

Peter Waterfield Invitational Novice Diving Competition 2016

Saturday 5th November 2016, The Quays, Southampton



Southampton Diving Academy is proud to invite you to the 11th Peter Waterfield Novice Diving Invitational.

The event is an opportunity for divers to experience the conditions we expect to be used at National Skills in 2017

The divers in groups E, D and C will perform 12 skills. These skills will be divided into 3 stations and assessed with 3 judges at each. The competitors will be divided across the 3 stations and rotated once each station has finished.

The B+ Age Group will only have 2 stations and they will perform 6 dives on 1m and 4 dives on 3m (there will not be any line-ups)

This competition format creates a very exciting environment for our up and coming stars to demonstrate their talent

Awards will be given to the top 6 divers and the Top Team.

ENTRY FORMS

Please complete the Entry Form (photocopy as appropriate) and return it to Vanessa Kerr by e-mail vanessa.kerr@talktalk.net or post by **Saturday 15th October 2016**. **Late entries will only be accepted at the discretion of the organisers. Late entry fee £15.00**

ENTRY FEES

£10.00 per diver for entries received by deadline Saturday 15th October 2016

Please make payment to Southampton Diving Academy, preferably by bank transfer to:

Barclays Bank PLC, The Bargate Branch, Southampton.

Sort code 20-79-29, Account name- SDA, account number 90966762, **please include reference of Diving club.**

Alternatively, if you are unable to make a Bank transfer, please make cheques payable to "Southampton Diving Academy" and post to:

Vanessa Kerr
10 Churchfields
Fawley
Southampton SO45 1FY

PW CONDITIONS 2016

The conditions are based on those expected to be used for the National Skills finals in 2017.

Age Groups

Group E	8/9 years
Group D	10/11 years
Group C	12/13 years
Group B+	14/16 years

Category	Board Height	Skill	DD	Recommended Std
Age Groups E, D & C	Section 1 <i>Poolside</i>	Plain header (3 bubble rip)	1.0	Group E 240
		Armswing back jump tucked	1.0	
		Forward dive tucked	1.0	
		Fwd pike jump from T start	1.0	
	Section 2 <i>1m</i>	Double bouncing straight jump (groups E and D) Hurdle step straight jump (Group C)	1.0	Group D 255
		Armswing back jump straight	1.0	
		1 dive from list A	dd to count	
		1 dive from list B	dd to count	
	Section 3 <i>3m</i>	Forward fall straight, hands T start	1.0	Group C 270
		Sitting forward tuck roll, pike out	1.2	
		Standing back fall straight	1.4	
		Crouched back tuck roll	1.3	

List A

101c, 101b, 103c, 103b, 401c, 401b

List B

Back fall straight (1.0), 201c, 201b, 301c, 301b

**NOTE: Forward and Reverse movements may be performed standing, x2 bounce start, or from a hurdle step. All back and inward movements are to be performed from a T starting position.*

Category	Board Height	Skill	DD	Recommended Std
Age Group	Section 1	3 skills from list C	dd to count	Group B 250
B+	<i>1m</i>	3 skills from list D	dd to count	
		(at least 2 groups must be covered from each list)		
	Section 2	4 skills from list E	dd to count	
	<i>3m</i>	(at least 2 groups must be covered)	dd to count	

List C (1m)

101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c – repeats permitted (1.0) *

List D (1m)

201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c – repeats permitted (1.0) *

List E (3m)

101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b—repeats permitted (1.0)*

*** Dives of the same number are considered to be a repeat, even if they are in a different shape**

Divers in the second year of Group C (ie aged 13 years on 31/12/16) may opt to dive up if they wish. This will allow divers to make a qualifying standard for National Skills 2017 if required. This should be clearly indicated on the entry form.

This NOVICE event is aimed at divers starting out along their diving career-

Divers are **not eligible** to enter this competition if:

- They medalled at National Skills Final 2016
- They have dived at National Age Groups

(Lucy G, Corben G, Adam N, Alfie W)

UNLESS they are moving up an age group