



# ENTRY PACK

## FUTURES CUP

14-15 MAY 2022

PLYMOUTH LIFE CENTRE,  
MAYFLOWER DRIVE, PLYMOUTH



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## CONTACT INFORMATION

Events Director: Julian Bellan  
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SportPark, Pavilion 3,  
3 Oakwood Drive  
Loughborough University,  
LE11 3QF  
Website: [www.britishswimming.org](http://www.britishswimming.org)

## THE VENUE

Plymouth Life Centre – 40 Mayflower Drive, Plymouth ,DEVON PL2 3DF



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Plymouth is known as the Britain's Ocean City. For good reason it is steeped in maritime history. The City now boasts a number of marinas on its two rivers the Tamar and the Plym, The royal Navy is based on the Tamar along with prestigious luxury boat manufacturers such as Princess Yachts. The old town situated on the barbican is a blend of traditional fishing vessels, restaurants and tourist attractions and the home of the famous Plymouth Gin distillery. The city centre has a poignant memorial to its role in the 2nd World War where much of the City was destroyed. The bombed remains of Charles Church opposite the Drakes Circus Shopping Centre, with the old rising from the flames of the new shopping centre. Population 263,000 (2019)



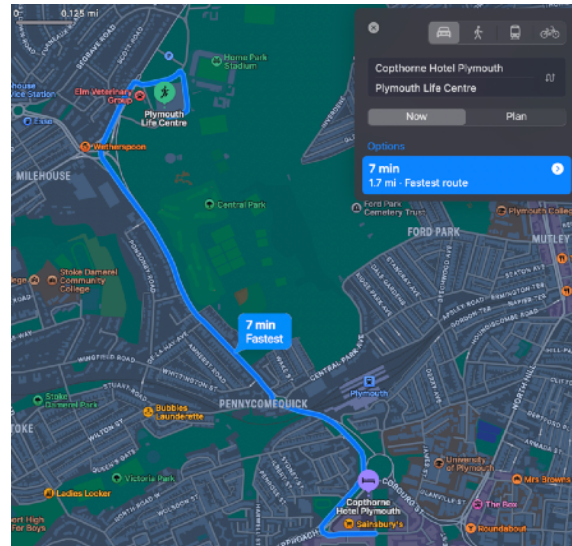
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## ACCOMMODATION

Teams will be accommodated at the Copthorne Hotel on a FULL BOARD BASIS

<https://www.millenniumhotels.com/en/plymouth/cophorne-hotel-plymouth/?cid=gplaces-cophorne-hotel-plymouth>



The Copthorne Hotel is situated on the edge of the City Centre 3 mins walk to the train station and only 5 minutes by car to the Life Centre - Competition Venue. Opposite the Hotel is a bus stop and all teams will have a weeks transport pass to travel within the zone between competition venue and hotel. Alternatively you can walk between the two in under 20 minutes through Central Park.

### ACCOMMODATION RATES:

Full board rates (Breakfast, Lunch (packet) and Buffet evening meal)

**Single Room: £160.00 GBP**

**Twin Room: £200.00 GBP**

The rates include transport, meals, venue access and lunch meals on competition days at the Life Centre.



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## KEY DATES AT A GLANCE

**Provisional Team Confirmation:** Friday 1<sup>st</sup> April 5.00pm GMT Team size, provisional room requirements.

TEAM SUBMISSIONS TO SECURE ACCOMMODATION **FRIDAY 8<sup>th</sup> APRIL 12 noon GMT.**

**Entry Deadline:** Final Team Lists. Amendments and travel details FRIDAY 22<sup>nd</sup> April 5.00pm GMT

**Accreditation Information:** Monday 2<sup>nd</sup> May 5.00pm GMT

**Training Dates:** Monday 9<sup>th</sup> May – FRIDAY 13<sup>th</sup> May 2 sessions AM / PM flighted training

**Technical Meeting:** Friday 13<sup>th</sup> May – Teams 5.00pm / Judges 6.00pm GMT

**Competition Dates:** Saturday 14<sup>th</sup> – Preliminaries and semi-finals – individual events Sunday 15<sup>th</sup> May FINALS - individual events, synchronised events and team event.

**PAYMENT:** International Teams will be invoiced 2 weeks before the event, full payment is required by Friday 6<sup>th</sup> MAY 12 NOON GMT. Payment information follows final team entry.

Date	Diving Pit	Dry Dive
<b>Monday 9<sup>th</sup> May 2022</b>	8.30am – 12.00pm / 2.00 – 4.00pm	8.00am – 4pm
<b>Tuesday 10<sup>th</sup> May 2022</b>	8.30am – 12.00pm / 2.00 – 4.00pm	8.00am – 4pm
<b>Wednesday 11<sup>th</sup> May 2022</b>	8.30am – 12.00pm / 2.00 – 4.00pm	8.00am – 4pm
<b>Thursday 12<sup>th</sup> May 2022</b>	8.30am – 12.00pm / 2.00 – 4.00pm	8.00am – 4pm
<b>Friday 13<sup>th</sup> May 2022</b>	8.30am – 12.00pm / 2.00 – 4.00pm	8.00am – 4pm
<b>Saturday 14<sup>th</sup> May 2022</b>	8am-9.45am and In between competitions	8.00am – 6pm
<b>Saturday 15<sup>th</sup> May 2022</b>	8am-9.45am and In between competitions	8.00am – 6pm

## Competition Categories

(Juniors defined by FINA rules aged 18 years and under by 31<sup>st</sup> December 2022)

OPEN Mens platform, Mens 3m, Mens 3m synchro, Mens platform synchro

OPEN Women's platform, Women's 3m, Women's, 3m synchro, Women's 3m synchro

JUNIOR Mens platform, Mens 3m, Mens 3m synchro, Mens platform synchro

JUNIOR Women's platform, Women's 3m, Women's, 3m synchro, Women's 3m synchro

Mix team event: up to 4 divers - max 2 male 2 female



## COMPETITION RULES:

Each Federation may enter teams comprising of 2 divers in each category.

Each Federation may enter multiple teams. Example GBR Team A, GBR Team B.

Divers may swap between Team A and Team B for individual and synchro teams. Example Diver 1 competes individually TEAM A but is a synchro partner with a diver and makes up TEAM B synchro pair.

Individual Awards for top 3 in all individual categories.

Team prize top 3 teams.

Divers may compete in both junior and senior categories, for example dive up in open. But the diver will be required to compete should they progress in junior and open semi-final and finals.

Points Awarded towards the FUTURES CUP

1 <sup>st</sup> place	10 points
2 <sup>nd</sup> place	7 points
3 <sup>rd</sup> place	5 points
4 <sup>th</sup> place	3 points
5 <sup>th</sup> place	2 points
6 <sup>th</sup> place	1 point.

In individual competitions both divers in a team are eligible for team points.

Attending Teams with 4 or more divers are required to provide a judge. All remaining judges and referees to be provided by host nation (GBR).

AWARDS -

Medals will be presented in all individual and synchronised events; senior and junior categories 1st, 2nd and 3rd.

Team Awards - Top 3 teams 1st 2nd and 3rd placed Trophy



## COMPETITION FORMAT:

Preliminaries competition individual will be combined either 5 dives from 5 groups women or 6 dives from 6 groups men without limit. Junior divers will compete first, followed by senior divers in the same category example Junior men's 3m and open men's 3m.

ALL divers will proceed to the semi-finals on Sunday 15<sup>th</sup> May.

**OPEN Semi Finals** – Divers will perform in reverse order from preliminary with lowest rank diver competing first, highest ranking diver last. ALL dives without limit to difficulty as per prelim.

**JUNIOR Semi Finals** – Divers will perform 5 required dives springboard from 5 groups limit to degree of difficulty 9.5 and 4 dives from 4 groups platform limit to degree of difficulty 7.6.

## QUALIFICATION FOR FINALS:

The score from the preliminary round will be added to the score in the semi-final, with the TOP 4 ranked divers proceeding to the FINAL.

Remaining places for team points will be ranked 5<sup>th</sup> and 6<sup>th</sup> from the SEMI-FINAL.

## SYNCHRONISED EVENTS:

All competitions will follow FINA rules for senior competitions. There will be separate category and team points awards for junior teams.

Men's 3m synchro 6 dives: 2 dives limit 2.0 plus 4 dives without limit 5 groups covered

Men's platform synchro 6 dives: 2 dives limit 2.0 plus 4 dives without limit 5 groups covered

Women's 3m synchro 5 dives: 2 dives limit 2.0 plus 4 dives without limit 5 groups covered

Women's 3m synchro 5 dives: 2 dives limit 2.0 plus 4 dives without limit 5 groups covered

## TEAM EVENT:

A team will comprise of 4 divers, One junior female, one junior male, one senior female one senior male.

Each diver will compete one individual dive. 2 dives from 3m and 2 dives from platform.

Each team will perform 1 mix synchro dive 3m and one mix synchro dive from platform.

Each team will perform 5 groups of dives.

No limit to difficulty.

## SPECTATOR INFORMATION

British Swimming hope to open the event up to spectators and will therefore look to sell tickets via a ticketing agent. More information on the sale of tickets will be communicated in due course.

The British Swimming event planning group will continue to monitor the situation regarding COVID-19. At the current time there are capacity restrictions at the venue so we will have to run the meet ensuring that we comply with any guidance or restrictions in force at the time. Any prevention measures in place for the meet will be provided to all participating athletes prior to the event.

Dependant on the COVID situation at the time of the meet, all involved in the event **may be required** to agree to a COVID-19 Code of Behaviour and opt in form. These will be circulated to athletes, coaches, volunteers and event staff, along with the event confirmation pack following the close of entries.

Please be aware that as the Coronavirus situation changes the COVID-19 plan will be continuously reviewed and therefore maybe subject to change up until the event. British Swimming will communicate any changes.

## ACCREDITATION

Accreditation for all competitors and coaches will be photographic. There will be security present at the event and in order to enter both the seating and field of play area you will need accreditation. All divers will be required to submit a recent passport sized photo with their online entry. Failure to supply a photograph with the entry forms will result in the entry forms being invalid and therefore not accepted. Please **print and bring your accreditation to the event** with you. If you do **NOT** bring your accreditation onsite, you will be charged £10 for reprinting.

## EXAMPLE TRAINING ACCESS DAILY Monday 9th - Friday 13th May

TIME	FLIGHTED TRAINING SCHEDULE EXAMPLE
8.00 - 9.15am	Group 1. Dry Dive
9.00 - 10.30am	Group 1. Pool
9.30am - 10.45am	Group 2 Dry Dive
10.30 - 12noon	Group 2. Pool
11.00-2.00pm	Lunch break - access to yoga studio from 11.00am
1.15 - 2.00pm	Group 1. Dry Dive
2.00 - 3.00pm	Group 1. Pool
2.00 - 2.45pm	Group 2 Dry Dive
2.45 - 4.00pm	Group 2. Pool
2.45 - 4.30pm	Dry dive available for recovery.
	Note - Training group schedule will flip each day /either early or late flighted session.





## SCHEDULE OF EVENTS

\*Please note that times are subject to change.

### Saturday 14th May

Session (Prelims)	Competitions
8.00 - 9.20am	Open Training
9.20 - 9.50am	Restricted Training Prelims 1 & 2
10.00 - 11.15am	PRELIM 1 - Men's / Junior Men's 3m
11.30am-12.05pm	PRELIM 2 - Women's / Junior Women's platform
12.05pm	Lunch / General Training
12.45pm	Restricted Training Prelims 3&4
1.15 - 2.15pm	Prelim 3 - Women's / Junior Women's 3m
2.30 - 3.30pm	Prelim 4 - Men's / Junior Men's Platform
Session (Semi-Finals)	
4.00pm	Junior Men's 3m Semi Final
4.30pm	Junior Women's platform Semi Final
5.00pm	Junior Women's 3m Semi Final
5.30pm	Junior Men's Platform Semi Final
	<b>Break 30mins</b>
6.30pm	Men's 3m Semi Finals
7.00pm	Women's Platform Semi Finals
7.30pm	Women's 3m Semi Finals
8.00pm	Men's Platform Finals



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## SCHEDULE OF EVENTS

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### Sunday 15th May

Session (Finals)	
10.00am	Junior Men's 3m Final
10.30am	Junior Women's platform Final
11.00am	Junior Women's 3m Final
11.30am	Junior Men's Platform Final
	<b>Break 1 hour</b>
12.30pm	Men's 3m Finals
1.00pm	Women's Platform Finals
1.30pm	Women's 3m Finals
2.00pm	Men's Platform Finals
	<b>Break 1 hour</b>
3.30pm	3m Synchronised FINALS Mens, Junior Men's, Women's, Junior Women's
4.30pm	Platform Synchronised FINALS Men's, Junior Men's, Women's, Junior Women's
5.30pm	TEAM EVENT
7.00pm	EVENT CONCLUDES



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## TECHNICAL MEETING

The technical meeting will take place at 17:00 on FRIDAY 13<sup>th</sup> MAY in the Studio. Followed by Judges meeting approx 5.45pm

## DIVE SHEETS

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use. To submit your dive sheets on-line there are two options:

- Either visit: [www.diverecorder.co.uk/onlinesheets](http://www.diverecorder.co.uk/onlinesheets) and follow the instructions, or
- if you have an Android phone or tablet, you can get the ADiveSheets app from this page on the DiveRecorder website: [www.diverecorder.co.uk/dive/android](http://www.diverecorder.co.uk/dive/android)

As soon as you complete either on-line submission method you will see a success/failure message.

**FINAL SUBMISSION OF TEAM ENTRIES BY EVENT** . You will be asked to sign hard copies of these sheets at the venue, available from the recorders. If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders. **The deadline for manual dive sheets is at the Technical Meeting.**

## DOPING CONTROL

By entering this event, you / your child, consents to report to Doping Control if requested any time during this event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See Link [Anti-Doping | British Swimming | British Swimming](#)

## COACH/CHAPERONE PASS INFORMATION

All coaches, chaperones team officials and physiotherapists must have a valid photo to gain access to the pool deck. Teams please send via We transfer to [julian.bellan@swimming.org](mailto:julian.bellan@swimming.org)

**Coaches/Chaperones will not be allowed on poolside without a valid accreditation pass.**

## DATA PROTECTION STATEMENT

Swim England/British Swimming will use personal data for the purpose of the applicant's application for a coach/chaperone pass for this event and it is understood that by submitting this form, the applicant understands that we will use you details to administer your application and contact you to respond to any queries we have or queries you may make.

## Covid-19 Management

### 1. Routine Covid measures

- Covid-19 isn't going anywhere, and Government regulations are now focused on 'Living with Covid'. Unless these regulations change (or lessons from running other events emerge), there will be no 'routine' management measures in place during this event.
- The ongoing advice would be that all individuals can minimise their risk of infection by maintaining distance from others, keeping clean hands and wearing a mask.
- Whilst it is no longer mandatory for people to wear face coverings on public transport, it is advisable for event participants to wear face coverings/ mask when commuting between the hotel and pool.
- There will be no pre-event or event testing for Covid 19.

### 2. Management of individuals showing signs and symptoms of Covid

- Athletes/staff who have symptoms of Covid should remove themselves from the training environment, keep distance from others and take a lateral flow test.
- If a participant tests positive for Covid, they should stay away from the event for 5 days.
- If their symptoms abate in 5 days, they can return to training/competition on day 6 – with the prior agreement of the event organisers - Isobel Griffiths British Swimming Event Officer, which will be contingent on the individual being able to be masked and socially distanced at all times (except for divers using the pool) for a further 5 days.

- **Support and advice is available in the case of ill health – contact:**

- **Adam Sotheran (07766 660285) – Head of Sports Science and Medicine**
- **Carl Butler (07768 616376) – Head Physio/Athlete Health Lead**
- **Kate Jordan (+971527311833) – CMO, British Swimming**



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