

General Event Conditions:

- The competitions shall be conducted in accordance with Swim England Regulations and World Aquatics Technical Rules for Diving.
- There shall be separate events for males and females.
- All ages are as at the 31st December in the year of competition.
- All competitions shall be promoted as 'Open' events with two separate entry categories.
- An individual entry for both entry categories will not be accepted.
- An entrant for a competition must be a Swim England registered Club Compete member of the club they are representing or a Temporary Member of Swim England by the published closing date.

Entry Categories:

East Region Entries

- Will be accepted from divers who are registered members of clubs affiliated to a Swim England East Region.
- An entered diver shall not have competed in the closed championships or competitions of another Swim England Region in the same year other than as an individual member of a synchronised pair.

Guest Entries

- Entries will be accepted from divers who are registered members of any club affiliated to Swim England through their Regional Association, the Scottish ASA or Welsh ASA or one of the countries affiliated to World Aquatics.

Medals:

- Medals will be presented to the top three competitors from the East Region entries.
- A guest competitor who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

Age Group Eligibility:

1. A Swim England East Region or Guest diver who has competed at British Elite Junior Championships is not eligible to compete at the East Region Age Groups Event unless moving up an age group and with prior written approval from the East Region Diving Manager.
2. A Swim England East Region or Guest diver who has achieved the British Elite Junior Championships Performance Standard at a Regional or Open Club Elite (level 4) competition in the same calendar year as the British Elite Junior Championships for which it is recommended, is not eligible to compete in the East Region Age Groups Event whilst in that age category.
3. A Swim England East Region or Guest diver who has competed in a British, National or Regional or Club Senior (level 5) competition in any event (including synchro) is not eligible to compete at the East Region Age Groups Events.*

Group A Skills Eligibility:

1. A Swim England East Region or Guest diver is not eligible to compete in the East Region Skills Event whilst they are a member of the Swim England Diving Team Z or home nation equivalent.
2. A Swim England East Region or Guest diver who has competed at the Swim England National Age Group Championships, is excluded from competing at East Region Skills Events, except with prior written approval from the East Region Diving Manager when moving into the B+ age category.
3. A Swim England East Region or Guest diver who has competed in a British, National, Regional or Club Junior Elite (level 4) or Senior (level 5) competition in any event (including synchro) is not eligible to compete in the East Region Skills Event.
4. A Swim England East Region or Guest diver who has achieved the Swim England National Age Group Championships Performance Standard at a Regional or Open Club Age Group (level 3) competition on any board in the same calendar year as Swim England National Age Group Championships for which it is recommended, is not eligible to compete in the East Region Skills Event whilst in that age category.

Please Note:

Coaches entering divers of an inappropriate standard in any East Region Diving Event may be approached by the Regional Diving Manager and given advice on competition selection.

Age Group Competition Conditions:

All ages are at the 31st December in the year of competition.

Age Category	Board Height	Event Conditions	'National Standard
Age Group D 9/10/11 years	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd).	Open - 130 Female - 125
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd).	Open & Female – 135
	5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd).	Open & Female – 130
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Age Group C 12/13 years	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) (minimum 4 groups to be covered).	Open – 165 Female – 160
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) (minimum 4 groups to be covered).	Open – 170 Female – 165
	5m/7.5m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) (minimum 4 groups to be covered).	Open & Female – 165
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Age Group B 14/15 years	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open - 200 Female – 185
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open – 210 Female – 195
	5m/7.5m/10m	3 dives from 3 groups (5.7) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open – 180 Female – 175
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Age Group A 16/18 years	1m	5 dives from 5 groups (9.0) + 3 dives from 3 groups no limit.	Open - 230 Female - 220
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit.	Open - 245 Female - 230
	5m/7.5m/10m	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open - 215 Female - 205



No repeat dives are permitted. Dives of the same number are considered to be a repeat, even in a different shape.

Please Note:

¹National Standard - For your information we have published the points required to meet the recommended National Standard. The publishing of these points does not imply you are required to meet this standard to dive in this Regional competition nor would achieving these points confer an automatic qualification to the Swim England Diving National Age Group Championships.