



Saturday 2nd March

Ponds Forge ISC

Sheffield S1 2BP



**SHEFFIELD
DIVING**

SwimMark

Welcome to the Sheffield Diving 'Steel City Skills' Invitational



Welcome to the inaugural "Steel City Skills" Diving Invitational, the newest addition to the skills club grand prix circuit.

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)
Pre Skills:	8-12 yrs	(6 skills)

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.

On behalf of the organising committee and the City of Sheffield Diving Club, we hope you enjoy our first ever Steel City Skills competition.

City of Sheffield Diving Club

INFORMATION FOR COMPETITORS AND SPECTATORS



We look forward to welcoming you to the 1st Annual Steel City Skills Novice Invitational on Saturday 2nd March. Please can everyone attending the event read this information.

Spectator Tickets

Spectator tickets will be available to purchase on the diving balcony at a cost of £3 per adult (under 16's free). Each ticket bought will come with 1 raffle ticket entered into the raffle draw and a spectator wrist band. Event Volunteers and Team Managers/Chaperones do not need to purchase tickets.

Please enter the pool hall through the café and the left side of the main double doors. Please head to the left down to the diving pit. Barnsley Swimming Gala is running in the main swimming pool. Barnsley volunteers will give access and direct diving spectators. The Santa Skills ticket table is located by the diving spectator balcony.

Programme

Hard copies of the programme will not be issued. An online programme will be available to download from the Sheffield Diving website homepage from 15:00PM on Thursday 29th February - www.cityofsheffielddiving.co.uk

DiveRecorder

The event will be live on DiveRecorder. There will be a scoreboard visible from the spectator balcony and results will be emailed out to clubs and uploaded onto DiveRecorder post the event.

Competition Format

During training competitors will be able to use all springboards. During the competition only the spectator side 1 metre and 3 metre springboards will be used (side opposite the recorders). The 30cm block will be used to compete all poolside skills on.

Parades and Presentations

Parades will take place for every event. Medal presentations will be made to the top 6 divers in each event. Divers are expected to wear Club kit for parades and presentations. Please note Sheffield Diving Club will take photographs of medal presentations to post on club social media.

Dry Land

The Atrium Dry Diving area will be closed.

Diver Bags

The diving pit poolside will need to remain clear of excess bags. All bags and clothes when not training in the pool should be placed in a locker, with parents/carers on the spectator balcony or on the 'diver only' seating area. The 'diver only' seating area is the balcony area located above the recorder desks.

NOTE—This area is ONLY available to divers and is not open to parents, carers or spectators.

Café

The café is open 08.30am-19:00pm and serves hot and cold meals, drinks and snacks.

Parking

The venue and parking will be busy throughout the day due to a swimming gala running in the competition pool on the same day.

There is limited onsite parking at Ponds Forge International Sports Centre. Ponds Forge car parking system is ANPR (Automatic Number Plate Recognition), operated by an external parking company. The system works by using a camera to scan number plates at the entrance and a camera at the exit gates. Please pay to park using the app.

We recommend using the extensive parking available at the Castle Gate Q-Park, just a short two minute walk from Ponds Forge. Q-Park is located next to the Travel Lodge Hotel on the right after turning off left from the main Park Square roundabout. Q-Park offers discounted parking prices for Ponds Forge customers. Please go to the main Ponds Forge upstairs reception before leaving to collect a discounted Q-Park ticket. Please insert this ticket into the Q-Park pay machines before inserting the Q-Park ticket to receive the discount.

Venue Address

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

Steel City Skills Event T-Shirts

Pre-ordered Steel City Skills T-shirt Packs will be available to pick up from Sheffield Diving volunteers on the diving balcony from approximately 9am onwards.

Raffle/Tombola/Neil Edine

We will have a tombola/raffle tables located on the diving balcony and will also be selling shammies - ideal Christmas presents. NE Sportswear will be in attendance on the diving balcony www.neilednie.com

Event Photographer

Bespoke Imagery will be the event photographer. Bespoke Imagery have been appointed as the Professional, School, Sport & event photographers for this event, which, by its very nature, is in the public arena. When entering the event, the participant and their parents acknowledge this fact, which may result in the recording of his/her image. The photographer(s) hold valid DBS certificate(s) and are up to date with safeguarding policies.



Images will be available to purchase on site shortly after each event on the diving balcony, along with onsite printing. Images will also be available online post the event at www.bespokeimagery.uk.com

You will require a password to access these images online so please visit the photography desk to request this.

Please do not share this password on social media.

General Information

- Footwear must be worn outside the pool area
- No glass containers are permitted on the poolside
- Please limited the amount of personal belongings brought to the venue and poolside
- You are advised not to leave clothes or equipment lying around as neither Sheffield Diving or Ponds Forge Management can accept responsibility for any items that are lost, damaged or stolen
- Any lost property should be taken to the announcers table

TRIB3



THE ULTIMATE GROUP WORKOUT IN SHEFFIELD

45-MINUTE FULL BODY HIIT CLASS | BURN UP

TO 1,000 CALORIES

FIRST SESSION ONLY £7



Steel City Skills 2024

FINAL TIMETABLE

08.30am - 09:15am - Restricted Training for Session 1

09.35am - Session 1
(Approx. 09.35-12.15)

Event 1 & 2 - GIRLS GROUP C & OPEN GROUP C

Event 3 - OPEN GROUP D

Event 4 - GIRLS GROUP D

Approx. 12:15pm - Medals for event 1-4

12.30pm - 13:15pm - Restricted Training for Session 2

13.30pm - Session 2
(Approx 13:30-16.40pm)

Event 5 & 6 - GIRLS GROUP E & OPEN GROUP E
Medals for event 5 & 6

Event 7 & 8 - GIRLS GROUP 'MINI E' & OPEN GROUP 'MINI E'
Medals for event 7 & 8

Event 9 & 10 - GIRLS PRE SKILLS & OPEN PRE SKILLS
Medals for event 9 & 10

Event 11 & 12 - GIRLS GROUP B+ & OPEN GROUP B+
Medals for event 11 & 12

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

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.

GROUP PRE SKILLS

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 OR Forward Pike Fall (1.0)	dd
1 Metre	Backward Fall Straight	1.0
3 Metre	1 Line up from List C	dd
3 Metre	1 Different Line up from List C OR Forward Pike Jump	dd 1.0

GROUP 'MINI' E

Height	Dive	Tariff
Block	Forward Dive Straight 101A	1.0
Block	Arm Swing Back Jump Tuck 200C	1.0
1 Metre	Forward Dive with Tuck 101C	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 metrespringboard. Repeats are permitted at 1.0. Dives of the same number are 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)
10A Straight fall arms in T (1.3)
11B Sitting forward pike roll (1.3)
11C Sitting forward tuck roll (Tuck to Pike Roll) (1.2)
21C Crouching back tuck roll (1.3)
21B Back pike roll (1.4)
20A Back fall straight (Hands on Thighs) (1.4)

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)



Medical Solicitors

LEGAL ISSUES IN MEDICAL CARE

For Medical Complaints and Claims You Need a Specialist

As specialist medical solicitors we care about giving the best legal advice and the highest standards of client care.

We can advise upon the full range of medical claims.

Whether your complaint relates to your GP, an NHS hospital, or a private doctor speak to us free of charge

01142 507100

Please visit our website at:

www.medical-solicitors.com



“We will give you the best advice in this complex area of medical law. You are not just a number to us.”

- Caroline Moore, Director and Senior Solicitor

Kevin murphy and
epres stockists

Kerastraight treatment
specialists

hq
HAIR STYLIST

COMPLEMENTARY TREATMENT ON YOUR FIRST VISIT



@hqworks



@hqworkss

947 Ecclesall Road
Sheffield S11 8TL

T: 0114 268 2211
www.hqworks.com

Event #7: Girls Mini E

	DIVER	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6
1	Annabel Hopwood COSDC						
2	Beth Crooks COSDC						
3	Lily Burgin COSDC						
4	Lily Piggott-Hague COSDC						
5	May Tarnowski COSDC						
6	Zaira De-Vries COSDC						
7	Khushi Chahal SDC						

Event #8: Open Mini E

	DIVER	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6
1	Abel Zacharias COSDC						
2	Macsen Norris COSDC						
3	Magnus Gilchrist COSDC						
4	Rafe Burrows COSDC						

Event #9: Girls Pre-Skills

	DIVER	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6
1	Amara Clough COSDC						
2	Annabelle Cole COSDC						
3	Charlotte Spencer COSDC						
4	Emily Wood COSDC						
5	Emmie Linell COSDC						
6	Florence Partridge COSDC						
7	Jasmine John COSDC						
8	Lillia Billard COSDC						
9	Lottie Hobson-Mills COSDC						
10	Ziqi Luo COSDC						

Event #10: Boys Pre-Skills

	DIVER	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6
1	Arthur Moran COSDC						
2	Henry Wilkinson-Ball COSDC						
3	Joshua Barker COSDC						
4	Ray Athi COSDC						
5	Thom Fauset COSDC						
6	Vincent Milne COSDC						

NE
SPORTSWEAR



FUELED
BY
WATER

WWW.NE-SPORTSWEAR.COM



Have a safe journey home!



**SHEFFIELD
DIVING**

The City of Sheffield Diving Club would like to acknowledge and extend their gratitude to all those involved, without whose help and support the running of this event would not be possible.

www.cityofsheffielddiving.co.uk