



# WHITE ROSE DIVING INVITATIONAL 2017

14<sup>th</sup> & 15<sup>th</sup> October  
at the

Leeds Aquatics Centre  
John Charles Centre for  
Sport  
Leeds  
LS11 5DJ



## Entries to be sent to:

City of Leeds Diving Club  
C/o Ann Barker  
24 Lyndale Road, Eldwick, Bingley,  
West Yorkshire, BD16 3HE  
[AnnBarker@aol.com](mailto:AnnBarker@aol.com)

## More information contact:

Adam Smallwood  
[adam.smallwood@leeds.gov.uk](mailto:adam.smallwood@leeds.gov.uk)  
Harriet Jones  
[harriet.jones@leeds.gov.uk](mailto:harriet.jones@leeds.gov.uk)



[www.diveleeds.com](http://www.diveleeds.com)



*The White Rose Novice Diving Invitational*  
*14<sup>th</sup> & 15<sup>th</sup> October 2017*

In conjunction with Leeds City Council the City of Leeds Diving Club is proud to invite you to the 2017 White Rose Novice Diving Invitational.

The competition will be held at the John Charles Centre for Sport, Aquatics Centre in South Leeds. The pool is a state of the art facility boasting a full complement of springboards and platforms with a fully equipped dryland training area.

The divers will perform 12 skills. These skills will be divided into 3 stations of 4 skills and assessed with 3 judges at each. The competitors will be divided across the 3 stations and rotated once each station has finished. Once the final result has been calculated the top 6 divers will progress to the final where 3 designated skills will be repeated.

Awards will be given to the top 6 finalists, Top Coach and the Top Team will receive the White Rose trophy.

On behalf of the organising team, the City of Leeds Diving Club and Leeds City Council, we look forward to welcoming you to what will be one of the most exciting novice competitions this year!!!

Yours in Diving

Adam Smallwood  
**CITY OF LEEDS DIVING CLUB**

# White Rose Programme 2017

Provisional Timetable (subject to change)

## Friday 13<sup>th</sup> October

Open Training 13:30 – 8.00pm

**Available training slots:**

**Training Slot 1 – 2:30 – 4.00 pm**

**Training Slot 2 – 5.00 – 6.30 pm**

**Training Slot 3 – 6.30 – 8.00 pm**

*(Please contact Adam Smallwood or Harriet Jones for availability)*

## Saturday 14<sup>th</sup> October

Open Training 8.00 – 10.00am

Technical Meeting 9.30am – in the Dive Gym

Restricted Training 10.00 – 10.45am

Session 1 11.00am GROUP E GIRLS  
GROUP D BOYS  
GROUP C GIRLS  
GROUP E BOYS  
GROUP B+ BOYS

Restricted Training 3.15 – 3.45pm

FINALS!!!!!! 4.00pm GROUP E GIRLS  
GROUP D BOYS  
GROUP C GIRLS  
GROUP E BOYS  
GROUP B+ BOYS  
(Estimated finish at 7:00pm)

## Sunday 15<sup>th</sup> October

Restricted Training 8.45 – 9.15am

Session 2 9.30am GROUP D GIRLS  
GROUP C BOYS  
GROUP B+ GIRLS

Restricted Training 12.15 – 12.45pm

FINALS!!!!!! 1.00pm GROUP D GIRLS  
GROUP C BOYS  
GROUP B+ GIRLS  
(Estimated finish at 4.30pm)

## EVENT CONDITIONS (Separate events for boys and girls)

If a Diver has dived in any Age Group or Elite event they are not eligible to dive at White Rose – this NOVICE event is aimed at divers starting out along their diving career. All divers must be Swim England Cat 2 Registration.

### GROUP E (8/9yrs), GROUP D (10/11yrs), GROUP C (12/13yrs)

#### Preliminary

Divers will perform all 12 skills as follows in the circuit rounds:-

Poolside	1m Springboard	3m Springboard
1. Plain Header	1. x1-2 bounce 100b	1. Forward Pike Fall (1.0)
2. 200C with T armswing	2. 200A with T armswing	2. Forward Sitting Tuck to Pike Roll (1.2)
3. 101C	3. x1 Dive from list A*	3. Back Fall Straight – hands on thighs (1.4)
4. Reverse Pike Sit w/a	4. x1 Dive from List B*	4. Back Tuck Roll from Crouch (1.3)

List A: 101c (1.2) 101b (1.3) 103c (1.6) 103b (1.7) 401c (1.4) 401b (1.5)

List B: Back Fall Straight (1.0) 201c (1.5) 201b (1.6) 301c (1.6) 301b (1.7)

\*NOTE: Forward and Reverse Dives (this does not include x1-2 bounce 100b on 1m) may be performed Standing with T armswing, X2 Bounce or Hurdle

#### Final

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

1m Springboard	3m Springboard
1. x1 Dive from List A*	1. Repeat x1 Entry from the Preliminary
2. x1 Dive from List B*	

### GROUP B+ (14/16yrs)

#### Preliminary

Divers will perform all 10 skills as follows in the circuit rounds:-

1m Springboard	3m Springboard
1. Dive from list D*	1. Dive from List E
2. Dive from List C*	2. Dive from List F
3. Dive from List D*	3. Dive from List F
4. Dive from List C*	4. x1 Forward Line Up
5. Dive from list D*	5. x1 Backward Line Up

List C: 101c(1.2) 101b(1.3) 103c(1.6) 103b(1.7) 401c(1.4) 401b(1.5) 402c(1.6) 403c(2.2)

List D: 201c(1.5) 201b(1.6) 301c(1.6) 301b(1.7) 5221d(1.7) 5122d(1.9) 202c(1.5) 203c(2.0)

List E: 101c(1.4) 101b(1.5) 103c(1.5) 103b(1.6) 105c (2.2) 401c(1.3) 401b(1.4) 403c(1.9) 403b (2.1)

List F: 201c(1.7) 201b(1.8) 301c(1.8) 301b(1.9) 5231d(2.0) 5132d(2.1) 203c(1.9)

(Repeats are allowed at 1.0 – dives the same number are considered to be a repeat, even if they are in a different shape)

3m Fwd Line Ups: Pike Fall Hands Grabbed (1.0) Sitting Tuck to Pike Roll (1.2)

3m Back Line Ups: Standing Back Fall Straight – hands on thighs (1.4) Crouch Back Tuck Roll (1.3)

\*NOTE: Forward and Reverse Dives may be performed Standing with T armswing or Hurdle

#### Final

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

1m Springboard	3m Springboard
1. x1 Dive from List C*	1. Repeat x1 Line Up from the Prelim
2. x1 Dive from List D*	

## JUDGING

In order to satisfy the judging requirements for this type of event we will supply a judge for each panel at each station in the preliminary. The rest of the panels will be made up from the attending clubs. There will be 3 judges per station. We will nominate a referee for each panel.

In the Finals there will be a panel of 5 Judges – one from Leeds and the rest from the attending clubs.

Judges lists will be posted in advance.



## FRIDAY NIGHT TRAINING

Please can any clubs wishing to train on the Friday contact the Diving Office in advance to inform us of your arrival. The Diving Training Scheme is still in operation during the day and we will timetable you in at an appropriate time to ensure you have access to the right boards. Email:

[adam.smallwood@leeds.gov.uk](mailto:adam.smallwood@leeds.gov.uk)

or [harriet.jones@leeds.gov.uk](mailto:harriet.jones@leeds.gov.uk)

## ENTRY FORMS

Please complete the Entry Form (photocopy as appropriate) and return it to Ann Barker by **Saturday 23<sup>rd</sup> of September**

## ENTRY FEES

**£12.00** per diver

All Payments to be made payable to 'The City of Leeds Diving Club'

## 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 weekend.

## DIVE SHEETS

Dive Sheets must be submitted on line electronically prior to your arrival.

**Close of play for electronic dive sheets is: Thursday 12<sup>th</sup> October**

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](http://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](http://www.diverecorder.co.uk/dive/android)

As soon as you complete either on-line submission method you will see a success/failure message. If successful you will be sent an automatic email confirming receipt of your details and dives.

You can check your submitted dive sheets a few days before the event online at [www.diverecorder.co.uk/live](http://www.diverecorder.co.uk/live). If you experience problems and need assistance please contact Ann Barker ([AnnBarker@aol.com](mailto:AnnBarker@aol.com)).

We will allow changes to dive sheets up to one hour before the start of the each day's events.

### **LIVE RESULTS**

Live results will be available at [www.diverecorder.co.uk](http://www.diverecorder.co.uk)