

Tynemouth Trophy 2020

**Saturday 4th April 2020**

Tynemouth Diving Club

Beach Road

North Shields

NE29 9PX

Closing Date for Entries is **Sunday 8th March 2020**

For more information please contact Helen Sproat 07703165454

tynemouthdiving@googlemail.com

**Event Conditions – Ages as at 31.12.19**

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**Dive Lists**

**List A**

101C, 10B (1.0) 20A\*(1.0)

**List B**

20A\*(1.0), 101c/b, 201c/b, 301c/b, 401c/b, 103c/b

**List C**

101c/b, 201c/b, 301c/b, 401c/b, 102c/b,402c/b, 202c/b, 302c/b, 103c/b, 103c/b, 403c, 203c,303c,5122d,5221D, 104c

**List D**

101c/b, 201c/b,301c/b,401c/b,103c/b,403c,203c,303c,5132D,5231D, 105c

**List E**

10B (1.0), 11C\*\*\*(1.2), 10A (1.3), 21C\*\*(1.3), 20A\*\*\*(1.4)

**Note**

* Any 2 of the above line-ups can be used. Back Line-up is not compulsory.
* Groups F to C forward and Reverse skills maybe performed using the following: Standing take off, 2 bounce start or hurdle step approach.

**Instructions for Line-ups**

\*20A performed from the1m board may be performed with arms raised or on thighs at the start.

\*\*Back Tuck roll will be performed from a Crouch Position on Toes (not sitting)

\*\*\*Back Fall from 3M should be performed with arms down at the start.

\*\*\*\*Forward Tuck Roll may be performed with or without a pike out

**Ineligibility Clause**

Any diver that has competed in Elite Junior Nationals is ineligible for this event. Any Diver that has competed at National Regional Age Groups in ineligible for this event

**Judging**

Clubs will be required to provide a **minimum of 1 judge.**

 A judging rota will be provided at the event.

**Conditions**

**A Maximum of 4 divers per team per event. Divers may dive up an age group.**

**Team Points**

Team points will be awarded as follows 1st 15 points, 2nd 12 Points, 3rd 10 Points to 15th 1point. 2 Divers to count per club. The winning team will take home the Tynemouth Trophy previously won by:

**Safety Notice for all Divers and Coaches**

Tynemouth Pool has a depth of **3.8M** under the diving boards, this maybe shallower than your local pool. Please inform your divers of the Pool depth. The diving pool also raises to a depth of **1.2M** at the swimming pool end, please make sure there is no diving performed in this area of the pool. All Poolside dives should be performed under the 5M board or poolside locations, within the marked area.

**Tynemouth Trophy 2020**

**\*Provisional Timetable subject to change dependant on numbers per event.**

**Training**

There is no training available on the Friday night. **Restricted training will also be available before each event.**

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| **Saturday 25th April** |  |
| Open training | **8am-9am** |
| Restricted Training Events 1 & 2 | **9am-9:45am** |
| Start | **10.00am**  |
| Event 1 | **Boys and Girls Group F** |
| Event 2 | **Boys Group B** |
| Restricted Training Event 3 |  |
| Event 3 | **Boys Group C** |
| Restricted Training Event 4 |  |
| Event 4 | **Girls Group D** |
| Restricted Training Event 5 |  |
| Event 5 | **Girls Group C** |
| Restricted Training Event 6 |  |
| Event 6 | **Boys Group E** |
| Restricted Training Event 7 |  |
|  Event 7 | **Girls Group E** |
| Restricted Training Event 8 |  |
| Event 8 | **Girls Group B** |
| Restricted Training Event 9 |  |
| Event 9 | **Boys Group D** |

\*Approximate Finish Time of 5.00pm

Each session will be preceded by parades and followed by a presentation of medals Top 3 Divers will be awarded medals and there will be certificates for all participants.

Tynemouth Diving club reserve the right to split or join categories according to entry numbers and alterations to times may occur according to the entry numbers.

**How to Enter the Event**

To enter the event Tynemouth Diving requests that all clubs fully complete their entries on the entry form attached to this pack and submit either electronically or in the post to Jane Neasham (tynemouthsecretary@gmail.com) Club Secretary.

Late entries will be subject to a **late fee of £5 per Diver**. Please complete the form fully with CORRECT spellings as this information will be used for the program. Payments by cheque should be made payable to Tynemouth Diving Club or Bank Transfer to Barclays Bank Sort code 20-62-09 account number 30801437 with club name as reference.

Please supply an e mail address and phone number that should be used in case of queries or to contact clubs in the event of the timetable changing from the provisional.

Closing Date for Entries is **Sunday 8th March 2020**

**Entry fee per diver is £12**

The Divesheet Deadline is Midnight **Sunday 29th March 2020**

Dive Sheets should be submitted electronically on Diverecorder. Changes to divesheets will only be allowed prior to the start of the session. Go to [www.diverecorder.co.uk](http://www.diverecorder.co.uk) and follow the instructions for entering divesheets.

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| **Tynemouth Trophy 2020 Entry Form** **Club Name:** **Code:**  | **PLEASE COMPLETE FULLY & ACCURATELY** |
| **DIVER NAME (in capitals)** | **AGE Group**  | **DOB** | **M/F** | **Coach** | **Swim England / Scottish Swimming Reg Number** |
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| **Contact Name**  |  |
| **Contact email address**  |  |
| **Contact phone number**  |  |