DIVING

EVENT: NSWCCC Selection Trial

AGE:
- 12 years and under Boys and Girls
- 13 Years Boys and Girls
- 14 Years Boys and Girls
- 15 Years Boys and Girls
- 16 Years Boys and Girls
- 17+ Years Boys and Girls
- Open Tower Boys and Girls

Age taken from 31 December 2011

ELIGIBILITY: Students must be enrolled in a CSCC affiliated school

DATE: Monday 2 May 2011

VENUE: Sydney Aquatic Centre Homebush

TIME:
- 9.00am Warm up
- 10.00am Competition begins
- 1.00pm approx. Competition ends

COST: $40.00 per competitor GST free
Your school will be invoiced for each student who participates in the trial

CLOSING DATE: Monday 28 March 2011
NO late entries accepted

NOMINATIONS:
Please forward nominations to:-
NSWCCC Executive Officer - Kym Skerritt
Email: kym@pathways.com.au Fax: 9958 2556
Mobile: 0419 464 074

SPORT SPECIFIC GUIDELINES: Can be found on the website
www.cecnsw.catholic.edu.au/sport/index.htm

WHAT TO BRING: All players are to bring the following:-
- Dive Sheets
- Medication e.g. asthma inhaler
- Bring own water bottle and lunch

NSW ALL SCHOOLS SELECTIONS: 9 May 2011 Homebush

SCHOOL SPORT AUSTRALIA: 30 July – 5 August 2011 Melbourne

CONVENER:
Anita Weaver
St Andrew’s College
PO Box 56
MARAYONG NSW 2148
Ph: 9626 1999
Mobile: 0412 203 892
Fax: 9626 0556
Email: a holland@standrews.nsw.edu.au
**NSWCCC DIVING CHAMPIONSHIPS 2011**

**Diving Requirements**

**Program of Events**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>Diver registration and Warm up</td>
</tr>
<tr>
<td>10.00am</td>
<td>Competition commences</td>
</tr>
<tr>
<td>10.00am</td>
<td>Events 1 &amp; 2 12 and 13yr boys and girls springboard</td>
</tr>
<tr>
<td>10.45am</td>
<td>Events 3 &amp; 4 14 and 15 yr boys and girls springboard</td>
</tr>
<tr>
<td>11.30am</td>
<td>Events 5 &amp; 6 16 and 17+yrs boys and girls springboard</td>
</tr>
<tr>
<td>12.30pm</td>
<td>Event 7 Open boys and girls platform</td>
</tr>
<tr>
<td>1.00pm</td>
<td>Competition approximately concludes</td>
</tr>
</tbody>
</table>

Presentations will occur after each event.

**Springboard Boys and Girls**

<table>
<thead>
<tr>
<th>Age</th>
<th>Limited Dives</th>
<th>Unlimited Dives</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 1 and/or 3 m</td>
<td>2 dives from different groups @ 5.4 + 2 dives from different groups unlimited DD</td>
<td></td>
</tr>
<tr>
<td>13 1 and/or 3 m</td>
<td>2 dives from different groups @ 5.4 + 2 dives from different groups unlimited DD</td>
<td></td>
</tr>
<tr>
<td>14 1 and/or 3 m</td>
<td>3 dives from different groups @ 5.4 + 3 dives from different groups unlimited DD</td>
<td></td>
</tr>
<tr>
<td>15 1 and/or 3 m</td>
<td>3 dives from different groups @ 7.6 + 3 dives from different groups unlimited DD</td>
<td></td>
</tr>
<tr>
<td>16 1 and/or 3 m</td>
<td>4 dives from different groups @ 7.6 + 4 dives from different groups with no limit or DD</td>
<td></td>
</tr>
<tr>
<td>17/19 1 and/or 3 m</td>
<td>4 dives from different groups @ 7.6 + 4 dives from different groups with no limit or DD</td>
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</tr>
</tbody>
</table>

**Platform Boys and Girls**

<table>
<thead>
<tr>
<th>Age</th>
<th>Event</th>
<th>Limited Dives</th>
<th>Unlimited Dives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Platform 5m/7m/10m</td>
<td>3 dives from different groups @ 5.4</td>
<td>+ 3 dives from different groups unlimited DD</td>
</tr>
</tbody>
</table>

Divers are required to bring 4 copies of their dive sheet on the day of competition and report to the recording table at 9am.
DIVING ENTRY FORM

Sydney Aquatic Centre Homebush
Monday 2 May 2011
10.00am – 1.00pm
Warm up – 9.00am

Event: □ Springboard     □ Platform

Name: .............................................................. DOB: ............... Age Group: ..............

Age taken from 31 December 2011

Home Address:........................................................................................................................................

Home Phone:.............................................. Parent Mobile: ..............................................................

Emergency Phone:................................. Parent Email:..............................................................

Student Mobile:...................................... School Year: ..............................................................

School:.............................................................. Suburb:..............................................................

School Phone:.................................................. Diocese/Association: ...........................................

School Staff Email Address:.......................................................................................................................

Last Representative Team: ........................................................................................................................

Years of Representative Play: ..................................................................................................................

Relevant Medical Conditions: ......................................................................................................................

...........................................................................................................................................................

Parent Signature:.................................................. Principal Signature:.............................................

Cost: $40.00 per player GST free. Please do not send payment with this form. Schools will be invoiced for each student participating in the trial

Closing Date: Monday 28 March 2011

Nominations: To be forwarded to NSWCCC Executive Officer Kym Skerritt

NSWCCC Executive Officer          NSWCCC Diving Convener
Kym Skerritt                        Anita Weaver
PO Box 4118                         St Andrew's College
CASTLECRAG NSW 2068                PO Box 56
                          MARAYONG NSW 2148
                          Email: kym@pathways.com.au
                          Email: aholland@standrews.nsw.edu.au

All players are to bring the following:-
- Appropriate personal protective gear for game conditions
- Medication e.g. asthma inhaler
- Any preventative taping is the responsibility of the individual player
- Bring own water bottle and lunch
# Springboard & Platform Diving

## DIVE LIST FORM

### Event: NSW Combined Catholic Colleges Selection Trial

<table>
<thead>
<tr>
<th>Family Name:</th>
<th>Given Name:</th>
<th>Start No:</th>
</tr>
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<tbody>
<tr>
<td>Open:</td>
<td>Grade:</td>
<td>Club:</td>
</tr>
<tr>
<td>Age Group:</td>
<td>Male:</td>
<td>Female:</td>
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</table>

<table>
<thead>
<tr>
<th>1 Metre:</th>
<th>3 Metre:</th>
<th>Platform:</th>
<th>Date: / /</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>DIVE ORDER</th>
<th>DIVE NUMBER</th>
<th>Position</th>
<th>B O A R D</th>
<th>DEGREE OF DIFFICULTY</th>
<th>JUDGES AWARDS</th>
<th>TOTAL</th>
<th>PROGRESSIVE POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>1  2  3 4  5 6 7</td>
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<td></td>
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</tbody>
</table>

**SIGNATURES:**

**FINAL POINTS**
<table>
<thead>
<tr>
<th>Height</th>
<th>1m</th>
<th>3m</th>
<th>5m</th>
<th>7m</th>
<th>10m</th>
<th>15m</th>
<th>20m</th>
<th>25m</th>
<th>30m</th>
<th>35m</th>
<th>40m</th>
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<tbody>
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<td>8.5</td>
<td>9.0</td>
</tr>
</tbody>
</table>

**Footnotes:**
- 1m, 3m, 5m, 7m, 10m, 15m, 20m, 25m, 30m, 35m, 40m heights correspond to different diving boards or platforms.
- Heights are measured in meters.

**Notes:**
- The table above provides a general guideline for diving heights.
- Actual diving height may vary based on specific diving techniques and equipment.

**Additional Information:**
- Diving activities are suitable for ages 8 and above.
- Participants must be accompanied by a qualified instructor.
- Safety equipment is mandatory for all divers.

**Producers:**
- NSW Diving

**Language:**
- English

**Publication Date:**
- October 2001

**Other Notes:**
- This document is produced by NSW Diving for educational purposes.
- It is intended for use by coaches, instructors, and divers.
- For more detailed information, please refer to the full manual.
DIVING PATHWAY

SCHOOL SPORTS AUSTRALIA

NSW ALL SCHOOLS CHAMPIONSHIPS
- Competitors must complete dive requirements
- Divisions are:
  - Springboard – 12, 13, 14, 15, 16, 17+
  - Tower - 12-14, 15-16, 17+
- Age is at 31 December in the year of competition
- Held in conjunction with NSW All Schools Swimming Championships
- 12, 13, 15 and 17+ to do one extra dive to be eligible for selection to Australian Championships (dive points do not count in All Schools Competition)

NSWCCC CHAMPIONSHIPS
- Individual entry
- Must be enrolled in a CSCC affiliated school
- No limit to entry
- Divers must be able to complete dive requirements for their age group
- Age and Divisions as per NSW All Schools Championships
- Held in conjunction with NSWCCC Swimming Championships