

Cambridgeshire County Skills

Sunday 8th March 5.30-8.30pm

Please note: this is not a qualification event for national skills.

Entry list:

Amelia	Aldridge
Yuzu	Baxendale
Aila	Byrne
Ryan	Church
Marisa	Cowling
Zia	Gordon
Grace	Hodge
Siena	Kelly
Elwood	Langley
Ben	Matthams
Molly	McGregor
Daniel	Millard
Rhiannon	Monie
Stella	Monks
Eve	Morrison
Charlie	Tibbatts
Jonah	Tomsett
Eva	Tsang
Dominic	Williams

Event Conditions – these are the same conditions as regional skills

Group E & D

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E&D	Section 1 (Poolside)	1. Plain header (3-bubble rip) 2. Armswing back jump tucked 3. Forward dive tucked 4. Armswing forward jump piked	101A 200C 101C 100B	1.0 1.0 1.0 1.0	Group E 240 Group D 255
	Section 2 (1m)	5. 2-bounce forward jump straight 6. T armswing back jump straight 7-8. 2 dives one from list A and one from list B (in any order)	100A 200A	1.0 1.0 DD to count	
	Section 3 (3m)	9. Forward fall straight 10. Forward tuck to pike roll 11. Back fall straight (hands on thighs) 12. Crouched back tuck roll	10A 10C 20A 20C	1.2 1.2 1.4 1.3	

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Group E & D – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

Group C

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C	Section 1 (Poolside)	1. Plain header (3-bubble rip) 2. Armswing back jump tucked Forward dive tucked 4. Armswing forward jump piked	3. 101A 200C 101C 100B	1.0 1.0 1.0 1.0	Group C 270

	Section 2 (1m)	5. Hurdle step forward jump straight 6. T armswing back jump straight 8. 2 dives one from list A and one from list B (in any order)	7-	100A 200A	1.0 1.0 DD to count	
	Section 3 (3m)	9. Forward Straight Fall 10. Forward tuck roll pike out fall straight (hands on thighs) 12. Crouched back tuck roll	11. Back	10A 10C 20A 20C	1.2 1.2 1.4 1.3	

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Group C – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

Group B+

Age Group	Height	Skills	Degree of Difficulty	Qualification Standard
B+	Section 1 (1m)	1-5. Either: 3 skills from list C + 2 skills from list D Or: 2 skills from list C + 3 skills from list D (in either case at least 2 groups must be covered from each list)	DD to count DD to count	Group B+ 250
	Section 2 (3m)	6-10. 5 skills from list E (at least 3 groups must be covered)	DD to count	

List C (1m)

101C, 101B, 103C, 103B, 401C, 401B, 402C, 403C – repeats permitted (1.0) *

List E (3m)

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – repeats permitted (1.0) **

List E (3m)

101C, 101B, 103C, 103B, 105C, 401C, 401B, 403C, 403B, 201C, 201B, 203C, 203B, 301C, 301B, 303C – repeats permitted (1.0) **

Deadline – 3rd March 2020

Please email alice@cambridgediving.org.uk to enter.

£5 entry fee per event paid by BACS

- *A separate payment should be made for each competition (it's ok to combine sibling entries)*
- *Please reference the diver's surname and competition to ensure that we can match the payments easily - e.g. surname/countyskills*
- *Note, this account is different from the account that you pay your fees into - please be careful when making future payments, to choose the correct account*

Bank Account Information

Account Name: Cambridge Dive Team

Account Number: 33930963

Sort Code: 20-17-35

