



English Schools' Swimming Association

2019 ESSA Trials and Improvers Competition

Saturday 26th October 2019 2.00pm

Manchester Aquatic Centre

2 Booth Street East

Manchester M13 9SS

Firstly, may I apologise for the short notice but we have only just been granted our booking.

This competition is for those who may qualify for the ESSA competition in London in December, and also for those divers who are wanting to improve their dive lists and gain experience of competing at a higher level than they do at present. Only those competing according to the ESSA conditions and scoring above the qualifying score stated will be considered for the ESSA team. I have set the qualifying scores at the low end of scores achieved in last year's ESSA competition in London, and are the minimum I would consider acceptable for divers attending such a prestigious event. The team will be selected from all those qualifying at this event. Should more qualify than allowed in the team, those with the highest scores will be given priority. Places may be offered to qualifiers with a lower score if the higher scoring diver is unable to attend the ESSA event.

Please note that the competition is run by school year age group at the time of the competition, not the conventional age at the end of year age groups. Entrants from the NW region must attend school or college in the region. Living or diving in the region does not count if their school is outside the ESSA North West region.

The ESSA North West region consists of

Cheshire, Cumbria, Greater Manchester, Lancashire, Merseyside and the Isle of Man.

This competition will not qualify divers who go to school outside the ESSA North West Region. If any divers are educated in a different region, they should qualify in the region in which their school/college is situated. This does not exclude them from entering this competition, which is for all divers registered in the NW region. Divers not attending school in the Regional may dive as a guest.

Closing date for entries: Friday 19th October 2019



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Entry fee: £10.00

Late fee: An additional £5 per diver for entries received after the closing date

Payment must be made before start of competition.

Entries may be sent electronically to mandtguerin@btinternet.com OR posted to 13 Laburnum Drive, Unsworth, Bury, Lancs BL9 8NB

Fees should be paid by club cheque to Manchester Aquatic Dive Club or by BACS to the Manchester Dive Club - Lloyds Bank Account: Sort code 30-91-91, Account No 41457468.

If paying by BACS, please email mandtguerin@btinternet.com to confirm the account and amount paid in.



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Event Conditions

Age Groups for Girls & Boys

Ages are as at the beginning of the academic year in which the competition takes place

Age Group	Age		Date of Birth range:	School year (for information only)	
	From	To		From	To
Primary	9	10	01/09/08 - 31/08/10	5	6
Junior	11	12	01/09/06 - 31/08/08	7	8
Inter.	13	14	01/09/04 - 31/08/06	9	10
Senior	15	17	01/09/01 - 31/08/04	11	13

Conditions for potential ESSA qualifiers:

Age Group	Conditions	Board Height
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)	3m
Intermediate/Senior – Mixed Synchro	2 dives from different groups @ 2.0 DD + 2 dives without limit (3 groups must be covered)	Platform (Any off 5m,7m,10m)