



ENTRY PACK

BRITISH NATIONAL DIVING CUP 2023

2-5 FEBRUARY

ROYAL COMMONWEALTH POOL, EDINBURGH



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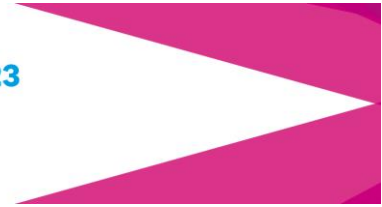
Host City and Venue





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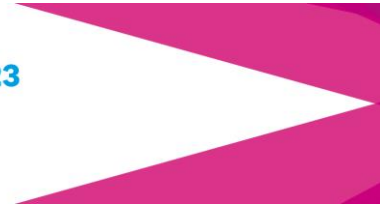
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CONTACT INFORMATION

British Swimming Contact	Venue Contact
Abbie Roberts British Swimming SportPark 3 Oakwood Drive Loughborough LE11 3QF abbie.roberts@swimming.org +44(0)7583 029285	Royal Commonwealth Pool Dalkeith Road Edinburgh EH16 5BB 0131 458 2100 Website

Please see below guides for planning your team's trip:

[Accommodation in Edinburgh](#)

[Things to Do in Edinburgh](#)

[Eating Out in Edinburgh](#)

KEY DATES AT A GLANCE

Entry Deadline: Thursday 12 January 2023 @ 13.00

Training Dates: Tuesday 31 January – Thursday 02 February 2023

Technical Meeting: Thursday 02 February 2023 @ 13:00

Competition Dates: Thursday 02 - Sunday 05 February 2023

TRAINING

Training will be available at the following times during the training days:

Date	Diving Pool	Diving Dryland
Tuesday 31 January 2023	8am – 8pm	8am – 8pm
Wednesday 01 February 2023	8am – 8pm	8am – 8pm
Thursday 02 February 2023	8am – 18.15pm	8am – 8pm

COMPETITION

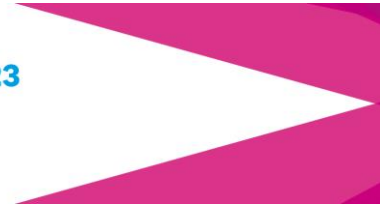
Training during the competition days will be available at the following times:

Date	Diving Pool	Diving Dryland
Thursday 02 February 2023	8am – 18.15pm	8am – 8pm
Friday 03 February 2023	8am – 9.45am and In between competitions	8am – 8pm
Saturday 04 February 2023	8am – 9.45am and In between competitions	8am – 8pm
Sunday 05 February 2023	8am – 9.45am and In between competitions	8am – 8pm



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HOW TO ENTER

All entries for the British National Diving Cup will be made online, please click [HERE](#) for the entry page. Paper entries will not be accepted.

For synchro entries, both members of a synchro team need to enter through the online system. Each member also needs the registration number of the other team member. This information can be accessed [here](#).

Entries must be received by 13.00 on Thursday 12 January 2023. A late fee for individual events of £34.00 will be charged after this date. The entry fee for synchro events will remain at £17 per diver.

ENTRY FEES

Individual events: £17.00

Synchro events (per diver): £17.00

SCHEDULE OF EVENTS

*Please note that times are subject to change.

Thursday 02 February 2023

Session 1 – 18.30

Women's Platform Synchronised Final
Men's Platform Synchronised Final

Friday 03 February 2023

Session 2 – 10.00

Men's 3m Springboard Prelim

Session 3 – 15.45

Men's 3m Springboard Final
Women's 3m Synchronised Final

Saturday 04 February 2023

Session 4 – 10.00

Women's Platform Prelim

Session 5 – 15.45

Women's Platform Final
Men's 3m Springboard Synchronised
Final

Sunday 05 February 2023

Session 6 – 10.00

Men's Platform Prelim
Women's 3m Springboard Prelim

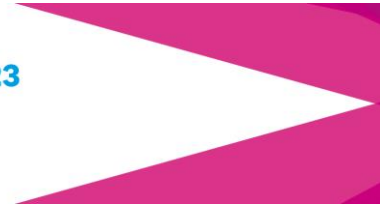
Session 7 – 15.45

Women's 3m Springboard Final
Men's Platform Final



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TECHNICAL MEETING

The technical meeting will take place at 13.00 on Thursday 02 February at Royal Commonwealth Pool.

DIVE SHEETS

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the Recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. 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

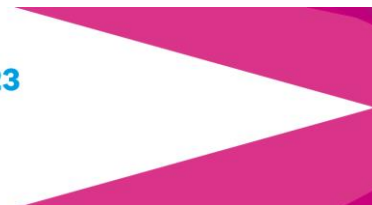
As soon as you complete either on-line submission method, you will see a success/failure message. If you experience problems and need assistance please contact Jackie Laughler: jackielaugher@yahoo.com

Electronic submissions must be made by 08.00am on Wednesday 01 February 2023. 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 from 13:00-18:00 on Wednesday 01 February with the Recorders at Royal Commonwealth Pool.**

REGISTRATION/MEMBERSHIP DEADLINE

Divers should be registered with the ASA 60 days prior to the commencement of the National Event ("The Meet") for which the diver is entering.

International divers must be a member of their country's diving federation in order to enter.



EVENT CONDITIONS

INDIVIDUAL

Category	Gender	Board	Conditions
3m	Male	6 dives	6 dives from 5 groups, no limit. No dive may be repeated
5m, 7.5m and/or 10m*	Male	6 dives	6 dives from 6 groups no limit.
3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m*	Female	5 dives	5 dives from 5 groups no limit.

SYNCHRO

Open Male 3m & 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). All forward facing dives on springboard shall be done with a running approach.
Open Female 3m & 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). All forward facing dives on springboard shall be done with a running approach.

Synchro events can be performed at 5m, 7.5m, & 10m. "divers competing from 5m / 7.5m in the synchro platform events are not eligible for the Senior title" as the National Cup is the selection event for the international competitions with only 10m platform events.

Awarding of British National Cup Junior Medals:

1. Junior Championship medals will be awarded from the National Cup 2nd – 5th February 2023 in all individual events.
2. Medals awarded will be based on 1. Ranking order of any finalists followed by 2 remaining places ranking order from preliminary.
3. *Platform - Divers competing from 5m and 7.5m platform in the prelim cannot qualify for the final. But are eligible for junior medals after the ranking of any juniors who proceed to the final competing all dives from the 10m platform.

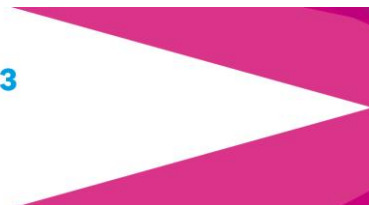
Awarding of British National Cup Medals:

Divers eligible to compete for Great Britain are eligible for British Medals. In all events there will be open and closed medals.



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Open medals will be awarded if a diver not eligible to compete for Great Britain places in the top 3 in a final.

In Platform competitions; only divers performing ALL dives from 10m are eligible for senior medals.

Selection to British Teams:

Divers wishing to be eligible for selection in platform competitions for either Team A or Team B must compete all dives from the 10m platform. All selections will be based upon the Selection Policy 2023.

EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 3m and 10m events. There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver(s) will be taken to ensure the top 8 GB divers progress).
- Individual Platform finals must be from 10m only
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged at least 11 years by the 31st Of December in the year of competition.
- No dive may be repeated in any event
- Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the Head Coach.
- Divers may compete in synchronised events only.

RECOMMENDED PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS

Gender	Event	Conditions	No. of Dives	Recommended Standard
Women	3m	5 from 5	5	225
	Platform	5 from 5	5	225
Men	3m	6 from 5	6	300
	Platform	6 from 6	6	300

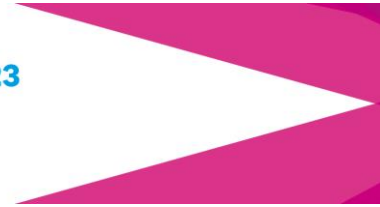
TICKETS

Information on how to purchase tickets will be published prior to the end of the year.



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ACCREDITATION

Accreditation for all competitors and coaches will be photographic. There will be security present at the event and in order to enter both the seating and field of play area you will need accreditation. All divers will be required to submit a **recent passport sized photo** with their online entry. Failure to supply a photograph with the entry forms will result in the entry forms being invalid and therefore not accepted.

If you need to re-print your accreditation on site, a charge of £10 applies. Please note the event is cashless and only card payment will be accepted on site.

COVID-19

Although there are no domestic COVID-19 restrictions in England COVID 19 remains a risk and there are steps that can be followed to keep yourself and others safe. Please consider the following when attending the pool:

- Consider wearing a face covering especially in crowded or enclosed spaces
- Wash your hands with soap and water or use hand sanitizer regularly throughout the day.
- If you have any of the following symptoms the government advises you to stay at home: a new continuous cough, high temperature, loss, or change in, your normal sense of taste or smell.

Please be aware that as the Coronavirus situation changes the COVID-19 plan will be continuously reviewed and therefore may be subject to change up until the event. British Swimming will communicate any changes.

COACH/CHAPERONE PASSES

All coaches, chaperones and physiotherapists must have a valid photo to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £10 per event. **A valid DBS check, coaching and safeguarding qualification is required. Coach pass applications are now open [here](#).**

Applicants are advised the online Disclosure & Barring Service process could take up to 1 month to complete. All applicants must be registered with an ASA affiliated club.

All ASA clubs and license applicants will have to complete a DBS (CRB) application regardless of any previous check carried out through another organisation unless this has been registered with the DBS Update Service www.gov.uk/dbs-update-service.

If you hold a disclosure that has been registered with the DBS Update Service, and you have not yet given the ASA written consent to check the status, please submit your original disclosure certificate along with a completed consent form to dbs@swimming.org. Please also email dbs@swimming.org for a DBS Update Service Consent form.

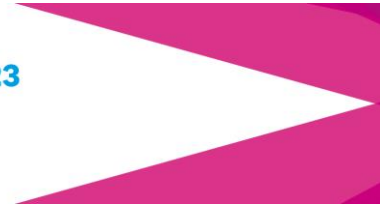
If you need to re-print your coach pass on site, a charge of £10 applies. Please note the event is cashless and only card payment will be accepted on site.

Coaches/Chaperones will not be allowed on poolside without a valid accreditation.



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PHOTOGRAPHY POLICY

British Swimming are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within a British Swimming setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

British Swimming encourage all spectators and participants at British Swimming events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

British Swimming is committed to ensuring that all children who participate in British Swimming activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

This event **will be photographed and live streamed**. Static images will be displayed on the British Swimming website www.britishswimming.org. They will be used to promote the sport at this event and events in the future. Moving images may be displayed at the venue and via live stream at www.britishswimming.org. In addition, British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

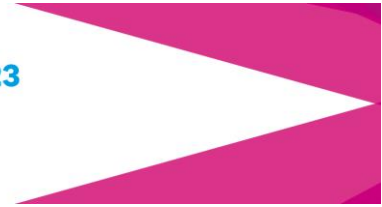
In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the Event Officer present. However, if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to British Swimming Events Department.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the ASA Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer



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CHILD PHOTOGRAPHY REFUSAL FORM

Should you or any of your divers prefer not to be photographed please complete the refusal of consent and return to the events office prior to the event.

NAME OF DIVER: _____

DATE OF BIRTH: _____

I refuse permission for the taking and/or publication of images of my child by the Official Photographer(s) in respect of the British National Diving Cup 2023

SIGNED (PARENT/CARER): _____

PRINT NAME: _____

DATE: _____