

The City of Sheffield Diving Club presents



'Steel City Skills 2024'



Saturday 2nd March 2024

**Ponds Forge International Sports Centre, Sheaf Street,
Sheffield, S1 2BP**

[Closing date for entries is Sunday 11th February 2024](#)

For more information, please contact:

Callum Bell
City of Sheffield Diving Club
Ponds Forge International Sports Centre
Sheaf Street
Sheffield
S1 2BP (S1 1AA when using Sat-nav systems)
Email: clubadmin@cityofsheffielddiving.co.uk

**SHEFFIELD
DIVING**

Welcome to the Sheffield Diving 'Steel City Skills' Invitational



Dear Parent/Carer,

The City of Sheffield Diving Club would like to invite your diver to take part in our "Steel City Skills" Diving Invitational, the newest addition to the skills grand prix circuit. The event will take place on Saturday 2nd March 2024 at Ponds Forge International Sports Centre in Sheffield.

The event is intended to provide a fun competitive experience for both newer novice competitors and more experienced divers on the skills circuit. The event includes a 'Mini' E Category with simpler entry conditions and our Group A and B events have the opportunity to compete a number of higher tariff choice skills in their events. There are also a large variety of 3 metre springboard line ups to choose from and look out for the 1 metre choice dive options!

The event will be run electronically using dive recorder. The competition will be run in a circuit format, with groups of competitors simultaneously competing on 1 metre, 3 metre and poolside stations. There will be events for open and girls covering the age categories listed below.

Mini E:	8/9yrs	(6 skills)
Group E:	8/9yrs	(9 skills)
Group D:	10/11yrs	(9 skills)
Group C:	12/13yrs	(9 skills)
Group B:	14/16yrs	(8 skills)
Group A:	16+yrs	(8 skills) - run with Group B as Group B+

Currently the Group A and B events will be run as B+, with separate medals for each event. If there are large numbers of entries then the events will be run separately as Group A and Group B.

Awards will be given to the top 6 divers and the Top Team. All events are straight finals.

The entry fee is £18.00 per diver (includes entry fee and coach expense contribution) and the closing date for all entries will be the Sunday 11th February 2024. To enter, please email Callum Bell confirming your child's entry to clubadmin@cityofsheffielddiving.co.uk. Please make an online payment to the COSDC account:

Account Name: 'COSDC' (City of Sheffield Diving Club)
Reference: 'Divers name' Steel City Skills'
Account No: 28684796
Sort Code: 56-00-09

On behalf of the organising committee and the City of Sheffield Diving Club, we look forward to welcoming you to our first event Steel City Skills competition.

Best Regards

City of Sheffield Diving Club



EVENT CONDITIONS

IMPORTANT INFORMATION

- Forward and Reverse skills on springboard can be performed from EITHER a standing, bouncing or hurdle step take off in Groups E, D & C.
- Backward 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.
- A bouncing take off can be anywhere between 1 and 3 bounces without incurring a deduction.
- All poolside skills will be performed from a 30 cm block.
- **PLEASE NOTE** - both of the 1 metre springboard dives can be selected from either List A or from List B. For example a diver can compete a Forward and an Inward Dive. Dives of the same number are considered to be a repeat, even if they are in a different shape.

GROUP 'MINI' E

Height	Dive	Tariff
Block	Forward Dive Straight 101A	1.0
Block	Arm Swing Back Jump Tuck 200C	1.0
1 Metre	1 Dive from List A or B	dd
1 Metre	1 Dive from List A or B	dd
3 Metre	1 Line up from List C	dd
3 Metre	1 Different Line up from List C	dd

GROUP E & D

Height	Dive	Tariff
Block	Arm Swing Forward Jump Pike	1.0
Block	Arm Swing Back Jump Tuck 200C	1.0
Block	Forward Dive with Tuck 101C	1.0
1 Metre	Bouncing Forward Jump Straight 100A	1.0
1 Metre	1 Dive from List A or B	dd
1 Metre	1 Dive from List A or B	dd
3 Metre	Forward Line Up from List C	dd
3 Metre	Backward Line Up from List C	dd
3 Metre	Choose a different Line Up from List C	dd

GROUP C

Height	Dive	Tariff
Block	Arm Swing Forward Jump Pike	1.0
Block	Arm Swing Back Jump Tuck 200C	1.0
Block	Forward Dive with Tuck 101C	1.0
1 Metre	Hurdle Step Straight Jump 100A	1.0
1 Metre	1 Dive from List A or B	dd
1 Metre	1 Dive from List A or B	dd
3 Metre	Forward Line Up from List C	dd
3 Metre	Backward Line Up from List C	dd
3 Metre	Choose a different Line Up from List C	dd



GROUP B+

Divers will perform 8 skills as listed below on 1 metre and 3 metre springboard. Repeats are permitted at 1.0. Dives of the same number are considered to be a repeat, even if they are in a different shape.

Groups A and B will be run as B plus however if there are enough entries in each event then there will be separate medals for each event.

Height	Dive	Tariff
1 Metre	1 Dive from Dive List D	dd
1 Metre	1 Dive from Dive List E	dd
1 Metre	1 Dive from Dive List D	dd
1 Metre	1 Dive from Dive List E	dd
3 Metre	1 Dive from Dive List F	dd
3 Metre	1 Dive from Dive List G	dd
3 Metre	1 Dive from Dive List F	dd
3 Metre	1 dive from Dive List G	dd

DIVE LISTS

LIST A: 1M DIVES

101C (1.2), 101B (1.3), 103C (1.6), 103B (1.7), 401C (1.4), 401B (1.5), 402C (1.6)

LIST B: 1M DIVES

20A (1.0), 201C (1.5), 201B (1.6), 301C (1.6), 301B (1.7)

LIST C: 3M LINE UPS

10B Pike fall hands grabbed (1.0) 21C Crouching back tuck roll (1.3)
 10A Straight fall arms in T (1.3) 21B Back pike roll (1.4)
 11B Sitting forward pike roll (1.3) 20A Back fall straight (Hands on Thighs) (1.4)
 11C Sitting forward tuck roll (Tuck to Pike Roll) (1.2)

LIST D: 1M DIVES

101C (1.2), 101B (1.3), 103C (1.6), 103B (1.7), 104C (2.2), 105C (2.4), 401C (1.4), 401B (1.5), 402C (1.6), 403C (2.2)

LIST E: 1M DIVES

201C (1.5), 201B (1.6), 202C (1.5), 203C (2.0), 301C (1.6), 301B (1.7), 5221D (1.7), 5122D (1.9), 5231D (2.1), 5132D (2.2)

LIST F: 3M DIVES

101C (1.4), 101B (1.5), 103C (1.5), 103B (1.6), 105C (2.2), 105B (2.4), 401C (1.3), 401B (1.4), 403C (1.9), 403B (2.1)

LIST G: 3M DIVES

201C (1.6), 201B (1.8), 203C (1.9), 203B (2.2), 301C (1.8), 301B (1.9), 303C (2.0), 5231D (2.1), 5132D (2.1)



Eligibility

If a Diver has dived in any Age Group or Elite diving events, they are not eligible to compete at Steel City Skills. Any exceptions to this must get prior permission from the meet director and will only be eligible to compete as a guest and not eligible to medal.

Event Categories

Please note the 'Open' category refers to athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category.

Competition Format

The event will run in a "circuit" format. The divers will perform a set number of skills outlined in the event conditions. The competitors will be divided across the stations and rotated once each station has finished. The winner is the diver with the highest combined points total from all stations added together. There will be separate events for open and girls, however we made need to run events together depending on entry numbers.

Parades and Presentations

Competitors will parade before the start of each event. Medal presentations will take place immediately after each event. Divers will be expected to wear Club kit for parades and medal presentations.

Timetable of Events

The timetable included in this entry pack is provisional and the running order is subject to change depending on the number of entries. The final timetable will be published after the closing date.

Parking

Please ensure that all visiting representatives of your club are aware that there is limited onsite parking at Ponds Forge International Sports Centre. You will need to pay to park in Ponds Forge Sports Centre, which uses a number plate recognition system. You can pay for parking using the pay stations located in the car park or the online app. Additional discounted parking is available at the Castle Gate Q-Park car park, located before the Ibis hotel (off park square roundabout). Scan your Q-Park ticket at the machine at reception before you leave to receive the discount.

Food

There is a Café on site.

Venue Address

Ponds Forge Sports Centre, Sheaf Street, Sheffield, S1 2BP (Sat Nav users use S1 1AA).

Steel City Skills 2024

ORDER OF EVENTS



Please note that this is a provisional order and subject to change depending on entries.

Saturday 2nd March 2024

08.30am - Restricted Training for Session 1

09.30am - Session 1

GIRLS GROUP C

OPEN GROUP C

OPEN GROUP D

GIRLS GROUP D

GIRLS GROUP E

OPEN GROUP E

GIRLS GROUP 'MINI E'

OPEN GROUP 'MINI E'

GIRLS GROUP B+

OPEN GROUP B+

Parades will take place before every event
Medal presentations will take place directly after each event
Awards will be made to the top 6 divers in each event