



CONFIRMATION PACK

BRITISH NATIONAL DIVING CUP 2022

11-13 FEBRUARY
PLYMOUTH LIFE CENTRE



Funding Partner



Official Partners



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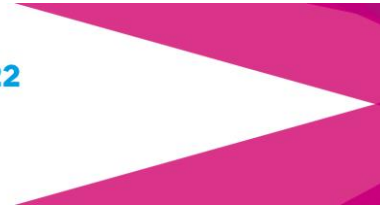
Host City and Venue





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CONTACT INFORMATION

Events Officer: Isobel Griffiths
Email Address: Isobel.griffiths@swimming.org
Phone Number: 07583 015581
Address: British Swimming Events Department
SportPark, Pavilion 3,
3 Oakwood Drive
Loughborough University,
LE11 3QF

THE VENUE

Plymouth Life Centre
Mayflower Drive
Plymouth
PL2 3DG

KEY DATES AT A GLANCE

Training Dates: Tuesday 8th – Thursday 10th February 2022
Technical Meeting: Thursday 10th February @ 17:00
Competition Dates: Friday 11th – Sunday 13th February 2022

TRAINING

Training will be available on the following days:

Date	Diving Pit	Dry Dive
Tuesday 8 th February	8am – 5pm	8am – 5pm
Wednesday 9 th February	8am – 5pm	8am – 5pm
Thursday 10 th February	8am – 5pm	8am – 5pm

COMPETITION

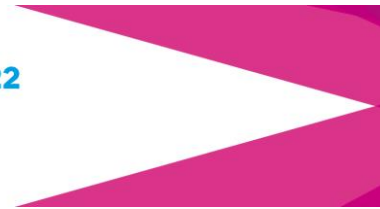
Date	Diving Pit	Dry Dive	Sports Hall
Friday 11 th February	8am – 8.45am and In between competitions	8am – 7pm	7.30am – 10.30am (Sports halls 9-12)
Saturday 12 th February	8am – 8.45am and In between competitions	8am – 7pm	7.30am – 10.30am (Sports halls 1-4)
Sunday 13 th February	8am – 8.45am and In between competitions	8am – 7pm	Please ask the venue if you require an additional Dry Training space.





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TICKETS

Unfortunately, due to the ongoing nature of COVID-19 this will be a closed door event meaning there will not be any spectator seating. We are looking into the possibility of providing a live stream for anyone who wishes to watch the event. Information will be provided prior to the event. Socially distanced seating will be provided for athletes, coaches and essential chaperones.

SCHEDULE OF EVENTS

*Please note that times are subject to change.

Friday 11th February

Session 1	Time	Competitions
1	10:00	PRELIM Womens 1m
		TRAINING 25mins
2	11:33	PRELIM Mens 1m
		LUNCH BREAK and TRAINING 1 hour 10 mins
Session 2		
3	14:15	COMBINED FINAL Mixed 3m Synchro & Mixed 10m Synchro
		TRAINING BREAK 30 mins
Session 3		
4	15:25	FINAL Womens 1m
		TRAINING 15 mins
5	16:25	FINAL Mens 1m
		TRAINING BREAK 30 mins
Session 4		
6	17:40	COMBINED FINAL Womens 10m Synchro & Mens 3m Synchro
		Medal Presentations to follow immediately after first event

Saturday 12th February

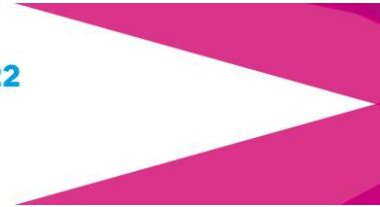
Session 5	Time	Competitions
7	10:00	PRELIM Mens 3m
		TRAINING BREAK 25 mins
8	11:21	PRELIM Womens Platform
		LUNCH BREAK and TRAINING 1 hour 15 mins
Session 6		
9	14:30	FINAL Mens 3m
	15:11	TRAINING BREAK 15 mins
10	15:20	FINAL Womens Platform
	15:40	TRAINING BREAK 30 mins
Session 7		
11	16:49	COMBINED FINAL Womens 3m Synchro & Mens 10m Synchro
		Medal Presentations to follow immediately after last event





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Sunday 13th February

Session 8	Time	Competition
12	10:00	PRELIM Womens 3m
		TRAINING BREAK 25mins
13	11:36	PRELIM Mens Platform
		LUNCH BREAK and TRAINING 1 hour 15mins
Session 9		
14	13:55	FINAL Womens 3m
		TRAINING BREAK 15mins
15	14:55	FINAL Mens Platform
		Medal Presentations to follow immediately after last event

TECHNICAL MEETING

The technical meeting will take place at **17:00 on 10th February in Yoga Studio** on the third floor at Plymouth Life Centre.

DIVE SHEETS

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 DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use. To submit your dive sheets on-line there are two options:

- Either visit: www.diverecorder.co.uk/onlinesheets and follow the instructions, or
- if you have an Android phone or tablet, you can get the ADiveSheets app from this page on the DiveRecorder website: www.diverecorder.co.uk/dive/android

As soon as you complete either on-line submission method, you will see a success/failure message.

If you experience problems and need assistance please contact jackielaugher@yahoo.com.

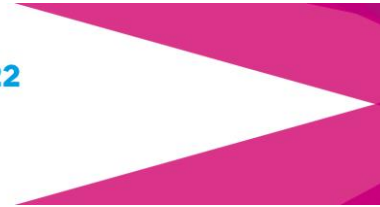
Electronic submissions must be made by Midnight on Wednesday 9th February. You will be asked to sign hard copies of these sheets at the venue, available from the Recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders. **The deadline for manual dive sheets is at the Technical Meeting on 10th February.**





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EVENT CONDITIONS

INDIVIDUAL

Category	Gender	Board	Conditions
1m & 3m	Male	6 dives	6 dives from 5 groups, no limit. No dive may be repeated
5m, 7.5m and/or 10m*	Male	6 dives	6 dives from 6 groups no limit.
1m & 3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m*	Female	5 dives	5 dives from 5 groups no limit.

SYNCHRO

Open Male 3m & 10m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open Female 3m & 10m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open Mixed 3m & 10m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.

Synchro events can be performed at 5m, 7.5m, & 10m. "divers competing from 5m / 7.5m in the synchro platform events are not eligible for the Senior title" as the National Cup is the selection event for the international competitions with only 10m platform events.

Awarding of British National Cup Junior Medals:

1. Junior Championship medals will be awarded from the National Cup 11-13 February 2022 in all individual events.
2. Medals awarded will be based on 1. Ranking order of any finalists followed by 2. remaining places ranking order from preliminary.
3. Platform - Divers competing from 5m and 7.5m platform in the prelim cannot qualify for the final. But are eligible for junior medals after the ranking of any juniors who proceed to the final competing all dives from the 10m platform.

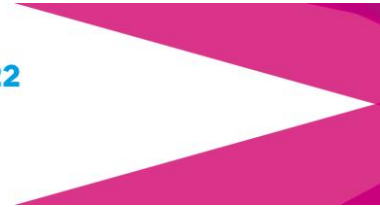
Awarding of British National Cup Medals:

Divers eligible to compete for Great Britain are eligible for British Medals. In all events there will be open and closed medals.

Open medals will be awarded if a diver not eligible to compete for Great Britain places in the top 3 in a final.

In Platform competitions; only divers performing ALL dives from 10m are eligible for senior medals.





Selection to British Teams:

Divers wishing to be eligible for selection in platform competitions for either Team A or Team B must compete all dives from the 10m platform. All selections will be based upon the National Selection Policy 2022.

EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 1m, 3m and 10m events. There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver(s) will be taken to ensure the top 8 GB diver’s progress).
- Individual Platform finals must be from 10m only
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged at least 11 years by the 31st Of December in the year of competition.
- No dive may be repeated in any event
- Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the Head Coach.
- Divers may compete in synchronised events only.

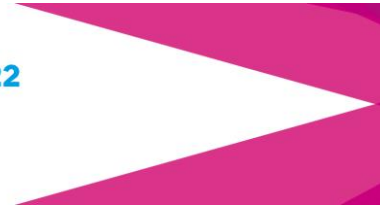
RECOMMENDED PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS

Category	Gender	Event	Conditions	No. of Dives	Recommended Standard
Group C	Girls	1m	5 from 5	5	170
		3m			190
		Platform			190
	Boys	1m	6 from 5	6	228
		3m	6 from 5		252
		Platform	6 from 6		252
Group B	Girls	1m	5 from 5	5	190
		3m			210
		Platform			210
	Boys	1m	6 from 5	6	252
		3m	6 from 5		288
		Platform	6 from 6		288
Group A	Girls	1m	5 from 5	5	200
		3m			225
		Platform			225
	Boys	1m	6 from 5	6	270
		3m	6 from 5		300
		Platform	6 from 6		300
Open	Women	1m	5 from 5	5	200
		3m			225
		Platform			225
	Men	1m	6 from 5	6	270
		3m	6 from 5		300
		Platform	6 from 6		300



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COVID-19 EVENT MANAGEMENT PLAN

The situation surrounding COVID-19 is progressing at a variable rate around the world. Divers should strongly consider whether it is safe for them to individually participate and follow any applicable government or health authority advice specific to them, particularly if they could be considered to be at greater risk from COVID-19.

All requirements relating to COVID-19 regulations prevailing at the time will be adhered to. An information package covering all prevention measures for COVID-19 at the event, including testing and health screening, has been sent to all clubs and is available to view on the British Swimming Website under the coaches tab on the event page [here](#).

All athletes, coaches, event staff and volunteers will be required to adhere to the guidelines set out for this event. All attendees will be required to agree to a COVID-19 Code of Behaviour and opt in form. This has been sent to all attendees electronically via the email supplied on entry. Please ensure you read and fully understand the information within the document. Any questions or if you have not received the opt in form please contact Isobel.griffiths@swimming.org.

Please be aware that as the Coronavirus situation changes this COVID-19 plan will be continuously reviewed and therefore maybe subject to change up until the event. British Swimming will communicate any changes.

ACCREDITATION

Accreditation for all competitors and coaches will be photographic. You will have received your accreditation automatically by email at the time of entering the event online. Please print this and bring to the event with you. There will be security present at the event and in order to enter both the seating and field of play area you will need accreditation. **Please ensure you print out your own pass as if you need it printing onsite a charge of £10.00 applies.**

VENUE ENTRANCE/EXIT

In addition to the COVID protocols that will be put in place, please note that we will not be using the main entrance to the venue. **ALL** attendees must use the fire exit opposite the Plymouth Argyle Football Stadium to enter the building to both ENTER and EXIT the building.

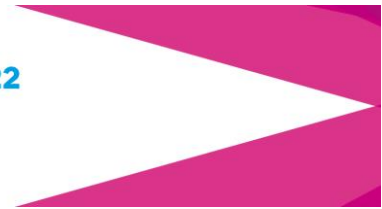
On your first entry to the venue each day you will be asked for your negative test result and will undergo a temperature check. You will then be provided with a sticker (different colour per day) to stick on your accreditation. Therefore, you will not need to show a negative test or be temperature checked again until the following day.





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COACH/CHAPERONE PASSES

All coaches, chaperones and physiotherapists must have a valid poolside pass to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £10 per event and can be purchased [here](#). No late fees apply, however if you do not fulfil the new requirements for applications at British Swimming and Swim England events, it may take a considerable time to apply for a DBS, or achieve the required qualifications. Accreditations will be emailed to you to print out, in the same way that athletes receive theirs. Please ensure you print out your own pass as if you need it printing onsite a charge of £10.00 applies. Poolside passes can **only** be sold at the event for those who pass all requirements online. Please email isobel.griffiths@swimming.org if you have any queries.

Please note that Coaches/Chaperones will not be allowed on poolside without a valid accreditation

ENTRIES AT 31 JANUARY 2022

Women's 1m

1	Clara Kerr	Edinburgh Diving Club
2	Callie Eaglestone	City of Leeds Diving Club
3	Katherine Torrance	City of Leeds Diving Club
4	Elizabeth Powley	City of Leeds Diving Club
5	Katie Burton	City of Leeds Diving Club
6	Yasmin Harper	City of Sheffield Diving Club
7	Evie Smith	Crystal Palace Diving Club
8	Grace Reid	Dive London Aquatics Club
9	Scarlett Mew Jensen	Dive London Aquatics Club
10	Lauren Hallaselka	Southampton Diving Academy
11	Emily Bearpark	Edinburgh Diving Club
12	Amy Rollinson	Luton Diving Club
13	Clare Cryan	City of Sheffield Diving Club
14	Summer Radcliffe	Plymouth Diving
15	Maya Kutty	Southampton Diving Academy
16	Tilly Brown	Southampton Diving Academy

Men's 1m

1	Joseph Nicol	City of Bradford Esprit
2	Anthony Harding	City of Leeds Diving Club
3	Jake Passmore	City of Leeds Diving Club
4	Jack Laugher	City of Leeds Diving Club
5	Jordan Houlden	City of Sheffield Diving Club
6	Ben Cutmore	Dive London Aquatics Club
7	Hugo Thomas	Dive London Aquatics Club
8	Tyler Humphreys	Dive London Aquatics Club
9	Maxwell Spencer	Dive London Aquatics Club
10	Juho Junttila	Diving Team Tiirat
11	Danny Mabbott	Edinburgh Diving Club



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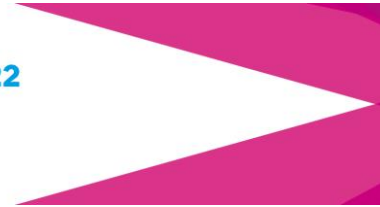
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12	James Heatly	Edinburgh Diving Club
13	Ross Beattie	Edinburgh Diving Club
14	Yona Knight-Wisdom	Jamaica
15	Matthew Dixon	Dive London Aquatics Club
16	Leon Baker	Southampton Diving Academy
17	Nathan Bull	Southampton Diving Academy
18	Oliver Cazaly	Southampton Diving Academy
19	Hayden Rayment	Dive London Aquatics Club

Mixed 3m Synchro

1	Clara Kerr Danny Mabbott	Edinburgh Diving Club Edinburgh Diving Club
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Mixed 10m Synchro

1	Hannah Newbrook Maxwell Spencer	Dive London Aquatics Club Dive London Aquatics Club
2	Angus Menmuir Gemma McArthur	Edinburgh Diving Club Edinburg Diving Club
3	Ruby Thorne Aiden Heslop	Dive London Aquatics Club Plymouth Diving

Women's 10m Synchro

1	Robin Birch Emily Martin	Dive London Aquatics Club Dive London Aquatics Club
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Men's 3m Synchro

1	Jack Laugher Anthony Harding	City of Leeds Diving Club City of Leeds Diving Club
2	Ross Beattie James Heatly	Edinburgh Diving Club Edinburgh Diving Club
3	Leon Baker Hugo Thomas	Southampton Diving Academy Dive London Aquatics Club

Men's 3m

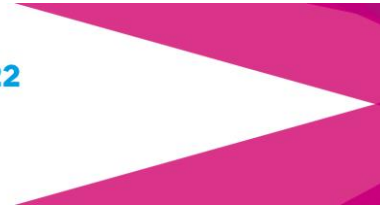
1	Joseph Nicol	City of Bradford Esprit
2	Anthony Harding	City of Leeds Diving Club
3	Daniel Goodfellow	City of Leeds Diving Club
4	Jake Passmore	City of Leeds Diving Club
5	Jack Laugher	City of Leeds Diving Club
6	Jordan Houlden	City of Sheffield Diving Club
7	Hugo Thomas	Dive London Aquatics Club
8	Tyler Humphreys	Dive London Aquatics Club
9	Maxwell Spencer	Dive London Aquatics Club
10	Juho Junntila	Diving Team Tiirat
11	Danny Mabbott	Edinburgh Diving Club





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13	Ross Beattie	Edinburgh Diving Club
14	Yona Knight-Wisdom	Jamaica
15	Cameron Gammage	Southampton Diving Academy
16	Leon Baker	Southampton Diving Academy
17	Nathan Bull	Southampton Diving Academy
18	Oliver Cazaly	Southampton Diving Academy
19	Hayden Rayment	Dive London Aquatics Club

Women's Platform

1	Chloe Johnson	City of Leeds Diving Club
2	Lois Toulson	City of Leeds Diving Club
3	Lucy Hawkins	City of Sheffield Diving Club
4	Maisie Bond	City of Sheffield Diving Club
5	Tia-Mai McGarry	City of Sheffield Diving Club
6	Grace Ally	City of Sheffield Diving Club
7	Sephora Ford	City of Sheffield Diving Club
8	Andrea Spendolini-Sirieix	Crystal Palace Diving Club
9	Eden Cheng	Crystal Palace Diving Club
10	Josie Zillig	Dive London Aquatics Club
11	Hannah Newbrook	Dive London Aquatics Club
12	Robyn Birch	Dive London Aquatics Club
13	Ruby Thorne	Dive London Aquatics Club
14	Emily Martin	Dive London Aquatics Club
15	Gemma McArthur	Edinburgh Diving Club

Men's 10m Synchro

1	Noah Williams	Dive London Aquatics Club
	Matty Lee	Dive London Aquatics Club

Women's 3m Synchro

1	Desharne Bent-Ashmeil	Dive London Aquatics Club
	Amy Rollinson	Luton Diving
2	Grace Reid	Dive London Aquatics Club
	Scarlett Mew Jensen	Dive London Aquatics Club
3	Maya Kutty	Southampton Diving Academy
	Callie Eaglestone	City of Leeds Diving Club
4	Tilly Brown	Southampton Diving Academy
	Evie Smith	Crystal Palace Diving Club

Women's 3m

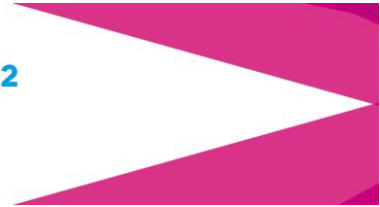
1	Clara Kerr	Edinburgh Diving Club
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3	Katherine Torrance	City of Leeds Diving Club
4	Elizabeth Powley	City of Leeds Diving Club
5	Katie Burton	City of Leeds Diving Club





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6	Yasmin Harper	City of Sheffield Diving Club
7	Desharne Bent-Ashmeil	Dive London Aquatics Club
8	Evie Smith	Crystal Palace Diving Club
9	Grace Reid	Dive London Aquatics Club
10	Scarlett Mew Jensen	Dive London Aquatics Club
11	Lauren Hallaselka	Southampton Diving Acadmetl
12	Emily Bearpark	Edinburgh Diving Club
13	Amy Rollinson	Luton Diving Club
14	Clare Cryan	City of Sheffield Diving Club
15	Summer Radcliffe	Plymouth Diving
16	Maya Kutty	Southampton Diving Academy
17	Tilly Brown	Southampton Diving Academy

Men's Platform

1	Ahmad Quli	Leeds Diving Club
2	Ben Cutmore	Dive London Aquatics Club
3	Noah Williams	Dive London Aquatics Club
4	Kyle Kothari	Dive London Aquatics Club
5	Maxwell Spencer	Dive London Aquatics Club
6	Angus Menmuir	Edinburgh Diving Club
7	Euan McCabe	Plymouth Diving
8	Aiden Heslop	Plymouth Diving
9	Robbie Lee	Southampton Diving Academy



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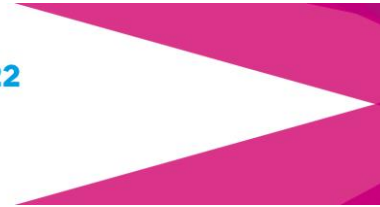


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Appendix 2. Training groups and times for 8th, 9th and 10th February

2022 British National Diving Cup Training Groups by Club

CLUBS	Group Number
Co Leeds	1
Co Bradford	1
DLAC 2	1
DTT	1
Crystal Palace	1
DLAC 1	2
Luton	2
Southampton	2
Co Sheffield	3
Edinburgh/Jamaica	3
Plymouth	3

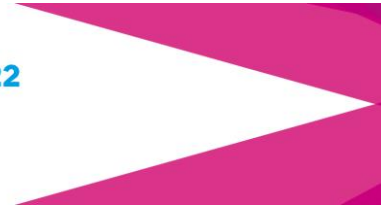
2022 British National Diving Club Training Times by Group

	Dry Dive	Pool
Tuesday 8th February Morning Session	Group 1 8.00am - 8.45am	8.45am - 9.55am
	Group 2 9.15am - 10.00am	10.00am - 11.10am
	Group 3 10.30am - 11.15am	11.15am - 12.25pm
Tuesday 8th February Afternoon Session	Group 1 12.45pm - 1.30pm	1.30pm - 2.30pm
	Group 2 1.45pm - 2.45pm	2.35pm - 3.35pm
	Group 3 3.00pm - 3.40pm	3.40pm - 4.40pm
Wednesday 9th February Morning Session	Group 2 8.00am - 8.45am	8.45am - 9.55am
	Group 3 9.15am - 10.00am	10.00am - 11.10am
	Group 1 10.30am - 11.15am	11.15am - 12.25pm
Wednesday 9th February Afternoon Session	Group 2 12.45pm - 1.30pm	1.30pm - 2.30pm
	Group 3 1.45pm - 2.45pm	2.35pm - 3.35pm
	Group 1 3.00pm - 3.40pm	3.40pm - 4.40pm



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Thursday 10th February Morning Session	Group 3	8.00am – 8.45am	8.45am – 9.55am
	Group 1	9.15am – 10.00am	10.00am – 11.00am
	Group 2	10.30am – 11.15am	11.15am – 12.25pm
Thursday 10th February Afternoon Session	Group 3	12.45pm – 1.30pm	1.30pm – 2.30pm
	Group 1	1.45pm – 2.45pm	2.35pm – 3.35pm
	Group 2	3.00pm – 3.40pm	3.40pm – 4.40pm



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