

Armada Cup 2020



**COME AND DIVE AT OUR SUPERB FACILITY IN
PLYMOUTH.... OUR TEAM WELCOME YOU TO A
FUN COMPETITION IN OUR FANTASTIC CITY BY
THE SEA**

AGE GROUP AND JUNIOR ELITE DIVING COMPETITIONS



Plymouth Diving is proud to host once again, The Armada Cup - now in its 21st year and one of the most popular competitions in the UK.

NEW FOR 2020!

SEPARATE AGE GROUP AND JUNIOR ELITE COMPETITIONS

Allows divers to obtain recommended standards for their relevant National events in 2020. Don't forget, the British Junior Elite Championships are also in Plymouth in April.

We also have Synchronised events and our High Dive events.

The events run from Saturday afternoon on 15th February and run until Tuesday afternoon 18th February.

Competition Manager:

Sally Freeman

sallyfreeman@everyoneactive.com

Please forward all entries to

Sarah Anderson

competitions.plymouthdiving@gmail.com

INFORMATION

The Event

The event will be run under Swim England and British Diving conditions. Events will be in the following categories:

Boys and Girls Group E/D 8-11	Age Group Only	Boys and Girls Group C, 12-13 Age group and J Elite
Boys and Girls Group B, 14-15	Age Group and J Elite	Boys and Girls Group A 16-18 Age Group and J Elite*

**We Are ACCEPTING GUEST ENTRIES in the Junior Elite Group A Category for divers aged 19+*

These divers can dive and qualify for finals (by finishing in the Top 6) but not gain TEAM POINTS

Combined events will produce separate age category finals: Junior Elite Finals will run according to their FINA rules in the finals

All events will produce 6 diver finals – any event with less than 6 preliminary divers will become a Straight Final – medals awarded during the evening finals session. Top 6 Individual and Top 3 Synchronised and High Dive will be awarded medals.

The HIGH Dive event and Synchronised events are straight finals.

There will be 1 overall team trophy. Team points will be awarded in all individual & high dive events. Only the top 2 divers in each event, from each club, will count towards team points* *unless aged 19 +

Entry Fees:

Individual events:	£15 per board	Synchro:	£10 per pair	High Dive:	£10
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3 board price (Age Group & J Elite) £40

Please pay by BACS 56-00-63 43599982 Ref: *clubname*ARMADA20

These entry fees apply up to and including Friday 17th January. After this time and until Monday 3rd February all entry fees will be £20 per individual entry. There is no 3 board discount after 17th January.

Timetable

Exact timings will be determined once all the entries have been received and numbers are known. However, a provisional timetable is attached. We will aim to finish by 15.30pm on Tuesday, so that everyone can start their journeys home at a reasonable time. All competitions will remain on the day published in the provisional timetable, but are subject to a time change.

Training

The pool will be available for extra training during the following times:

Friday 14th February	-	available by arrangement between 6 and 8pm:	£5 per diver
Saturday 15th February	-	available before 11.30am by arrangement	£5 per diver
		from 11.30-3pm: No charge	

Technical Meeting

A technical meeting will be held on Saturday 15th February at 14:00pm in the Events Office at the pool.

Late entries may be accepted up to 1 hour before the Technical Meeting. The Chief Recorder may limit entries in big events in any case.

Dive Sheets

Dive lists must be submitted electronically by Thursday 13th February – no later. **Manual dive sheets for the Saturday events must be received, signed and returned no later than 2.30pm on the 15th** and all remaining manual sheets by 8pm on 15th.

*All electronically submitted dive sheets **MUST** be signed when you arrive at the pool. We are happy for these sheets to be signed by divers **OR** by their coach on their behalf.*

We don't charge a huge extra fee for late entries as this is not the National Championships but do your best to get your entries in by the Early Bird date – January 17th.

Timetable

We won't know accurate timings until we have all the entries. Please refer to the attached APPROXIMATE timings as a guideline only. Event order may change if entries dictate. We will keep events on the same day listed.

Competition Eligibility

All divers must compete in their own age category and cannot switch between Age Group and Junior Elite Events. The synchro events run as OPEN for all divers, in the normal age categories for junior competition. Guest divers will be accepted in the Group A Junior Elite Competitions if aged 19+ years in 2020. A maximum of 3 guests will be allowed into the FINALS.

Ineligibility

Divers who have competed in any FINA event or a British Diving Junior Elite Championships are ineligible for the Age Group Competitions at the Armada Cup. Likewise, any diver who competes in the Age Group Competitions at the Armada Cup will become ineligible for Regional or National Skills as this event is also the **Swim England South West Regional Age Group Competitions**. Please check in advance to avoid disappointment later in the year.

Judging

All teams of 4 divers + must provide a Judge for the duration of the weekend – a judges rota will be posted at the Technical Meeting.

High Dive Event

All money raised from this event will go to a charity of our choice and is just a bit of fun for all the high dive enthusiasts—divers aged 11 and above can enter and can choose 7.5m or 10m for their dives. Divers can enter on the day!!

HOWEVER... as per the rules of normal high dive events, all dives must be **FEET FIRST!** It's an OPEN event so everyone dives against each other. Normal FINA rules apply to feet first entries! We will split the competition into male and female categories.

The Venue

The Life Centre was completed in March 2012. It is a state of the art Diving Pool with the following boards:

4 x 1m springboards	3 x 3m springboards	1 x 3m platform
1 x 5m platform	1 x 7½m platform	1 x 10m platform

Please note – divers will not be allowed to use the other facilities of the Life Centre without purchasing a ticket. Please ask your divers to keep the poolside clear of bags wherever possible. Competitor's bags can be put in a locker or kept in the balcony with team mates.

The Dry Gym may be available for warm-ups but all divers will need a Level 2 Coach with them at all times.

Armada Cup 2020 – ENTRY FORM

Team: _____ Contact: _____ Telephone: _____ Email: _____

Coaches names: _____

Training Friday or Saturday am required: Y / N Numbers: Fri _____ Sat am _____ Total Fee: _____ (payable using *clubnametraining* ref.)

ENTRY FEES: £15 PER INDIVIDUAL EVENT

SYNCHRONISED 1M AND 3M: £10 PER TEAM

HIGH DIVE: £10

(Multi-Board fees available - UNTIL 17TH JANUARY)

[illegible]

PROVISIONAL TIMETABLE	Event A	Event B	Training	Notes	Competition
Saturday 15th February					
Technical Meeting				14:00-14:30pm	
General Training			11:00-14:15pm	All other divers	
Events 1-4	Age Group A/B Boys 3m	Age Group A, B Girls 1m (Curtain)	14:15-14:50pm		15:00
Events 5-7	Junior Elite A, B boys 1m (Tower)	Junior Elite C Girls and Boys Platform (Tower)	14:15-14:50pm		
	Synchro 3m: 14-18 (plus guests) Years, Boys and Girls				
FINALS			20 mins	Medals follow each final	18:00- approx. for 2 hours
Sunday 16th February					
Events 8-11	Age Group D Girls and Boys 3m (Curtain)	Age Group C Boys 3m (Tower)	08:45 – 09:50am		10:00
Events 12-14	Junior Elite A, B Girls Platform	Junior Elite C Boys and Girls 1m (Curtain)	08:45 – 09:50am		
Events 15-18	Age Group A/B Boys 1m (Curtain)	Junior Elite A/B Boys 3m (Tower)	60 mins – events 15-21		
Events 19-21	Age Group C Girls 3m (Tower)	Age Group A/B Girls Platform	60 mins – events 15-21		
FINALS			30 mins	Medals follow each final	16:30 approx for 3 hours
Monday 17th February					
Events 22-25	Junior Elite Boys A/B Platform	Junior Elite A/B Girls 3m (Tower)	08:00-08:45am		09:00
Events 26-29	Age Group C Boys 1m (Curtain)	Age Group C Girls Platform	08:00-08:45am		
Events 30-31	Age Group D Boys and Girls 1m (Tower)	Age Group A/B Boys Platform	45 mins – events 30 -33		
Event 32	Synchro 1m: 13 years and under, Boys and Girls			Medals follow each final	
Event 33	HIGH DIVE COMPETITION			Medals follow each final	
FINALS			30 mins		15:30 approx for 3 hours
Tuesday 18th February					
Event 34-37	Age Group D Boys and Girls 5m	Age Group A/B Girls 3m (Tower)	08:15-08:55am		09:00am
Events 38-41	Age Group C Girls 1m (Curtain)	Junior Elite A/B Girls 1m (Tower)	08:15-08:55am		
Events 42-43	Junior Elite C Girls and Boys 3m (Tower)	Age Group C Boys Platform	30 mins		
FINALS			30 mins	Medals follow each final	13:30-15:30

GROUP	PRELIMINARY COMPETITION	FINALISTS	DIVES IN FINAL	NOTES
NATIONAL AGE GROUP TEST: GROUP D GIRLS AND BOYS	1M: 3 DIVES (FROM 3) (dd 5.4) PLUS 2 DIVES (FROM 2 - NO LIMIT) 3M: 3 DIVES (FROM 3) (dd 5.7) PLUS 2 DIVES (FROM 2 - NO LIMIT) 5M: 3 DIVES (FROM 3) (dd 5.4) PLUS 2 DIVES (FROM 2 - NO LIMIT)	TOP 6 PROGRESS TO FINAL	3 OPTIONAL DIVES FROM ANY 3 GROUPS	If less than 6 divers in preliminary it becomes a straight final
NATIONAL AGE GROUP TEST: GROUP C GIRLS AND BOYS	1M: 3 DIVES (FROM 3) (dd 5.4) PLUS 3 DIVES (FROM 3 - NO LIMIT) 3M: 3 DIVES (FROM 3) (dd 5.7) PLUS 3 DIVES (FROM 3 - NO LIMIT) 5M/7.5M: 3 DIVES (FROM 3) (dd 5.4) PLUS 3 DIVES (FROM 3 - NO LIMIT)	TOP 6 PROGRESS TO FINAL	3 OPTIONAL DIVES FROM 3 GROUPS: INCLUDE GROUP 2 OR 3	
NATIONAL AGE GROUP TEST: GROUP B GIRLS AND BOYS	1M: 4 DIVES (FROM 4) (dd 7.5) PLUS 3 DIVES (FROM 3 - NO LIMIT) 3M: 4 DIVES (FROM 4) (dd 7.9) PLUS 3 DIVES (FROM 3 - NO LIMIT) 5M/7.5M/10M: 3 DIVES (FROM 3) (dd 5.7) PLUS 3 DIVES (FROM 3 - NO LIMIT)	TOP 6 PROGRESS TO FINAL	3 OPTIONAL DIVES FROM 3 GROUPS: INCLUDE GROUP 2 OR 3	
NATIONAL AGE GROUP TEST: GROUP A GIRLS AND BOYS	1M: 5 DIVES (FROM 5) (dd 9.0) PLUS 3 DIVES (FROM 3 – NO LIMIT) 3M: 5 DIVES (FROM 5) (dd 9.5) PLUS 3 DIVES (FROM 3 – NO LIMIT) 5M/7.5M/10M: 4 DIVES (FROM 4) (dd 7.6) PLUS 3 DIVES (FROM 3 – NO LIMIT)	TOP 6 PROGRESS TO FINAL	3 OPTIONAL DIVES FROM 3 GROUPS: INCLUDE: ONE FROM GROUP 1 OR 4, ONE FROM GROUP 2 OR 3, ONE FROM GROUP 5 OR 6	
JUNIOR ELITE TEST: GROUP C GIRLS AND BOYS	1M: 5 DIVES (FROM 5) (dd 9.0) PLUS 3 DIVES (FROM 3 – NO LIMIT) 3M: 5 DIVES (FROM 5) (dd 9.5) PLUS 3 DIVES (FROM 3 – NO LIMIT) 5M/7.5M: 4 DIVES (FROM 4) (dd 7.6) PLUS 3 DIVES (FROM 3 – NO LIMIT)	TOP 6 PROGRESS TO FINAL	3 OPTIONAL DIVES FROM 3 DIVING GROUPS Required scores carry through to final	INDIVIDUAL OPTIONAL DIVES IN FINAL MUST BE GREATER THAN OR EQUAL TO 2.0 DD
JUNIOR ELITE TEST: GROUP B GIRLS (FINA CONDITIONS)	1M: 5 DIVES (FROM 5) (dd 9.0) PLUS 3 DIVES (FROM 3 – NO LIMIT) 3M: 5 DIVES (FROM 5) (dd 9.5) PLUS 3 DIVES (FROM 3 – NO LIMIT) 5M/7.5M/10M: 4 DIVES (FROM 4) (dd 7.6) PLUS 3 DIVES (FROM 3 – NO LIMIT)	TOP 6 PROGRESS TO FINAL	3 OPTIONAL DIVES FROM 3 DIVING GROUPS Required scores carry through to final	INDIVIDUAL OPTIONAL DIVES IN FINAL MUST BE GREATER THAN OR EQUAL TO 2.1 DD
JUNIOR ELITE TEST: GROUP B BOYS and GROUP A GIRLS (FINA CONDITIONS)	1M: 5 DIVES (FROM 5) (dd 9.0) PLUS 4 DIVES (FROM 4 – NO LIMIT) 3M: 5 DIVES (FROM 5) (dd 9.5) PLUS 4 DIVES (FROM 4 – NO LIMIT) 5M/7.5M/10M: 4 DIVES (FROM 4) (dd 7.6) PLUS 4 DIVES (FROM 4 – NO LIMIT)	TOP 6 PROGRESS TO FINAL	4 OPTIONAL DIVES FROM 4 DIVING GROUPS Required scores carry through to final	INDIVIDUAL OPTIONAL DIVES IN FINAL MUST BE GREATER THAN OR EQUAL TO 2.1 DD
JUNIOR ELITE TEST: GROUP A BOYS (FINA CONDITIONS)	1M: 5 DIVES (FROM 5) (dd 9.0) PLUS 5 DIVES (FROM 5 – NO LIMIT) 3M: 5 DIVES (FROM 5) (dd 9.5) PLUS 5 DIVES (FROM 5 – NO LIMIT) 5M/7.5M/10M: 4 DIVES (FROM 4) (dd 7.6) PLUS 5 DIVES (FROM 5 – NO LIMIT)	TOP 6 PROGRESS TO FINAL (plus max 3 guests)	5 OPTIONAL DIVES FROM 5 DIVING GROUPS Required scores carry through to final	INDIVIDUAL OPTIONAL DIVES IN FINAL MUST BE GREATER THAN OR EQUAL TO 2.1 DD
SYNCHRONISED SPRINGBOARD COMPETITIONS	1M: BOYS / GIRLS – 13 YEARS AND UNDER: 5 DIVES: 2 TO MAX 2.0 PLUS 3 (FROM 3) 3M: BOYS / GIRLS – 14-18 YEARS: 5 DIVES: 2 TO MAX 2.0 PLUS 3 (FROM 3)	STRAIGHT FINALS (GIRLS AND BOYS SEPARATE MEDALS)	FINA TEST 2 DIVES (MAX 2.0dd) + 3 DIVES (NO LIMIT, FROM 3 GROUPS)	OPEN COMPETITIONS AGE GROUP AND ELITE