



2024
NATIONAL DIVING
CHAMPIONSHIPS HANDBOOK
SANDWELL AQUATICS CENTRE

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Introduction

Congratulations and Welcome to the English Schools' Swimming Association, National Diving Championships 2024.

The following manual contains the information you need in the buildup, during and after the competition.

We look forward to a fantastic competition and are glad that you will be able to be a part of the event.

Dates

Saturday 7th December (Training: 3.30pm – 7.30pm)

Sunday 8th December (Competition Day: 7am – 6pm)

Welcome

Dear Athletes, Coaches & Team Managers,

As we approach our National Diving Championships for 2024, I would like to take this opportunity to thank all Officials, Team Managers and Coaches for giving up their time both for this event and any school competitions that are held at a local level throughout the year. Without your support our events would not be able to run and be such a huge success.

The National Diving Championships is a unique event in the ESSA programme designed to support our talented divers from across the country. We would like to kindly thank you for your support.

Thank you,



Neil Green

President of English Schools' Swimming Association

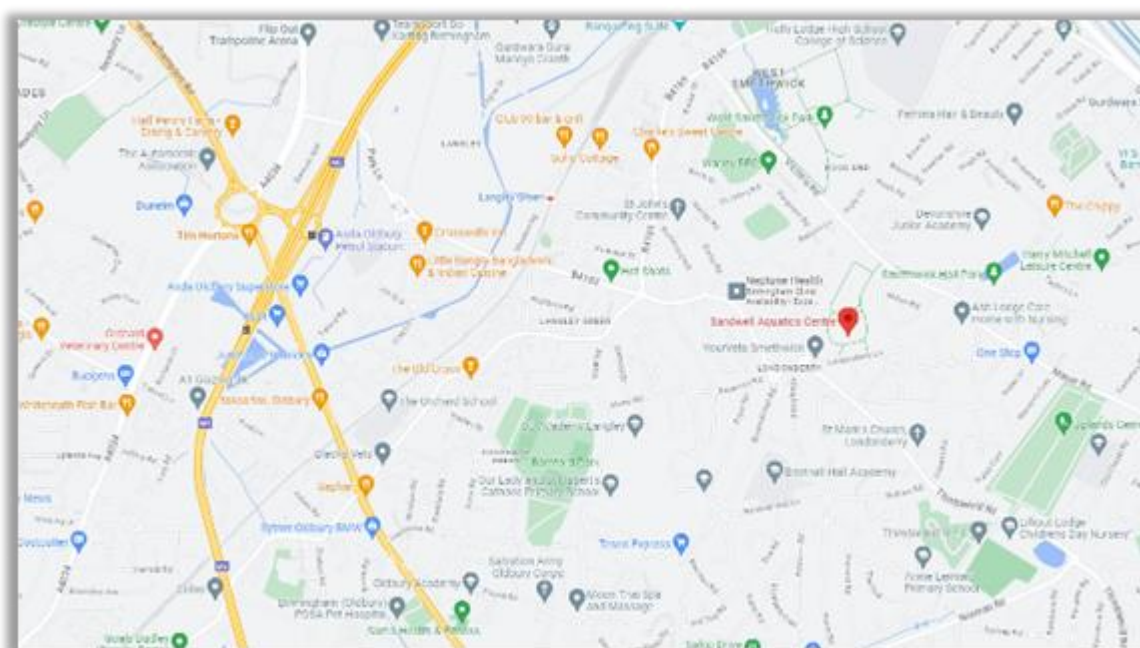
Venue

We are thrilled this year to host the Championships at the Sandwell Aquatics Centre. ESSA have hosted the Secondary Teams' Championships at this iconic venue shortly after it opened following the 2022 Commonwealth Games

Address:

Sandwell Aquatics Centre, Londonderry Lane, Smethwick, West Midlands B67 7EW

What-Three-Words (W3W): [///ocean.rise.tiger](https://www.what3words.com/#!/ocean.rise.tiger)



Before The Event:

Event web page:

<https://www.essa-schoolswimming.com/index.php/events/diving-championships>

Event Planning:

Please check the website in the lead up to the event, and on the morning of the event before setting off – all relevant information and latest news will be posted there.

Hotels

(Click the map on the previous page for hotel locations)

Holiday Inn Express Birmingham - Oldbury, an IHG Hotel

Birchley Park Ave, Birmingham, Oldbury B69 2BD

Ramada by Wyndham Oldbury Birmingham

963 Wolverhampton Rd, Oldbury B69 4RJ

Travelodge Birmingham Oldbury

Wolverhampton Rd, Oldbury B69 2BH

Mercure Birmingham West Hotel

Birmingham Rd, West Bromwich B70 6RS

Premier Inn West Bromwich Town Centre (New Square) hotel

Congregation Way, West Bromwich B70 7PU

ibis Styles Birmingham Oldbury

999 Wolverhampton Rd, Oldbury B69 4RJ

Travel to Birmingham

Schools are strongly advised to travel to and from Birmingham by public transport where possible. To aid travel, we recommend you use the [Transport for West Midlands Journey Planner](#). The closest major train station is Birmingham New Street which has onward connections to local stations, these have connections via bus to the Aquatics Centre. See also the details for parking on the day and plan accordingly.

Video/Photography

A live stream video of the championships will be made available for general access via the internet and an official photographer will be attending the event. See event webpage for the links. If any participant has any concerns, please advise welfare@essa-mail.uk

Should any participant not wish to be shown on live stream or not have any photograph taken of them please contact us via the following e-mail welfare@essa-mail.uk before 1st December 2024. Please note that any live stream video or photographs taken may be used for media and publicity purposes following the event.

Day Of The Event

ARRIVAL

Car Parking

Parking is available at the Sandwell Aquatics Centre, however, there are limited spaces available so please travel together where possible.

Designated disabled parking bays located at the front of the building alongside the drop of area. Please ensure you have a valid disabled badge on display when parking in one of our designated disabled and accessible parking spaces.

Changing Facilities

Changing rooms are situated on the pool level of the building. To access the changing room, you will go through the open barriers at the side of the reception desk, down the stairs and turn left.

Due to the Aquatics Centre's learn to swim programme, the changing village will be open to members of the public. We recommend that to change all staff and athletes use the secure area of the changing village, this is situated at the back right hand corner (Red area on the map). **Only adults with accreditation will be able to gain access to this area.**

There are lockable lockers within these changing facilities. The lockers operate on insertion of a returnable £1 coin. Please note that as in many public buildings absolute security of the lockers cannot be guaranteed. **NO LARGE BAGS ARE ALLOWED ON POOLSIDE.**

Spectators

Spectator tickets will be available to purchase on the day at the Aquatics Centre. The cost for entry will be £11.00 Tickets will be sold on a first come first served basis.

The Competition

The World Aquatics technical rules of diving shall be used wherever possible.

Age Groups: Female & Open/Male

Ages are calculated at midnight 31st August/1st September at the beginning of academic year of competition. e.g. for competitions in school year 2024/25, swimmers must have been born in the date range below (inclusive) to participate in that age-group's events:

Age Group	Date of Birth		Age		Normal School year		Date of Birth range
	Latest	Earliest	From	To	From	To	
Primary	31/08/15	01/09/13	9	10	5	6	01/09/13 - 31/08/15
Junior	31/08/13	01/09/11	11	12	7	8	01/09/11 - 31/08/13
Inter.	31/08/11	01/09/09	13	14	9	10	01/09/09 - 31/08/11
Senior	31/08/09	01/09/06	15	17	11	13	01/09/06 - 31/08/09

Note: this has changed from the convention used in previous years to align with ages used across ESSA national championships

Conditions: Female & Open/Male

Primary	3 dives from 3 groups (5.4) + 1 dive without limit	1m
Junior	3 dives from 3 groups (5.4) + 2 dives without limit (4 groups must be covered)	1m
Intermediate	3 dives from 3 groups (5.9) + 3 dives without limit (4 groups must be covered)	3m
Senior	3 dives from 3 groups (5.9) + 3 dives without limit (4 groups must be covered)	3m
Primary/Junior – Mixed Synchro	2 dives from different groups @ 2.0 DD + 2 dives without limit (3 groups must be covered)	1m
Intermediate/Senior – Mixed Synchro	2 dives from different groups @ 2.0 DD + 2 dives without limit (3 groups must be covered)	3m

Timetable

Event run orders and timings will be circulated when numbers are known after the entry closing date.

H J Finch Trophy

The top diver/synchro pair from each division in each event shall count towards team trophy points as follows: 1st – 8; 2nd – 7; 3rd – 6; 4th – 5; 5th – 4; 6th – 3; 7th – 2; 8th – 1.

Clarifications

Individual events: three entries max per division per gender per event.

Individual events run simultaneously with 5-judge panels.

Mixed synchro events run with 7-judge panel: E1, E2, E3, E4, S1, S2, S3.

A mixed synchro team comprises one female and one open/male.

Two teams max per division in each mixed synchro event.

Divers do not have to compete in an individual event to compete in mixed synchro. No repeat dives.

Standing take-offs are permitted in individual events. Bouncing take-offs are not.

Forward facing take-offs in mixed synchro: Primary/Junior can use standing take-offs; Intermediate/Senior must use a hurdle-step.

Entries

The entry closing date is Monday 11th November. Entries will only be accepted via the appropriate divisional representative.

Entries to be e-mailed to Francisco Diaz (Fran): diving@essa-mail.uk

Dive Sheets

The meet will be on DiveRecorder from 27th November for dive sheets to be submitted no later than 24 hours before the start of the meet.

Dive sheet changes will be allowed up to an hour before the session start.

Printed dive sheets, programmes and accreditations will be distributed to teams upon arrival.

Dive sheets to be signed and returned to the recorders by the end of Saturday training.

Eligibility

Competitors must be in full-time education at an English school, establishment or be home schooled within England. In the case of an online school, the competitor's home address/postcode shall determine which division they represent. Divers must be Swim England 'club compete' registered.

Training

The diving pool will be available for division-specific training between 3.30pm–7.30pm on Saturday 7th December.

Indicate your preferred training slot from the three choices on the entry form.

The training rota will be circulated after everyone's preferences have been received.

Important: To avoid pool overcrowding and board bottlenecks, you may need to be flexible if everyone indicates the same session.

The diving pool will reopen for early bird 'open' training from 7am – 8am on Sunday. Thereafter will be event-specific training for the remainder of the meet.

Technical Meeting

A technical meeting for officials, coaches and team managers will be held on Saturday 7th December. Please ensure each division is represented. The time and place of the meeting in the venue will be communicated nearer the time.

Accreditations

Links to the online ESSA accreditation portals will be circulated at least four weeks prior to the competition date. Team managers, chaperones and coaches will need to upload a photo, DBS number and date of issue, Swim England safeguarding certificate, and Swim England Team Manager 2 qualification (for those appointed TM2 for the overnight stay). Officials will be required to upload a photo and a screenshot of their Swim England membership number. Diver accreditations will be included in the team packs.

Should you have any question or concerns, please contact accreditation@essa-mail.uk.

Judging

Each division should provide at least one suitably qualified judge.

A judging rota will be compiled by the chief referee.

We want to be flexible with the judging rota so if you need to swap with someone, please inform the chief referee in the first instance.

Discretion

The chief referee's decision will be final on any decision regarding queries, discrepancies or protests specific to this meet.

Parade, Results and Presentations

There will be one parade – in event and programme order – for 'all' divers and officials before the meet gets underway on Sunday morning.

Results will be announced in reverse order at the end of each session.

Medals for the six morning events will be presented at lunchtime.

Medals for the four afternoon events and the winning team trophy will be presented at the end of the meet.

Divers must wear their divisional t-shirt along with shorts or joggers when receiving their medals.

Awards will be presented by the ESSA president and any invited dignitaries.

Division Boundaries

ESSA is divided into divisions that follow Swim England's eight regional boundaries: South West, South East, London, East, East Midlands, West Midlands, North East, North West.

Divers must attend a school, educational establishment or home schooled in the division they wish to represent.

In the case of any geographical nuance, the school's local authority shall take precedence.

Unsure about a school? Click [here](#) for the 'school checker' on GOV.UK Still unsure? Please email Fran.

General H&S

Volunteers, spectators, competitors and team staff are asked to be extra vigilant and take care not to leave the belongings unattended. Any concerns should be reported to event, venue or security staff. We are committed to working in a safe environment where everyone has a duty to look after themselves and each other. If you see something you consider to be a risk, don't ignore it but report it.

Wellbeing & First Aid

If you find that you become unwell during the event, please ensure you report it immediately to a member of the event staff. Lifeguards at the venue will be on hand to deal with any situation if it were to arise. All concerns and incidents should be reported to welfare@essa-mail.uk after seeking appropriate first aid.

Safeguarding

Should you have any welfare concerns please raise these with the Event Director or Event Support. You must also report this to the welfare team via email at welfare@essa-mail.uk.

Following changes to Wavepower in 2024, the use of mobile phones is strictly prohibited in the changing village.

Hospitals

Accident & Emergency Department (2.3m)

City Hospital Dudley Road Dudley Road Birmingham West Midlands B18 7QH - **0121 554 3801**

Food

There is café located at the Sandwell Aquatics Centre where food and beverages can be purchased.

Swimmers and Coaches may bring food in their bags but should not eat on poolside.

Livestreaming

This event will be broadcast via our YouTube Channel on the day. You will be able to keep up with the action using the link below:

Watch the Livestream here: <https://www.youtube.com/@englishschoolsswimming>

After The Event

Rubbish: Please tidy up the area around where your team have been based.

Feedback: We try hard to run this event efficiently and fairly, but there are always lessons to be learned. Please keep an eye out for a feedback form which will be circulated via email in the coming days after the event.

Volunteers/Officials: We rely heavily on volunteers to make this event run, many of these have no direct association with a school and give up their own time to help. Please take a little time to let them know you appreciate it.

Contacts

Role	Name	E-mail
Event Organiser	Fran Diaz	Diving@essa-mail.uk
Event Support	Claire Turner	c.turner@essa-mail.uk
Welfare	Welfare Team	welfare@essa-mail.uk
Social Media	Andy Rigg	a.rigg@essa-mail.uk
Website/results	Phil Williams	webmaster@essa-mail.uk

Social Media

Please ensure that parents, friends, and family follow the action on our social media pages:

<https://www.facebook.com/ESSAswimming>

https://www.instagram.com/essa_swimming/



**DO YOU HAVE A WELFARE
CONCERN?
PLEASE CONTACT OUR
WELFARE OFFICER**

welfare@essa-mail.uk

999

Call 999 for the emergency services, if a child or adult is in immediate danger.



If you have any concerns for the safety of an adult or child please go direct to your welfare officer in the first instance.

If you have a concern that an adult or child may be at risk of harm, or being harmed, you should refer this to the Swim England Safeguarding Team on **01509 640 700**, safeguarding@swimming.org or by using the **online referral forms**.

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