

Swim England East Region East Region Club Championships 2019

Team list –

Catherine Lopez
Isabella Given
Malaika Graham
Daisy Halls
Max Burnell
Alice Ledzion
Rhiannon Monie
Rufus Bord
Amelia Aldridge
Zia Gordon
Molly McGregor
Marisa Cowling

Congratulations on your selection to represent Cambridge Dive team at the above event.

This will not be a chaperoned trip, divers will be responsible for transport and accommodation for this competition. If you require any further information, please don't hesitate to contact your squads lead coach (email addresses can be found on the club website).

Details for the pool and the event are below.

Saturday, 5th October 2019, 10:00 am – 6:00 pm

Sunday, 6th October 2019, 9:00 am – 5:00 pm

Southend Leisure & Tennis Centre Garon Park Eastern
Avenue Southend on Sea SS2 4FA

£10 per diver per individual event

£12 per pair per synchronised event

All entries for this event need to be sent to Ruby Lopez on brookslorz@yahoo.com

All entries need to be made **before Sunday 8th September 2019.**

If you are unsure as to which boards to enter please ask you squads lead coach.

**PLEASE BE AWARE YOU WILL NOT BE
ENTERED FOR THIS EVENT UNLESS YOU HAVE
EMAILED RUBY. PAYMENT NEEDS TO BE MADE
BEFORE THE STATED DEADLINE.**

Payment details for this event are as follows:

Bank Details:

Barclays Bank

Account Name: Cambridge Dive Team

Sort Code: 20-17-35 Account Number: 33930963

Please use ERCLUBSURNAME as reference

Conditions

				Remarks
Senior / Men	14+ yrs	Separate Competitions on 1m, 3m and Platform	Six Different Dives from Four Groups	A maximum of two different dives from the same group. No repeat dives within a list of dives.
Senior / Women	14+ yrs	Separate Competitions on 1m, 3m and Platform	Five Different Dives from Four Groups	
Junior / Boys	9-13 yrs	Separate Competitions on 1m, 3m and Platform	Five Different Dives from Four Groups	
Junior / Girls	9-13 yrs	Separate Competitions on 1m, 3m and Platform	Four Different Dives from Four Groups	

PROVISIONAL TIMETABLE

SATURDAY 5th OCTOBER 2019

10:15 Open Training

Event 1 – Girls / Women 1m

Event 2 – Boys / Men 3m

Restricted Training

Event 3 – Girls / Women Platform

Restricted Training

Event 4 – Platform Synchro

18:00 Finish

SUNDAY 6th OCTOBER 2019

09:00 Open Training

Event 5 – Boys / Men 1m

Event 6 – Girls / Women 3m

Restricted Training

Event 7 – Boys / Men Platform

Restricted Training

Event 8 – 1m Synchro

17:00 Finish