

**THE
G-STAR
DIVING
Championships
2012**



**16-18th March
LEEDS**



The 'G-STAR' Diving Championship 2012

The Event The event will be run under ASA Law. Events will be in the following categories:

9 – 11yrs Group D
12 – 13yrs Group C
14 – 15yrs Group B
16yrs + Group A/Senior

There are 3 possible events in each category 1m, 3m and a Platform Event. There will be 1 overall team trophy and the points will be awarded as follows:

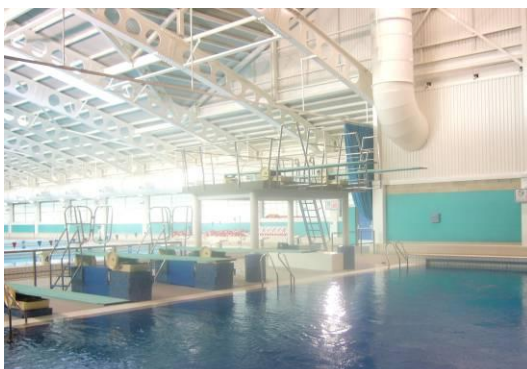
1st	20 pts	2nd	17pts	3rd	14pts
4th	12pts	5th	10pts	6th	8pts
7th	6pts	8th	5pts	9th	4pts
10th	3pts	11th	2pts	12th	1pt

Only the top 2 divers in each event, from each club will count towards team points.

Awards: The Northern Cross Trophy (Top Club)
 Gavin Brown Memorial Trophy (Diver of the meet)
 Medals for Overall top 6 finishers
 Top Coach

Venue: John Charles Centre for Sport
 Leeds Aquatic Centre, Middleton Grove
 Leeds, LS11 5DJ
 Tel: 0113 3957363

Facilities: 1 x 0.5m Springboard 1 x 5m Platform
 3 x 1m Springboards 1 x 7.5m Platform
 2 x 3m Springboards 1 x 10m Platform
 1 x 1m Platform
 1 x 3m Platform



Dryland training area including trampoline & two dryboards.

- Meet Director: Edwin Jongejans
Office: 0113 3957363
e-mail: Edwin.jongejans@leeds.gov.uk
- Entry Forms Please complete the full entry form and make sure we receive it by; **Friday 2nd March 2012**
- Entries: City of Leeds Diving Club
c/o Ann Barker
9 Edwin Avenue, Guiseley, Leeds, LS20 8QJ
(All entries will be taken on a first in first served basis)
- Entry Fees: £10.00 per event
UK clubs must pay by the closing date and foreign clubs must pay at the technical meeting.
- Technical Meeting: Thursday 15th March @ 6.00pm in the Dennison Suite at the Aquatic Centre.
- Dive Sheets **Dive Sheets must be submitted electronically prior to arrival. For further information please contact Ann Barker.**
- Info. Pack All teams will receive an information pack on arrival. It will contain programmes, start orders, dive orders, dive sheets, pool safety rules and other general information regarding the weekend.
- Payments Please make cheques payable to:
"The City of Leeds Diving Club"
- Training Times Training will be available on Thursday 15th March. Please contact Edwin Jongejans in the diving office by email to arrange training.
Available training on Thursday will be as follows:
9.00 – 10.30am, 2.30 – 4.00pm & 5.00 – 9.00pm
- Chaperoning Due to hygiene regulations club's will not be allowed to prepare food on the premises. Chaperones can prepare packed lunches off the premises or purchase pre-orderd packed lunches from the café at £3.50each. Please do not eat your pre-packed lunches in the café area.

Diving Event Procedures

1. Some of the preliminary events will be run simultaneously.
2. In Age Groups D, divers will perform all their dives in the preliminary event and there will be a cut to the top 6 for the final. In the final all divers will perform 3 dives without limit. All Dives in the final must be from a different group. All finals will start from Zero points – no carry over score!
3. In Age Groups C, B & A+, divers will perform all their dives in the preliminary event and there will be a cut to the top 6 to the final. In the final all divers will perform 3 dives without limit, dive one from forward or inward, dive two from back or reverse and dive three from twist. In the platform event dive three will be from twist or armstand. All finals will start from Zero points – no carry over score!

Diving List Requirements

Age Group	Gender	Event	Dives with Limit	Maximum DD	Dives without Limit	Total
9/11yrs D	Girls & Boys	1m	3 from 3	5.4	3 from 3	6
9/11yrs D	Girls & Boys	3m	3 from 3	5.7	3 from 3	6
9/11yrs D	Girls & Boys	5m	2 from 2	3.6	3 from 3	5
12/13yrs C	Girls & Boys	1m	3 from 3	5.4	3 from 3	6
12/13yrs C	Girls & Boys	3m	3 from 3	5.7	3 from 3	6
12/13yrs C	Girls & Boys	Platform 5/7m	3 from 3	5.7	3 from 3	6
14/15yrs B	Girls & Boys	1m	4 from 4	7.5	3 from 3	7
14/15yrs B	Girls & Boys	3m	4 from 4	7.9	3 from 3	7
14/15yrs B	Girls & Boys	Platform 5/7/10m	4 from 4	7.6	3 from 3	7
16+yrs A+	Girls & Boys	1m	5 from 5	9.0	3 from 3	8
16+yrs A+	Girls & Boys	3m	5 from 5	9.5	3 from 3	8
16+yrs A+	Girls & Boys	Platform 5/7/10m	4 from 4	7.6	3 from 3	7

Judging

All diving Club's attending will be required to supply at least one judge. This is to help us man the simultaneous preliminary events. Coaches can judge but please be discrete.

G-STAR Diving 2012

Provisional Programme

Friday 16th March

0800 - 0945
1000

Restricted Training for Session 1 Divers
Session 1

Event 1	Girls 9/11yrs 5m Prelim	
Event 2	Girls 12/13yrs 1m Prelim	}Sim
Event 3	Boys 12/13yrs 3m Prelim	
Event 4	Boys 9/11yrs 1m Prelim	}Sim
Event 5	Girls 14/15yrs Platform Prelim	
Event 6	Girls 16+yrs 3m Prelim	}Sim
Event 7	Boys 16+yrs 1m Prelim	
Event 8	Boys 14/15yrs Platform Prelim	}Sim

1600 – 1645
1700

Restricted Training for Session 2 Divers
Session 2

Finals:- Events1 – 8

Saturday 17th March

0800 – 0945
1000

Restricted Training for Session 3 Divers
Session 3

Event 9	Boys 9/11yrs 5m Prelim	
Event 10	Girls 12/13yrs 3m Prelim	}Sim
Event 11	Boys 12/13yrs 1m Prelim	
Event 12	Girls 9/11yrs 3m Prelim	}Sim
Event 13	Girls 16+yrs Platform Prelim	
Event 14	Girls 14/15yrs 1m Prelim	}Sim
Event 15	Boys 14/15yrs 3m Prelim	
Event 16	Boys 16+yrs Platform Prelim	}Sim

1600 - 1645
1700

Restricted Training for Session 4 Divers
Session 4

Opening Ceremony & Parade of Teams

Finals:- Events 9 - 16

Sunday 18th March

0800 – 0945
1000

Restricted Training for Session 5 Divers
Session 5

Event 17	Girls 9/11yrs 1m Prelim	
Event 18	Boys 9/11yrs 3m Prelim	}Sim
Event 19	Boys 12/13yrs Platform Prelim	
Event 20	Girls 12/13yrs Platform Prelim	
Event 21	Girls 14/15yrs 3m Prelim	
Event 22	Boys 14/15yrs 1m Prelim	}Sim
Event 23	Girls 16+ 1m Prelim	
Event 24	Boys 16+ 3m Prelim	}Sim

1300 – 1345
1400

Restricted Training for Session 6 Divers
Session 6

Finals:- Events 17 – 24

(16;30 Estimated Finish Time)

