

Armada Cup

2019

16-19 February



PLYMOUTH
DIVING
EST 1992

COME AND DIVE AT OUR SUPERB FACILITY IN
PLYMOUTH... OUR TEAM WELCOME YOU TO A
FUN COMPETITION IN OUR FANTASTIC CITY BY
THE SEA

SENIOR AND AGE GROUP DIVING COMPETITIONS



Plymouth Diving is proud to host once again, The Armada Cup - now in its 20th year and one of the most popular competitions in the UK.

We have a senior test in both 3 metre Springboard and Platform, with our National Age Group test on 1 metre.

Our age group events: B, C & D/E mirror the conditions for the Swim England National Age Groups and offer the perfect opportunity to 'qualify' for the national event later in 2019.

We also include synchronised 3m events for boys and girls, a Team event for 3 members of your club to join forces and a High Dive event where all dives are performed FEET FIRST.

The events run from Saturday afternoon on 16th February and run until Tuesday afternoon 19th February.

Competition Manager:

Sally Freeman

sallyfreeman@everyoneactive.com

**Please forward all entries to
Sarah Anderson**

Sm.anderson@vahoo.com

INFORMATION

The Event

The event will be run under Swim England conditions. Events will be in the following categories:

Group E/D 8-11 Group C, 12-13 Group B, 14-15 Group A/Senior, 16+ (Group B dive up)

In group A only the 1 metre events will run as per the National Age Group Test for the purposes of qualification. All other age categories run as per the National Age Group Test. We reserve the right to split age groups if the numbers are too large. Group B divers may dive up in A/Senior category but only in this category.

The Synchronised competitions will be split into 13 & under (1m) and 14-18 (3m) categories – guest entries accepted from senior divers. Divers may pair with a diver from another team – the team points will be split.

WE WILL BE RUNNING SIMULTANEOUS PRELIMS AND STAND ALONE FINALS. The High Dive and the Team Event are stand-alone finals.

There will be 1 overall team trophy. Team points will be awarded in all individual & synchro events. Only the top 2 divers in each event, from each club, will count towards team points.

The TEAM event must comprise three members of the same club – 1: Group 13 and under 2: 14-15 3: 16+

Entry Fees:

Individual events: £14 per board (3 BOARD PRICE £35) Synchro events: £20 per pair

Team Event: £20 per team High Dive: £10

Please make cheques payable to “Plymouth Diving” or pay by BACS 56-00-36 43599982 Ref: *clubname*ARMADA19

These entry fees apply up to and including Friday 18th January. After this time and until Monday 4th February all entry fees will be £16 per individual entry, £25 per synchro team and £25 per Team event entry. There is no 3 board discount.

Timetable

Exact timings will be determined once all the entries have been received and numbers are known. However, a provisional timetable is attached. We will aim to finish by 15.30pm on Tuesday, so that everyone can start their journeys home at a reasonable time. All competitions will remain on the day published in the provisional timetable, but are subject to a time change.

Training

I envisage the pool will be available for extra training during the following times:

Friday 15th February - available by arrangement between 6 and 8pm: £5 per diver

Saturday 16th February - available before 11.30am by arrangement £5 per diver

from 11.30-3pm: No charge

Technical Meeting

A technical meeting will be held on Saturday 16th February at 15.30pm in the Events Office at the pool.

Late entries may be accepted up to 1 hour before the Technical Meeting. The Chief Recorder may limit entries in big events in any case.

Dive Sheets

Dive lists must be submitted electronically by Thursday 14th February – no later. **Manual dive sheets for the Saturday events must be received, signed and returned no later than 3.30pm on the 15th and all remaining manual sheets by 8pm on 16th.**

*All electronically submitted dive sheets **MUST** be signed when you arrive at the pool. We are happy for these sheets to be signed by divers **OR** by their coach on their behalf.*

We don't charge a huge extra fee for late entries as this is not the National Championships but do your best to get your entries in by the Early Bird date.

Timetable

We won't know accurate timings until we have all the entries. Please refer to the attached APPROXIMATE timings as a guideline only. Event order may change if entries dictate. We will keep events on the same day listed.

Competing in a higher age group

Group B (those aged 14 or 15 this year) divers can compete up an age group if they choose but must compete all events as that higher age group.

Judging

All teams of 4 divers + must provide a Judge for the duration of the weekend – a judges rota will be posted at the Technical Meeting.

High Dive Event

All money raised from this event will go to a charity of our choice and is just a bit of fun for all the high dive enthusiasts—divers aged 11 and above can enter and can choose 7.5m or 10m for their dives. Divers can enter on the day!!

HOWEVER... as per the rules of normal high dive events, all dives must be FEET FIRST! It's an OPEN event so everyone dives against each other. Normal FINA rules apply to feet first entries! We will split the competition into male and female categories.

Team Event

Each Team must be comprised of members of the same club and fulfil the following criteria:

One diver aged 13 and under, one diver aged 14-15 and one diver aged 16 +. The team must consist of both male and female members and ages are as 31st December 2018. **A club may enter up to 2 teams.**

The Venue

The Life Centre was completed in March 2012. It is a state of the art Diving Pool with the following boards:

4 x 1m springboards	3 x 3m springboards	1 x 3m platform
1 x 5m platform	1 x 7½m platform	1 x 10m platform

Please note – divers will not be allowed to use the other facilities of the Life Centre without purchasing a ticket. Please ask your divers to keep the poolside clear of bags wherever possible. Competitor's bags can be put in a locker or kept in the balcony with team mates.

The Dry Gym may be available for warm-ups but all divers will need a Level 2 Coach with them at all times.

PROVISIONAL TIMETABLE

Saturday 16th February

	<u>Event</u>	<u>Timings</u>
Technical meeting		3.30-4pm
Restricted training		3-4.20pm
Events 1 & 2	Girls & Boys 3m synchro	4.30pm
Event 3 & 4	Girls & Boys 1m synchro	
Medals for synchro		
Restricted training Events 5, 6 & 7		
Events 5, 6 & 7/8	Simultaneous Girls B 1m(C) , Girls C 3 m, Girls & Boys D 5m	

Sunday 17th February

Dry dive training available from	-	7.30am
Restricted training	Events 9-12	8-9am
Events 9 & 10	Simultaneous Boys B 1m (C) & Men's 3m	
Events 11 & 12	Simultaneous Girls D 3m & Girls C 1m (B)	
Restricted training	Events 13 & 14 (plus any 1m)	
Events 13 & 14	Boys C Platform & Women's 3m	
Restricted training for FINALS	Events 5-15	
Event 15	HIGH DIVE	
FINALS 5-14	Girls D 5m, Girls B 1m, Girls C 3m, Boys D 5m, Boys B 1m, Men's 3m, Girls D 3m, Girls C 1m, Boys C Pl, Women's 3m	

Monday 18th February

Dry dive available from	-	8am
Restricted training	Events 16-19	9-9.50am
Events 16 & 17	Boys B Platform & Women's 1m (B)	
Events 18 & 19	Girls B 3m & Girls D 1m (C)	
Restricted training	Events 20 & 21	
Events 20 & 21	Girls C Platform & Boys C 3m	
Restricted training	Events 22 & 23	
Events 22 & 23	Men's 1m (C) & Boys D 3m	
Restricted training	Events 24	
Event 24	TEAM EVENT	
Medal ceremony	TEAM EVENT	
FINALS TRAINING		
FINALS	Boys B Pl, Women's 1m, Girls B 3m Girls D 1m, Girls C Pl, Boys C 3m Boys D 3m, Men's 1m,	

Tuesday 19th February

Dry dive available from	-	7.30am
Restricted training	Events 25-28	8-8.50am
Events 25 & 26	Girls B Platform & Boys C 1m (B)	
Events 27 & 28	Boys B 3m & Boys D 1m (C)	
Restricted training	Events 29 & 30	
Events 29 & 30	Women's and Men's Platform	
FINALS TRAINING		
FINALS	Girls B Pl, Boys C 1m, Boys B 3m, Boys D 1m Women's Platform, Men's Platform	

CONDITIONS

Conditions for boys & girls events are the same
Except in Group A/ Senior 3m & Platform

ALL AGES AS 31ST DECEMBER 2019

Age Group E/D 11 & U	PRELIM 1m	Required dives 3	D.D limit 5.4	plus	Optional dives 2	FINAL (top 6) 1m	no dd limit	Optional dives 3
Age Group E/D 11 & U	PRELIM 3m	Required dives 3	D.D limit 5.7	plus	Optional dives 2	FINAL (top 6) 3m	no dd limit	Optional dives 3
Age Group E/D 11 & U	PRELIM 5m	Required dives 3	D.D limit 5.4	plus	Optional dives 2	FINAL (top 6) 5m	no dd limit	Optional dives 3
<p>Qualification scores for the National Age Groups can only be achieved in the preliminary competition. All divers in Groups D, C and B will perform three dives in the final which must be from three different groups and have no limit on difficulty— AND must contain at least one dive from groups 2 or 3. Required dives will not carry forward.</p>								
Age Group C 12-13 years	PRELIM 1m	Required dives 3	D.D limit 5.4	plus	Optional dives 3	FINAL (top 6) 1m	no dd limit	Optional dives 3
Age Group C 12-13 years	PRELIM 3m	Required dives 3	D.D limit 5.7	plus	Optional dives 3	FINAL (top 6) 3m	no dd limit	Optional dives 3
Age Group C 12-13 years	PRELIM 5, 7.5m	Required dives 3	D.D limit 5.4	plus	Optional dives 3	FINAL (top 6) 5/7.5m	no dd limit	Optional dives 3
Age Group B 14-15 years	PRELIM 1m	Required dives 4	D.D limit 7.5	plus	Optional dives 3	FINAL (top 6) 1m	no dd limit	Optional dives 3
Age Group B 14-15 years	PRELIM 3m	Required dives 4	D.D limit 7.9	plus	Optional dives 3	FINAL (top 6) 3m	no dd limit	Optional dives 3
Age Group B 14-15 years	PRELIM 5,7.5, 10M	Required dives 3	D.D Limit 5.7	Plus	Optional dives 3	FINAL (top 6) PI	No DD limit	Optional dives 3
<p>In Group A, all divers will choose their optional dives in the final from the following: <u>one dive from groups 1 or 4, one dive from groups 2 or 3 and one dive from groups 5 or 6.</u> Only the 1 metre events follow the National Age Groups test. Required dives will not carry forward</p>								
Group A/Senior 16+ years	PRELIM 1m	Required dives 5	D.D limit 9	plus	Optional dives 3	FINAL (top 6) 1m	no dd limit	Optional dives 3
Group A/Senior 16+ years	PRELIM 3m	Optional dives 5 women 6 men	No DD limit		To cover 5 groups	FINAL (top 6) 3m	no dd limit	Optional dives 3
Group A/Senior 16+ years	PRELIM 5, 7.5 or 10m	Optional dives 5 women 6 men	No DD Limit		To cover 5 groups	FINAL (top 6) PI	no dd limit	Optional dives 3
Groups D and C 13 & Under 1M	Synchro	Required dives 2	2.0 each	plus	Optional dives 2	STRAIGHT FINAL		
Groups B and A 14-18 years 3m	Synchro	Required dives 2	2.0 each	plus	Optional dives 3	STRAIGHT FINAL		
HIGH DIVING (AGE 12 & ABOVE)	7.5 or 10m	Required dives 1	2.0 max	plus	1 optional NO LIMIT	STRAIGHT FINAL		FEET FIRST ENTRIES
TEAM EVENT 1: 13 & under 2: 14-15 years 3: 16yrs plus To include male and female divers	FINAL ALL BOARDS	6 DIVES To cover 6 groups 3 springboard 3 Platform	3 dives from 3 groups limit of 2.1	plus	3 dives from 3 groups NO LIMIT	STRAIGHT FINAL		Each team member performs 2 dives: 1 of limited DD and 1 optional

Food at the Life Centre

The Plymouth Life Centre will be operating under new Allergens procedures and as such, no food can be brought in and consumed unless it follows the appropriate labelling requirements listed all potential allergens. The Life Centre does have an excellent café serving hot and cold food all day. We will be offering to clubs the following:

Lunch Package 7.50 per person, per day

Pre-order lunches for your club, a healthy meal option each day!

Sunday: Jacket potato with optional toppings: *Cheese, beans, tuna, bacon, chicken, Cajun chicken*

Monday: Chicken and bacon pasta baked in tomato and basil sauce with peppers and onions

Tuesday: Chicken curry with rice or potato wedges

All of the above are served with a side salad, yogurt and fruit and a bottle of water.

There is a vegetarian option each day

To order your lunches please email Nicola.kinsman@sky.com with:

The number of lunches required each day: Club name : Contact name with a telephone number

T Shirts

As ever we have fab T shirts available to purchase – this will be done via the online shop UNTIL 31ST January 2019 – FINAL DEADLINE!

The T shirt looks like this....



Details to order:

<https://kitworld.uk/product/plymouth-dive-armada-cup-tee/>