

A person with blonde hair in a ponytail, wearing a red one-piece swimsuit, is diving into clear blue water. Their arms are raised in a 'T' position. A white diving board with a blue pattern is visible at the bottom of the frame.

**JOINT
MAC DIVE TEAM & BANGOR DIVING
NOVICE / SKILLS
DIVING COMPETITION
Saturday 2nd March 2019
11:30 hrs – 16:00 hrs**

Event Details

This competition is designed for novice divers that would like to attend a friendly diving competition as an introduction to competitive diving (**NOVICE COMPETITION**) for divers diving less than 1 hour a week.

The competition will also cater for “skills level” divers (**SKILLS COMPETITION**).

Date: Sat 2nd March 2019.

Start Time: 11:30 hrs.

Practice Session: 11:30 hrs – 12:30 hrs.

Competition Start: 12:30 hrs.

Competition finish: approx. 16:00 hrs.

Post competition party: after the comp, at the pool details to follow.

Venue: Bangor Pool (Bangor Aquatics and Healthy Lifestyles Centre), Garth Road, Bangor, Gwynedd, North Wales, LL57 2SD.

Pool Reception Number: 01248 370600. **Organiser (Nick Pipe):** 01248 602225.

Assistance required: Coaches required for judging & poolside marshals please.

Facilities:

- Plenty of free parking is available adjacent to the pool.
- There is a large public gallery to watch the competition from.
- There is no café at the pool, only vending machines for hot or cold drinks & health bars.
- Public swimming will be available in half of the main pool and the small pool (size: 7.5m x 12.5m, depth: 1.1m - 1.4m).
- No bags poolside please. Lockers keys are available for (£1 returnable deposit required).

Entries

Entries: Please complete the attached entry form for your club, to be received by **Wednesday 20th February 2019**.

Entry Fees: £10.00 entry fee must be paid by BACS (details below) & received by **Wednesday 20th February 2019**.

Bangor Bilidowcars Diving Club bank details:

Sort Code: 08 92 99 Account number: 65 68 94 79

Divesheets: Dives must be submitted using Divesheets software (www.diverecorder.co.uk) by **Wednesday 27th February 2019**.

Bangor Contact

Nick Pipe. info@bangordiving.co.uk. 01248 602225. 16 Tan y Bwlch, Mynydd Llangygai, Bangor, Gwynedd, LL57 4DX.

Event Conditions

NOVICE COMPETITION: Lesson scheme divers, e.g. < 1hr diving a week.

Age Groups:

- Group F (age 6-7)
- Group E (age 8-9)

Dives: x2 dives poolside & x4 1m dives.

Board	Dive Choice	Dive No.	Dive	D.D
Poolside	Required	101A	Forward dive straight (Push dive)	1.0
(Choose Required + 1)	Option 1	200C	Back jump tuck 'T' armswing	1.0
	Option 2	21B	Back pike sit 'T' armswing	1.3
1M	Option 1	100A	Bouncing forward jump straight	1.0
(Choose 4)	Option 2	200A	Back jump straight 'T' armswing (1-3 ankle rocks)	1.0
	Option 3	101C	Forward dive tuck (Standing)	1.2
	Option 4	101C	Forward dive tuck (Bouncing/ Hurdle - Group C +)	1.2
	Option 5	20A	Back fall straight (Hands up or on thighs)	1.0
	Option 6	201C	Back dive tuck 'T' armswing (1-3 ankle rocks)	1.5
	Option 7	401C	Inward dive tuck 'T' armswing (1-3 ankle rocks)	1.4
	Option 8	10B	Forward pike fall (Hands grabbed)	0.8

NOVICE COMPETITION Lesson scheme divers, < 1hr diving a week

Age Groups:

- Group D (age 10-11)
- Group C (age 12-13)
- Group B (age 14-16)

And all **SKILLS COMPETITION:** Squad divers.

Age Groups:

- Group F (age 6-7)
- Group E (age 8-9)
- Group D (age 10-11)
- Group C (age 12-13)
- Group B (age 14-16)

Dives: x2 dives poolside, x4 1m dives, x 2 3m dives.

Board	Dive Choice	Dive No.	Dive	D.D
Poolside	Required	101A	Forward dive straight (Push dive)	1.0
(Choose Required + 1)	Option 1	200C	Back jump tuck 'T' armswing	1.0
	Option 2	21B	Back pike sit 'T' armswing	1.3
1M	Option 1	100A	Bouncing forward jump straight	1.0
(Choose 4)	Option 2	200A	Back jump straight 'T' armswing (1-3 ankle rocks)	1.0

	Option 3	101C	Forward dive tuck (Standing)	1.2
	Option 4	101C	Forward dive tuck (Bouncing/ Hurdle - Group C +)	1.2
	Option 5	20A	Back fall straight (Hands up or on thighs)	1.0
	Option 6	201C	Back dive tuck 'T' armswing (1-3 ankle rocks)	1.5
	Option 7	401C	Inward dive tuck 'T' armswing (1-3 ankle rocks)	1.4
	Option 8	10B	Forward pike fall (Hands grabbed)	0.8
3M	Option 1	100A	Forward jump straight 'T' armswing	1.0
(Choose 2)	Option 2	10B	Forward pike fall (Hands grabbed or wide)	1.0
	Option 3	10A	Forward straight fall (T arms)	1.2
	Option 4	11C	Forward tuck roll (Additional points considered for pike out)	1.2
	Option 5	20A	Back fall straight (Hands up or on thighs)	1.4
	Option 6	21C	Back tuck roll	1.3

Medals: For each event and age group there will be separate medals for boys & girls.

Bring: Ensure divers bring water to drink, a spare towel & top to wear poolside.

Pool Depth:

- Note the pool depth is 3.8m!

Photography:

- No flash photography is permitted.
- Photography consent forms (available from the pool reception) must be completed prior to any diving photography during the event.

After Competition Party:

After the competition, party food will be available for divers, parent & accompanying siblings. Please bring a party food contribution (more details to follow).

Website & Instagram:

Find us on: www.bangordiving.co.uk & www.instagram.com/bangordiving