



Irish Open Diving Championships 2017 Friday 10th – Sunday 12th November

TEAM LIST

Novice 8/9 years

Rufus Bord, Max Burnell, Greta Creasy, Zia Gordon, Daniel Lock

Novice 10/11 years

Daisy Chapman, Marisa Cowling, Siena Kelly, Molly McGregor, Rhiannon Monie, Isabel Sharpe

Novice 12/13 years

Imogen Cowell, Eden Evans, Sophia Green, Charlotte Mann, Daniel Millard, Stella Monks, Eve Morrison, Tadhg Owers, Holly Seager, Poppy Seager, Jonah Tomsett

Novice 14-18 years

Autumn Cowell, Benodet Houston-Campbell

Age Group:

Isabella Given, Dominic Jaunzens, Alice Ledzion, Catherine Lopez, Elora Graham, Malaika Graham, Albie Vaughan, Frankie Webb, Zara Wray

Open Junior/Senior:

Olivia Blower

You have been selected to represent the Cambridge Dive team at the above event. This is an important annual event in the National diving calendar and we are pleased that you have reached the necessary standard to compete.

The pool details are:

**National Aquatic Centre
Snugborough Road
Blanchardstown
Dublin 15
Tel: +353 1 6464300**

This will not be a chaperoned trip, divers will be responsible for transport and accommodation for this competition. If you require any further information, please don't hesitate to contact us via email

Timetable

16: Provisional timetable

This is the 2016 Timetable. The 2017 timetable will be confirmed after the final entry deadline. Events are subject to day and time changes. Please consider this when making travel arrangements. No Skills events will take place on Friday 10th November.

Friday 10th November

General Training: 08:00-10:30

Session One 10:30-13:45

Restricted training for session one divers only 10:30-11:00

EVENT 1: Boys + Girls Group E2+D 1M

EVENT 2: Boys and Girls Group B Platform **combine event 2 and 3**

EVENT 3: Boys and Girls Group A Platform **combine event 2 and 3**

EVENT 4: Boys + Girls Group C 3M

Session Two 13:45-17:00

Restricted training for session two divers 13:45-14:45

EVENT 5: Junior + Senior Men 3M

EVENT 6: Junior + Senior Women 1M

EVENT 7: Boys and Girls Group E2+D Platform

Training available after competitions until 20:00

Saturday 12th November

General Training: 09:00 – 10:00

Session Three 10:00-12:30

Restricted training for session three divers 10:00-10:30

EVENT 8: Boys and Girls Group E Skills

EVENT 9: Boys and Girls Group B Skills

Session Four 12:30-17:00

Restricted training for session four divers 12:30-13:30

EVENT 10: Boys and Girls Group C 1M

EVENT 11: Junior + Senior Women Platform **combined event 11 and 12**

EVENT 12: Junior + Senior Men Platform **combined event 11 and 12**

EVENT 13: Boys and Girls Group B 3M **combine event 13 and 14**

EVENT 14: Boys and Girls Group A 3M **combine event 13 and 14**

Session Five 17:00 – 19:00

Restricted training for session five divers 17:00-17:30

EVENT 15: Boys and Girls Group E2/D 3M

EVENT 16: Boys and Girls Group C Platform

Sunday 13th November

General Training: 08:00-09:00

Session Six 09:00-12:00

Restricted training for session six divers 09:00-09:30

EVENT 17: Boys and Girls Group D Skills

EVENT 18: Boys and Girls Group C Skills

Session Seven 12:00-16:00

Restricted training for session seven divers 12:00-13:00

EVENT 19: Boys and Girls Group B 1M **combine event 19 and 20**

EVENT 20: Boys and Girls Group A 1M **combine event 19 and 20**

EVENT 21: Junior + Senior Women 3M

EVENT 22: Junior + Senior Men 1M

ESTIMATED FINISH 16:00

Irish Open Championships

Friday 10th – Sunday 12th November

Name:

D.O.B:

Event Entered:

£13 Entry fee per event paid by:

BACS

Account Name: Cambridge Dive Team

Account Number: 33930963

Sort Code: 20-17-35

Reference: surname/Irish

Please hand your entry form to one of the coaches by

Thursday 5th October

No late entries will be accepted.

