 Diving Committee

ASA East Region – Age Group Diving Competitions 2016



ASA East Region Age Group Diving Competitions 2016

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

- 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:

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

- An individual competition at a British, National or Regional specified 'Elite' level event on a particular board.
- Any individual or synchronised competition at a British, National or Regional specified 'Senior' level 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 2016

Age Groups for All Events

Group D – 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	¹ National Standard
Age Group D	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd)	120
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd)	130
	5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd)	130
Age Group C	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd)	150
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd)	160
	5m / 7.5m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd)	160
Age Group B	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit	180 Girls 190 Boys
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	190 Girls 200 Boys
	5m / 7.5m / 10m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit	165 Girls 180 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:

¹ 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 would achieving these points confer an automatic qualification to a National Age Group Competition.

End.