



Star 2020

March 19th – 22nd

Welcome to
City of Leeds Diving Club's
Annual G Star Diving Competition



www.diveleeds.com

The Event: The event will be run under Swim England Conditions.

Events will be in the following categories:

SYNCHRO – pairings are NOT required to be from the same club. Synchro events will be open to pairings of any age / combination of ages

INDIVIDUAL EVENTS

- 9 – 11yrs Group E2/D
- 12 – 13yrs Group C
- 14 – 15yrs Group B
- 16yrs + Group A/Senior (Medals will be awarded separately for Group A divers & Open divers so please specify A or Open on entry form)
- Competing in a higher age group: Group B (those aged 14 or 15 this year) divers can compete up an age group if they choose but must compete all events as that higher age group.

There are 3 possible individual 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 (This year voted for by the coaches)

Technical Meeting: Thursday 4:15pm Dry Gym
Friday 8:45am Dry Gym

Entry Forms: Please complete the full entry form and make sure we receive it by; **Monday 24th February 2020**

after this date there will be a £10 late entry fee per entry in addition to standard event fee

Entries: City of Leeds Diving Club,
Ann Barker, 24 Lyndale Road, Eldwick, Bingley, BD16 3HE
AnnBarker@aol.com (All entries will be taken on a first in first served basis)

Cc nerdivingmanager@asaner.org.uk

There will be a restricted entry per event of 35 divers.

As soon as we hit this entry number that event will CLOSE!

There will be no restriction on club entries for each individual event.

Entry Fees and Payments: Synchro Events £20 per pair

Individual Events £14.00 per event

(UK clubs must pay by the closing date and foreign clubs must pay by the technical meeting)

Entry Forms: Please complete the full entry form and make sure we receive it by; **Monday 24th February 2020**

If you wish to pay online:

HSBC Sort code – 40-27-15

Account number – 74427653

Ref – club name/G star

Please make cheques payable to: **“The City of Leeds Diving Club”**

Dive Sheets: Electronic submissions must be made by no later than Midnight on Tuesday 17th March.

Divers/Coaches are requested to submit dive sheets electronically

Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets. Alternatively, individual divers may submit their own dive sheets online. 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 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

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.

Electronic submissions must be made by no later than Midnight on Tuesday 17th March. You will be asked to sign hard copies of these sheets at the venue, available from the Recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders.

The deadline for manual dive sheets is at the Technical Meeting

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

Judging

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

Venue: John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ
 TEL: 0113 3788235

Facilities: Dryland training area including tumble track, s/s blocks & two dry boards

4 x 1m Springboards
 2 x 3m Springboards

1 x 1m Platform
 1 x 3m Platform
 1 x 5m Platform
 1 x 7m Platform
 1 x 10m Platform



Diving Event Procedures

1. Preliminary events will be run simultaneously.
2. In Age Groups D, C and B 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 Group 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 their dives again as per the preliminary
 All finals will start from Zero points – no carry over score!

Diving List Requirements - SYNCHRO EVENTS

Open Male 3m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open Male Platform Synchro events can be performed at 5m, 7.5, & 10m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position).
Open Female 3m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Open Female Platform Synchro events can be performed at 5m, 7.5, & 10m	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position).

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Event Conditions – INDIVIDUAL EVENTS

Age Group	Gender	Event	Dives with Limit	Maximum DD	Dives without Limit	Total
Group D divers must cover 3 groups on all boards						
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
Group C Divers must cover 4 groups on all boards						
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
Group B Divers must cover 4 groups on all boards						
14/15yrs B	Girls & Boys	1m	3 from 3	5.6	3 from 3	6
14/15yrs B	Girls & Boys	3m	3 from 3	6.1	3 from 3	6
14/15yrs B	Girls & Boys	Platform 5/7/10m	3 from 3	6.1	3 from 3	6
Group A+ Divers must cover 5 groups on all boards – Open Conditions						
16+yrs A+	Women	1m	5 from 5	No limit		
16+yrs A+	Men	1m	6 from 5	No limit		
16+yrs A+	Women	3m	5 from 5	No limit		
16+yrs A+	Men	3m	6 from 5	No limit		
16+yrs A+	Women	Platform 5/7/10m	5 from 5	No limit		
16+yrs A+	Girls & Boys	Platform 5/7/10m	6 from 5	No limit		

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Meet Directors: Joe Meszaros & Helen Dutton

Contact: joe.meszaros@leeds.gov.uk / nerdivingmanager@asaner.org.uk

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.

Training Times: **There will be restricted training prior to all individual events to ensure divers have sufficient time to train their lists**

Additional Training: will be available on Thursday 19th March.

Please contact Joe Meszaros to book a training slot and confirm the number of divers. Cost £5 per diver

Nearby Accommodation:

Premier Inn Leeds City Centre, Tel: 0871 527 8584,
Postcode for sat nav: LS12 6LX

Travelodge Leeds Central, Tel: 0871 984 6155
Postcode for sat nav: LS1 4AD

Hotel Ibis Budget Leeds Centre, Tel: 0113 245 0725
Postcode for sat nav: LS9 8B2

Transport Links to John Chares Centre for Sport:

The **John Charles Centre for Sport** is situated 3 km (2 miles) south of Leeds City Centre. It is a venue for regional and national spectator sports.

By bus from Leeds City Centre:

Monday to Saturday daytimes

Services [117](#), [202](#), [203](#), [217](#), [220](#), [221](#), [223](#), [481](#) from the bus station, these services also stop at stop Z2 on Neville Street (the Dark Arches).

Services [2](#), [3](#), [3A](#) from stop K2 at the Corn Exchange.

These services stop at Dewsbury Road Social Club, The John Charles Centre for Sport is a 10-15 minute walk along Middleton Grove.

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Provisional Programme – *all days and times subject to change depending on entries*

THERE WILL BE RESTRICTED TRAINING PRIOR TO ALL INDIVIDUAL EVENTS TO ENSURE DIVERS HAVE SUFFICIENT TIME TO TRAIN THEIR LISTS

Thursday 19th March

3:30 - 4:00pm	Restricted Training for synchro events
5:00-5:30	Restricted Training for synchro events
5:30pm Synchro Finals	Women's Open 3m Synchro
	Men's Open 3m Synchro
	Women's Open Platform Synchro
	Men's Open Platform Synchro

Friday 20th March

<i>9am</i>	Session 1	
	Girls 9/11yrs 1m Prelim	Boys 9/11yrs 1m Prelim
	Girls 14/15yrs 3m Prelim	Boys 12/13yrs Platform Prelim
	Session 2	
	Girls 16+yrs 1m Prelim	Boys 14/15yrs Platform Prelim
	Girls 12/13yrs 3m Prelim	Boys 16+yrs 1m Prelim
<i>5.00pm</i>	Session 3	
	FINALS: Events 1-8	

Saturday 21st March

9am	Session 4	
	Boys 9/11yrs 5m Prelim	Girls 9/11yrs 5m Prelim
	Girls 12/13yrs 1m Prelim	Boys 14/15yrs 3m Prelim
	Session 5	
	Girls 14/15yrs 1m Prelim	Boys 12/13yrs 3m Prelim
	Girls 16+yrs 3m Prelim	Boys 16+yrs Platform Prelim
<i>5.00pm</i>	Session 6	
	Opening Ceremony & Parade of Teams – dive show	
	FINALS: Events 9-16	

Sunday 22nd March

<i>9am</i>	Session 7	
	Girls 9/11yrs 3m Prelim	Boys 9/11yrs 3m Prelim
	Girls 12/13yrs Platform Prelim	Boys 12/13yrs 1m Prelim
	Session 8	
	Girls 14/15yrs Platform Prelim	Boys 14/15yrs 1m Prelim
	Girls 16+yrs Platform Prelim	Boys 16+yrs 3m Prelim
<i>4.30pm</i>	Session 9	
	FINALS: Events 17-24	

Order of Events : We reserve the right to amend the order of events at the meet to ensure the best use of competition/training time.

**WE LOOK FORWARD TO
WELCOMING YOU IN
2020**



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