

**SWIM
IRELAND**

Incorporating the

- Irish Open Junior and Senior Championships
- Irish Open Age Group Championships
- Irish Open Skills Championships

At the
National Aquatic
Centre
Dublin



THE IRISH OPEN DIVING CHAMPIONSHIPS 2017



National Aquatic
Centre, Dublin



Invitation

Swim Ireland is pleased to invite you to participate in the

“Irish Open Diving Championships”

10th – 12th November 2017

Dublin – Ireland

This event will incorporate the Irish Open Junior and Senior Championships, the Irish Open Age Group Championships and the Irish Open Skills Championships.

Enclosed you will find general information, rules and provisional entry information for the event:

1: Organising Committee

Swim Ireland
Irish Sport HQ
National Sports Campus
Blanchardstown
Dublin 15
Ireland
Website: www.swimireland.ie

2: Venue Address

National Aquatic Centre
Snugborough Road
Blanchardstown
Dublin 15
Tel: +353 1 6464300

3: Facilities

4 X 1M Springboards
2 X 3M Springboards
1M, 3M, 5M, 7.5M and 10M Platforms (only 10M is 3M wide)
Pool depth 5M

4: Entry Deadline

Provisional entry deadline will be **Tuesday 10th October**
Final entry deadline will be **Tuesday 31st October**

5: Entry Forms

No individual athlete entry forms. Only Team/Club entry forms accepted.
Electronic entries can be emailed to divingentries@swimireland.ie
Paper entries should be posted to:-
Swim Ireland – Diving
Irish Sport HQ
National Sports Campus
Blanchardstown
Dublin 15
Ireland

6: Entry Fees

Payment should be made at time of submitting the final team/club entry form.
Payments can be made electronically via bank transfer, please note name of club and **reference “IODiving”** when paying via bank transfer.

Republic of Ireland Clubs

Bank: AIB
Sort Code: 932515
Account Number: 59772048
IBAN: IE03 AIBK 9325 1559 7720 48
BIC: AIBKIE2D

UK Diving Clubs

Bank: Danske Bank
Account Name: Swim Ireland
Account Number: 51051490
Sort Code: 95-01-11

Payment can also be made by cheque and sent with final team/club entry forms. Cheques should be payable to “Swim Ireland”

Entry fees are €15 per person per event. For UK clubs paying into the Danske Bank the entry fee is £13 per person per event. Please note entries are non-refundable once the final entry deadline has passed.

7: Technical Meeting

There will be a compulsory technical meeting held on Thursday 9th November at 19:00, venue to be decided

All judges and at least one coaching representative from each club must be in attendance.

8: Dive Sheets

Electronic dive sheets must be submitted by Midnight 8th November via DiveRecorder. www.diverecoder.co.uk

Paper copies of dive sheets will be available on arrival, signed dive sheets must be returned no later than 09:00 on the day of competition. Changes to dive sheets can be made up to one hour before the start of the session.

9: Confirmation pack

All teams will receive a confirmation pack prior to arrival, which will contain programmes, start orders, judging lists, dive sheets, pool safety rules and other general information regarding the event.

10: Training times

Training can be arranged on Thursday 9th November at a cost of €5 per person. This must be booked in advanced by emailing Sarahbarrow@nationalsportscampus.ie

Spaces are limited so please book early.

Training as detailed in the event timetable and after competitions until 19:00

11: Judging

All diving clubs/teams attending will be required to supply at least one judge. This is to ensure the smooth running of the event and to help us deliver the skills circuit competition.

12: Awards

The top three athletes from each competition will be presented with medals. This is an open championship and all athletes will count towards the final ranking. There will be no separate results/medals for Irish registered athletes.

13: Coaches Social Function

We will be organising a social function for all coaches and officials on Friday 10th November. A deposit of €20 per person is required. More details will follow.

14: Deadlines

Provisional entry form Tuesday 10th October

Final entry form Tuesday 31st October

Payment for teams/clubs Tuesday 31st October

Dive sheets Midnight Wednesday 8th November

Pre booked training for Thursday 9th – ASAP

Coaches Social 31st October

Signed dive sheets by 09:00 on the day of competition

15: Facebook

Please like and follow our event page for regular updates via social media

Search “Irish Open Diving Championships 2017” in your Facebook search bar.

15: Event Conditions

Open Senior and Junior Championships

- Athletes that have competed at GB Junior Elite Nationals or equivalent must enter this event, and are not permitted to enter the Age Group Championships.
- Separate medals will be presented to Junior and Senior athletes.

Category	Event	Dives
Male	1M	6 dives from 5 groups no dd limit
	3M	6 dives from 5 groups no dd limit
	Plt	6 dives from 5 groups no dd limit
Female	1M	5 dives from 5 groups no d limit
	3M	5 dives from 5 groups no dd limit
	Plt	5 dives from 5 groups no dd limit

Age Group Championships

- Once a competitor has competed at Irish or English National Age Group Championships they are excluded from competing at future Irish Skills finals, except with written approval from the National Head Coach when moving into the B+ age group.
- If a competitor has competed at Irish Senior or British Elite Junior Championships they are not eligible to compete at the future Irish Age Group Championships, except with written approval from the National Head Coach when moving up an age group.
- If a competitor has competed at any GB Senior Championship they are not eligible to compete at the future Irish Age Group Championships

Category	Board	Conditions
Age Group E2/D 9/10/11 years	1M	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd)
	3M	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd)
	5M	2 dives from 2 groups (3.6 dd) + 2 dives from 2 groups (4.8 dd)
Age Group C 12/13 years	1M	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) Minimum of 4 groups to be covered
	3M	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) Minimum of 4 groups to be covered
	5M/7.5M	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) Minimum of 4 groups to be covered
Age Group B 14/15 years	1M	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit Minimum of 4 groups to be covered
	3M	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit Minimum of 4 groups to be covered
	5M/7.5M/10M	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit Minimum of 4 groups to be covered
Age Group A 16/17/18 years	1M	5 dives from 5 groups (9.0 dd) + 3 dives from 3 groups no limit
	3M	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit
	5M/7.5M/10M	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit Minimum of 4 groups to be covered

Open Skills Championships

- Once a competitor has competed at Irish or English National Age Group Championships they are excluded from competing at future Irish Skills finals, except with written approval from the National Head Coach when moving into the B+ age group.
- Divers should achieve the recommended standards to be eligible to compete

Age Group E / D / C

Board		Dive	DD	Recommended Standard
Poolside	1	Fwd dive straight no armswing (101A)	1.0	Group E 235
	2	Back jump tuck with armswing (200C)	1.0	
	3	Fwd dive tuck no armswing (101C)	1.0	
	4	Fwd jump pike with armswing (100B)	1.0	
1M	5	Two bounce fwd jump straight (100A)	1.0	Group D 250
	6	Back jump straight with "T" armswing (200A)	1.0	
	7	1 dive from list A	DD to count	
	8	1 dive from list B	DD to count	
3M	9	Fwd straight fall (10A)	1.2	Group C 260
	1	Sitting fwd tuck roll (11C)	1.2	
	0			
	1	Back fall straight (20A)	1.4	
	1	Crouch back tuck roll (21C)	1.3	

LIST A: 101C (1.2), 101B (1.3), 103C (1.6), 103B (1.7), 401C (1.4), 401B (1.5)

LIST B: 20A (back Fall 1.0), 201C (1.5), 201B (1.6), 301C (1.6), 301B (1.7)

Dives 7 & 8

All Forward and Reverse skills can be performed standing with a T armswing OR with 2 bounce start OR with a hurdle step

Age Group B+ (14-18)

Board	Dive	Recommended Standard
1M	3 skills from list C	Group B 245
	3 skills from list D	
3M	4 skills from list E	

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) * repeat dives permitted at 1.0 dd

LIST D: 201C (1.5), 201B (1.7), 202C (1.5), 203C (2.0), 301C (1.6), 301B (1.7), 302C (1.6), 5122D (1.9), 5221D (1.7) * repeat dives permitted at 1.0 dd

List E: 101C (1.4), 101B (1.5), 103C (1.5), 103B (1.6), 105C (2.2), 201C (1.7), 201B (1.8), 203C (1.9), 301C (1.8), 301B (1.9), 401C (1.3), 401B (1.4), 403C (1.9), 403B (2.1)

* repeat dives permitted at 1.0 dd

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

16: Provisional timetable

This is the 2016 Timetable. The 2017 timetable will be confirmed after the final entry deadline. Events are subject to day and time changes. Please consider this when making travel arrangements. No Skills events will take place on Friday 10th November.

Friday 10th November

General Training: 08:00-10:30

Session One 10:30-13:45

Restricted training for session one divers only 10:30-11:00

EVENT 1: Boys + Girls Group E2+D 1M

EVENT 2: Boys and Girls Group B Platform **combine event 2 and 3**

EVENT 3: Boys and Girls Group A Platform **combine event 2 and 3**

EVENT 4: Boys + Girls Group C 3M

Session Two 13:45-17:00

Restricted training for session two divers 13:45-14:45

EVENT 5: Junior + Senior Men 3M

EVENT 6: Junior + Senior Women 1M

EVENT 7: Boys and Girls Group E2+D Platform

Training available after competitions until 20:00

Saturday 12th November

General Training: 09:00 – 10:00

Session Three 10:00-12:30

Restricted training for session three divers 10:00-10:30

EVENT 8: Boys and Girls Group E Skills

EVENT 9: Boys and Girls Group B Skills

Session Four 12:30-17:00

Restricted training for session four divers 12:30-13:30

EVENT 10: Boys and Girls Group C 1M

EVENT 11: Junior + Senior Women Platform **combined event 11 and 12**

EVENT 12: Junior + Senior Men Platform **combined event 11 and 12**

EVENT 13: Boys and Girls Group B 3M **combine event 13 and 14**

EVENT 14: Boys and Girls Group A 3M **combine event 13 and 14**

Session Five 17:00 – 19:00

Restricted training for session five divers 17:00-17:30

EVENT 15: Boys and Girls Group E2/D 3M

EVENT 16: Boys and Girls Group C Platform

Sunday 13th November

General Training: 08:00-09:00

Session Six 09:00-12:00

Restricted training for session six divers 09:00-09:30

EVENT 17: Boys and Girls Group D Skills

EVENT 18: Boys and Girls Group C Skills

Session Seven 12:00-16:00

Restricted training for session seven divers 12:00-13:00

EVENT 19: Boys and Girls Group B 1M **combine event 19 and 20**

EVENT 20: Boys and Girls Group A 1M **combine event 19 and 20**

EVENT 21: Junior + Senior Women 3M

EVENT 22: Junior + Senior Men 1M

ESTIMATED FINISH 16:00

17: Accommodation

The Crowne Plaza
Blanchardstown
Blanchardstown Centre,
Dublin 15
T: 35318977777
info@cpblanchardstown.ie

Walking distance to the pool

Travelodge
Castleknock
Auburn Avenue Roundabout
Navan Road
Dublin 7
Tel: 0035318202626
Fax: 0035318202151
info@travelodge.ie

Carlton Hotel
Church Road
Tyrrelstown
Blanchardstown
Dublin 15
T: 00353018275600