



**You are invited to the 20th Albatross
Interclub Saturday 20th June 2009
1.30pm start**

***'Central Swimming Pool'
Battle Street, Reading, RG1 7NU***

***This event is aimed at divers competing at no more
than Level 2 Skills***

***Age Groups: Open to all divers, 18yrs & under at
31st December 2009***

**www.albatross-dc.co.uk
info@albatross-dc.co.uk**

The Event: The Event will be run under ASA law. Events will be in the following Categories:

Group F: Under 8yrs Girls & Boys

Group E: 8-9 yrs Girls & Boys

Group D: 10-11yrs Girls & Boys

Group C: 12-13 yrs Girls & Boys

Group B: 14-15 yrs Girls & Boys

Group A: 16-18 yrs Girls & Boys

Maximum of 20 divers per team only

Team Trophy: Only the top 2 divers in each event, from each club will count toward team points

Awards: Trophies for 1st, 2nd & 3rd places
Certificates to all participating divers

Facilities: 2 x 1m Springboard
1 x 1m platform
1 x 3m Springboard
1 x 5m Platform
(All event using 1m & 3m springboards only)

Organiser: Malcolm Green
Tel: 0118 9545336
Mob: 07966 490772
Email: <mailto:m.green8@ntlworld.com>

Entry Forms: First, please send us the completed entry form no later than **Saturday 30th May 2009**
Late Entries will not be excepted

TO

Albatross DC of Reading
C/O Malcolm Green
5, Stirling Close
Caversham Park Village
Reading
Berkshire
RG4 6SH

Entry Fees: £5.00 per diver, per event

Payments: Please make cheque payable to

'Albatross DC Reading'

Dive Sheets: Dive Sheets will be sent via email after your entries are received..
Dive sheets must be returned by post or by email no later than
Friday 12 June 2009

Competition Info: All teams will be sent the following information after the closing date:

Directions
Parking Information
Final Timetable
Training Times
Food & Drink Provisions
Dive Sheets
Judging List

Judging: All teams will be expected to supply at least 1 judge for the day.
This is to ensure smooth flowing of the event and an even spread of judges

On the Day: Each coach will receive a free programme. A short technical meeting will take place before the start of events.

Competition Requirements

Group F, Girls & Boys Under 8yrs

Plain Header (3 bubble rip)	Poolside	1.0
Back Tuck Jump with Armswing	Poolside	1.0
Pike Fall (hands grabbed)	1m OR 3m	1.2 / 1.4
1 Optional Dive	1m/3m	d.d.

Group E, D, C Girls & Boys 8-13yrs

Any 4 Optional dives from 2 different Groups	1m/3m	d.d.
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Group B, A, Girls & Boys 14-18yrs

Any 4 Optional dives from 3 different Groups	1m/3m	d.d.
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No repeat dive numbers

Forward Line ups may be used at 1.0 dd (Groups C, D & E only)

Backward Line ups may be used at 1.2 dd (Groups C, D & E only)

Exclusions:

This competition is aimed at a standard of Under Level 3

Those not eligible for this competition are as follows:

- **Dived at any Regional Level 3 or above event in 2009.**
- **Dived at any National Level 3 or above event in 2008.**

Albatross Interclub 2008 Provisional Timetable Pending Entries

12.30pm		Group F, E & D Girls Training
1.15pm		Clear Boards
1.30pm	Event 1	Girls & Boys Group F
	Event 2	Girls & Boys Group E
	Event 3	Group D Girls
		Group D Boys & C Training / Presentations
3.30pm	Event 4	Boys Group D
	Event 5	Girls Group C
	Event 6	Boys Group C
		Group A & B Training Only / Presentations
6.00pm	Event 7	Girls Group B & A
	Event 8	Boys Group B & A
		Presentations

Expected finish at 7.00pm