



**2024 European Junior Championships  
Rzeszow, POLAND  
8th – 14th July 2024**

## **DIVING SELECTION POLICY**

### **1 POLICY PURPOSE**

- 1.1 This Selection Policy outlines the process for selecting the Diving team to represent Great Britain at the 2024 European Aquatics Junior Diving Championships.

### **2 PERFORMANCE OBJECTIVES**

- 2.1 The Performance Objectives for the selected Junior Team at the 2024 European Aquatics Junior Diving Championships are as follows:
- 2.1.1 the team to secure a Top 3 Nation ranking
  - 2.1.2 all athletes to make a final (top 12).
  - 2.1.3 to provide essential international experience and progress towards senior team selection for the 2028 Los Angeles Olympic Games.

### **3 SELECTION OVERVIEW**

- 3.1 All selections will be made by a Selection Panel, comprising three (3) members. The Selection Panel members are: the Associate Performance Director, Head Coach Olympic Diving and the Performance Pathway Lead Diving, with a record of the Selection Meeting taken by a note taker. An Independent Observer will also attend the Selection meeting to ensure due process, but with no voting rights. In the event of a tied vote, the Performance Pathway Lead Diving will have the casting vote.
- 3.2 Selections will be made from performances at the 2024 British Elite Junior Diving Championships, (Birmingham), 11<sup>th</sup> – 14<sup>th</sup> April 2024
- 3.3 In the event that the 2024 British Elite Junior Championships is cancelled, a revised selection policy will be published.
- 3.4 Divers ages are: Group B - 14 and 15 years, and Group A - 16, 17 and 18 years, in 2024.

### **4 TEAM SIZE**

- 4.1 European Aquatics makes provision that each National Federation may enter a maximum of two (2) competitors per event for each individual event and one (1) team of two (2) competitors for each synchronised and one (1) team of up to four (4) in the mixed diving Team event.
- 4.2 Up to a maximum of 18 athletes may be selected for the 2024 European Aquatics Junior Diving Championships. There is no obligation on British Swimming to select 18 athletes and the total team size will be determined by the Associate Performance Director (APD) at his complete discretion.
- 4.3 The split of places by gender will be at the complete discretion of the Selection Panel.
- 4.4 Priority will be given to selecting athletes in Olympic events.
- 4.5 Divers based overseas (outside of the United Kingdom) should take specific note of the General Conditions of this policy, with specific reference to clauses G3, G7 and G8.



## 5 SELECTION PROCESS

- 5.1 Divers will be selected for individual events based upon the performance standards laid out in the Selection Standards table – see table 1.
- 5.2 The diver ranked 1<sup>st</sup> in the final of the 2024 British Elite Junior Championships will be selected providing they have achieved the 'Prelim' AND 'Final' Performance Standard in Table 1.
- 5.3 Divers will be **considered** by the Selection Panel for selection for any remaining places (subject to clauses 4.1 and 4.2) based on the following (not in priority order):
  - 5.3.1 Those achieving a minimum of the 'Prelim' performance standard set out in Table 1, achieved at the 2024 British Elite Junior Championships.
  - 5.3.2 Divers with a demonstrated proven performance track record as assessed against the Dive Progression Charts (DPC). Benchmark standards by age from either age group or senior competition will be reviewed. Performances will be ranked against the standards when comparison between divers of different age and category are being made. All domestic and international performances from 1<sup>st</sup> September 2023 up to and including 1<sup>st</sup> May 2024 will be considered.
  - 5.3.3 Synchronised Teams – Teams will be selected at the discretion of the Selection Panel (subject to clauses 4.1 and 4.2).
- 5.4 Any diver who is subsequently selected for European Championships (in Belgrade, 17<sup>th</sup> – 23<sup>rd</sup> June 2024) will be removed from the European Junior Championship team. Any replacements will be at the discretion of the Selection Panel.

## 6 ANNOUNCEMENT

- 6.1 The 2024 European Junior Championship team will be announced on or before Friday 3<sup>rd</sup> May 2024



## SELECTION POLICY GENERAL CONDITIONS

### Eligibility

Athletes must:

- G1 Be a British citizen and eligible to represent Great Britain as per the relevant World Aquatics rules
- G2 Have completed a Selection Acceptance Form to confirm they will be available to participate. Failure to do so will be interpreted as non-availability by British Swimming. Selection Acceptance Forms will be provided by British Swimming to qualifying team members.
- G3 Be available to fulfil all team commitments.
- G4 Comply with any other World Aquatics eligibility criteria from time to time, including in respect of nationality and/or anti-doping.

### Team Commitments

All Team members will be required to:

- G5 Comply with the British Swimming Code of Conduct. A breach of the British Swimming Code of Conduct may result in de-selection from the team.
- G6 Abide by media protocols of the British Diving Programme. Divers must only speak to the media about their own performances. The Performance Pathway Lead Diving and event Team Leader may discuss performances of the entire team.
- G7 Not take holiday or attend overseas camps and/or competitions between the British Championships and the meet for which they have been selected without prior written approval from the Performance Pathway Lead Diving
- G8 Make themselves available for all team activities designated by the Performance Pathway Lead Diving (including but not limited to preparation camps and staging camps). No team member will be allowed to leave a national team camp or undertake any activities that are not directly relevant to the team camp programme, this includes any external media, sponsor or social activities. Failure to attend the required activities could result in withdrawal from the team. Under exceptional circumstances, written approval to be excluded from activities may be given by the Performance Pathway Lead Diving.
- G9 Comply with British Swimming and World Aquatics swimwear regulations.

### Withdrawals

- G10 If for any reason an athlete is unable or unwilling to fully comply with the Team Commitments (G5 to G9) they may be withdrawn from the team.
- G11 Divers becoming unfit due to illness or injury (physical or mental) at any time following their selection must notify British Swimming immediately and will be required to undertake a full medical examination which may result in the diver being de-selected from the team at the complete discretion of the Performance Pathway Lead Diving. In the event of injury or illness athletes may be deselected if they pose a risk to themselves, other athletes or team staff as determined by the British Swimming Chief Medical Officer or their designate.

### Replacements

- G12 Replacement of athletes withdrawn from the team will be considered at the complete discretion of the Performance Pathway Lead Diving in the best interest of the overall team performance.



### Other

G13 The World Class Leadership Team (WCLT) may amend selection policies at any time at its discretion.

### Appeals

G14 Any appeals against selections in relation to selection policies must be made in accordance with the British Swimming Team Selection Appeals Procedures, available online at <https://www.britishswimming.org/performance/swimming/selection-policies/team-selection-appeals/> or by request from Adam Clarke, Associate Director, via email at [adam.clarke@swimming.org](mailto:adam.clarke@swimming.org). Athletes should be aware of the time limits contained in the Procedures, which are designed with the intention of resolving issues expeditiously and fairly.

### Athlete Contributions & Self-Funding:

The goal for British Diving is to maximise international competitive exposure and experience to divers of the caliber to impact in our future performance teams. Experience is essential; however, it comes at a cost. The World Class Programme provides a significant funding resource to our tiered team structure - However, as the depth of our teams has increased, the number of events at major tournaments increased and with it the size of our teams the financial demands have grown exponentially.

Through the period of a season we aim to give opportunities to divers in our international teams to prepare for the season 'major'. This can only take place with contributions from divers, themselves. British Diving recognizes that for some the levy from self-funding may be significant and difficulties may arise from sourcing funds. On a case by case basis head coaches of clubs and parents are requested to make direct representation with the Performance Pathway Lead Diving.



### TEAM J Selection Standards 2024 – European Junior Championships

Category	Event	2024 Prelim Performance Standard	2024 Final Performance Standard
Girls Group B	1m	290	305
Girls Group B	3m	300	325
Girls Group B	Platform	275	300
Girls Group A	1m	360	385
Girls Group A	3m	370	400
Girls Group A	Platform	320	350
Boys Group B	1m	345	370
Boys Group B	3m	395	435
Boys Group B	Platform	345	385
Boys Group A	1m	430	470
Boys Group A	3m	500	530
Boys Group A	Platform	460	500

The Prelim Performance Standard for 2024 are based on an average of the 6th place standard taken from the prelim of the European Junior Diving Championship 2021 to 2023.

The Final Performance Standards are based on an average of the bronze medal winning standard taken from the finals of European Junior Diving Championships 2021 to 2023.

**MAIL //** [info@swimming.org](mailto:info@swimming.org) **CALL //** 01509 640249 **WEB //** [britishswimming.org](http://britishswimming.org)

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# Dive Progression Charts (DPC)

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**Progression Table - Mens Platform**

	Basic Competitive List (6)	DD	Desirable Competitive List (6)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
						X6 dives / 6	4/4 7,6dd	<b>Olympic Games World Champs - 1st, 3rd, 8th</b>	
Senior A	109c, 207c, 307c, 407c, 5253b, 626c or 6243d	20.0 - 20.1	109c, 207b, 307c, 407c or 407b, 5255b or 5172b or 5156b, 626b or 6245d	21.0 - 21.5	109b, 407b, 5255b, 6245b, 626b, 207b	<b>500+</b>	<b>200+</b>	608/542/470	
								<b>World Top 12</b>	
Senior B	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3 - 19.4	109c, 207c, 307c, 407c, 5255b, 626c or 6245d	20.5-20.8	5255b, 626b, 6245d, 109c	<b>465</b>	<b>185+</b>	445+	74 per optional dive
								<b>World Jnr Medal</b>	
Team J (A3)	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3 - 19.4	109c, 207c, 307c, 407c, 5255b, 626c or 6245d	20.5-20.8	5255b, 626b, 6245d, 109c	<b>438+</b>	<b>180+</b>	545 - 590	180+ 73 - 82 per optional dive DD 24.0 -24.7
								<b>European Jnr Medal</b>	
Team J (A2)	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3 - 19.4	109c, 207c, 307c, 407c, 5255b, 626c or 6245d	20.5-20.8	5255b, 626b, 6245d, 109c	<b>410+</b>	<b>175+</b>	530+	175+ 71 per optional dive
								<b>European Jnr Top 6</b>	
Team J (A1)	107b, 207c, 305c, 407c, 5253b, 626c or 6243d	18.7 - 18.8	107b, 207c, 307c, 407c, 5253b or 5237d, 626c or 6243d	19.3- 19.4	5255b, 626b, 6245d, 109c	<b>360+</b>	<b>175+</b>	475+	175+ 60 per optional dive
								<b>European Jnr Medal World Jnr Top 6</b>	
Team Y (B2)	107b, 407c, 5253b, 6243d, 305c, 205b	18.3	107b, 407c, 5253b, 6243d, 305c, 207c	18.6	207c, 6243d, 626c	<b>340+</b>	<b>175+</b>	430+	175+ 63.75 per optional dive
								<b>European Top 6</b>	
Team Y (B1)	107b, 405b, 205c (7m), 305c, 5235d (7m) 624c (7m)	16.5	107b, 405b, 205b, 305c, 5253b, 626c	17.9	626c, 407c, 5253b, 6243d	<b>320+</b>	<b>170+</b>	400+	170+ 57.50 per optional dive
								<b>Team Y Bench Mark for progression</b>	
Team Y (C2)	107c (7m) 405c (7m) 205c (7m) 303c (5m) 624c (5m) 5233d (5m)	15.5	107c (7m) 405c (7m) 205c (7m) 303c (5m) 624c (7m) 5235d (7m)	16.3	305c, 405b, 105/7b - Introduction to contacts 10m 2x 5 per week	<b>300+</b>	<b>160+</b>	300+ (7 Dives)	160 + 47 per dive
								<b>Team Y Bench Mark for progression</b>	
Team Y (C1)	105b (5m) 405c (7m) 205c (7m) 303c (5m) 5233d (7m) 612b (7m)	14.4	107c (7m) 405c (7m) 205c (7m) 303c (5m) 624c (5m) 5233d (5m)	15.5	305c, 405b, 105/7b	<b>300+</b>	<b>160+</b>	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								<b>Team Z Bench Mark for progression</b>	
Team Z (D3)	105b (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m) 612b (5m)	13.3	105b (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m) 612b (5m)	13.2	405c (7m) 626c (7m) 5233d (7m) Introduction to contacts 7m 2x 5 per week	<b>255+</b>	<b>150+</b>	Development of skills for Junior Elites target score 265 (7 dives) & Team Y Assessment	
								<b>Team Z Bench Mark for progression</b>	
Team Z (D2)	105c (5m) 403b (5m) 203c (5m) 303c (5m) 5132d (5m) 612b (5m)	12.6	105b (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m) 612b (5m)	13.3	<b>Focus - entry quality and consistency</b>	<b>240+</b>	<b>145+</b>	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	



### Progression Table - Mens 3m Springboard

	Basic Competitive List (6)	DD	Desirable Competitive List (6)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
						X6 dives / 5	5/5 9,5dd	Olympic Games World Champs - 1st, 3rd, 8th	
Senior A	109c, 207c, 307c, 407c, 5154d, 5353d or 5337d	21.1 - 21.2	109c, 207c, 307c, 407c, 5154d 5156b, 5337d	21.2 - 21.7	407b, 307b, 109b	500+	225	560/518/450	
								World Top 12	
Senior B	107b, 205b, 305b, 405b, 5154b, 5337d	19.9	109c, 207c, 307c, 407c, 5154d, 5353d or 5337d	21.1 - 21.2	307c, 407c, 109c, 207c, 5156b	450+	220+	420-430	70 -72 per dive
								World Jnr Medal	
Team J (A3)	107b, 205b, 305b, 405b, 5154b, 5152b or 5335d	18.4	109c, 205b, 307c, 407c, 5154b or 5337d or 5353b, 107b	20.0 - 20.5	307c, 407c, 109c,	410+	210+	560-575 (10 dives)	210 rqd.+ 70 - 73 per optional DD 26.6-27.3
								European Jnr Medal	
Team J (A2)	107b, 205b, 305b, 405b, 5152b, 5335d	18+	107b, 205b, 305b, 405b, 5154b, 5152b or 5335d	18.4	5154b, 5337d, 407c or 5353b	380+	205+	540-560 (10 dives)	205 rqd.+ 67-71 per optional
								European Jnr Top 6	
Team J (A1)	107c, 205c, 305c, 405c, 5152b, 5335d	17+	107b, 205b, 305b, 405b, 5152b, 5335d	18	107b, 5337d	350+	205+	520+ (10 dives)	205 rqd. + 63 per optional
								European Jnr Medal World Jnr Top 6	
Team Y (B2)	107c, 205c, 305c, 405c, 5235d, 5335d, 5152	16.8+	107b, 205b, 305b, 405b, 5152b, 5335d	18	5152b, 205b, 405b	335+	200+	420 -440 (9 dives)	200 + 55-60 per optional.
								European Top 6	
Team Y (B1)	105b, 205c, 305c, 405c, 5235d, 5134d or 107c	16.0+	107c, 205c, 305c, 405c, 5235d, 5335d or 5152b	16.8+	5152b, 205b, 405b	310+	200+	405+ (9 DIVES)	200 + 51.25 per optional.
								Team Y Bench Mark for progression	
Team Y (C2)	105b, 205c, 305c, 405c, 5233d, 5333d or 5134d or 107c	15.6+	107c, 205c, 305c, 405c, 5333d, 5134d	16.1+	107c	275+	195+	325+ (8 dives)	195 + 43.3 per optional.
								Team Y Bench Mark for progression	
Team Y (C1)	105b, 203b, 303b, 405c, 5132d, 5233d	14.2+	105b, 205c, 305c, 405c, 5233d, 5134d	15.6+	205c, 305c, 405c, 5233d, 5333d, 5134d	255+	185	Pass at Y Assessment Camp = required test + entry test + skill chains	
								Team Z Bench Mark for progression	
Team Z (D3)	105c, 203b, 303b, 403b, 5132d, 5231d	12.9	105b, 203b, 303b, 403b, 5132d, 5233d	13.6	5233d, 205c, 405c,	240+	171	Development of skills for Junior Elites target score 300 (8 dives) & Team Y Assessment	
								Team Z Bench Mark for progression	
Team Z (D2)	105c, 203c, 303c, 403b, 5132d, 5231d	12.3	105c/b, 203c/b, 303c/b, 403b, 5132d, 5231d	12.3 - 12.8	105b, 203b 303b 5233d	220+	165	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	





### Progression Table - Women's Platform

	Basic Competitive List (5)	DD	Desirable Competitive List (5)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
	<i>All dives 10m unless stated</i>					X5 dives / 5	4/4 7,6dd	<b>Olympic Games World Champs - 1st, 3rd, 8th</b>	
Senior A	107b, 407c, 5253b, 6243d, 305c	15,4*	107b, 407c, 5253b, 6243d or 626c, 207c	15,9	207c, 307c	360	185+	440/385/325	
								<b>World Top 12</b>	
Senior B	107b, 405b, 5253b, 205b, 305c	14,6	107b, 407c, 5253b, 6243d or 626c, 305c	15,4*	6243d or 626c, 407c, 207c	320	175+	310 - 320	62 - 64 per optional dive
								<b>World Jnr Medal</b>	
Team J (A3)	107b, 405b, 5152b, 205b, 305c	14,3	107b, 405b or 407c, 5253b, 305c, 6243d or 205b or 626c or 207c	14,6 - 15,4	6243d or 626c, 407c, 5253b, 207c	275+	170+	435+	170 + 66.25 per optional dive, DD 18.9 - 19.3
								<b>European Jnr Medal</b>	
Team J (A2)	107b, 405b, 5152b, 205b, 305c	14,3	107b, 405b or 407c, 5253b, 305c, 6243d or 205b or 626c	14,6 - 15,4	6243d or 626c, 407c, 5253b, 207c	265+	170+	395+	170 + 56.25 per optional dive
								<b>European Jnr Top 6</b>	
Team J (A1)	107b, 405b, 5152b, 205c (7.5m), 305c,	14,3	107b, 405b or 407c, 5253b or 5152b 305c, 205b	14,6 - 15,4	6243d or 626c, 407c, 5253b, 207c	250+	170+	370+	170+ 50 per optional dive
								<b>European Jnr Medal World Jnr Top 6</b>	
Team Y (B2)	5152b, 405c (7.5m) or 405b, 107c or 107b, 205c 7.5m 305c or 624c 7.5m	13,8 - 14,3	107b, 405b or 407c, 5253b or 5152b 305c, 205b	14,6 - 15,4	107b, 5253b, 405b, 407c, 205b, 626c or 6243d	240+	170+	340+	170+ 57 per optional dive
								<b>European Top 6</b>	
Team Y (B1)	5233d (5m), 405c (7.5m), 205c (7.5m), 107c (7.5m) 305c	13,5	405b, 5152b or 5253b, 107b, 305c, 205c 7.5m	14,3+	6241d & 6243d	235+	165+	320+	165+ 52 per optional dive
								<b>Team Y Bench Mark for progression</b>	
Team Y (C2)	105b (5m) 405c (7.5m) 205c (7.5m) 5233d 5m, 612b or 624c (7.5m)	12,4 - 13,0	105b (5m) 405c (7.5m) 205c (7.5m) 5233d 5m 624c (7.5m)	13	Entries x10 x 10m max pear week	225+	155+	275+	155+ 40 per optional dive
								<b>Team Y Bench Mark for progression</b>	
Team Y (C1)	105b (7.5m) 405c (7.5m) 203b (5m) 5132d 5m, 612b or 303c 5m	11,4 - 11,7	105b (5m) 405c (7.5m) 205c (7.5m) 5233d 5m 624c (7.5m)	13	405c & 205c 7.5m	215+	155+	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								<b>Team Z Bench Mark for progression</b>	
Team Z (D3)	105c (5m) 403b (5m) 203c (5m) 303c (5m) 5132d (5m)	10,9	105c (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m)	11,1	Entries 7.5m x max 10 per week	200+	155+	Development of skills for Junior Elites target score 250 (7 dives) & Team Y Assessment	
								<b>Team Z Bench Mark for progression</b>	
Team Z (D2)	105c (5m) 403b (5m) 203c (5m) 303c (5m) 5132d (5m)	10,9	105c (5m) 403b (5m) 203b (5m) 303c (5m) 5132d (5m)	11,1	203b, 105b (5m)	200+	150+	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	



### Progression Table - Women's 3m Springboard

	Basic Competitive List (5)	DD	Desirable Competitive List (5)	DD	Skills in Development	Desirable Scoring Season Best	Desirable Scoring Required Dives	Major Meet of Season Target	
						X5 dives / 5	5/5 9.5dd	<b>Olympic Games World Champs - 1st, 3rd, 8th</b>	
Senior A	107b, 205b, 305b, 405b, 5152b or 5335d	15.0 -15.1	107b, 205b, 305b, 5154b or 5337d	15.5 - 15.6	5154b, 5337d, 407c, 307c	<b>335</b>	<b>215</b>	402/367/310	
								<b>World Top 12</b>	
Senior B	107b, 205c, 305c, 405b, 5152b or 5335d	14.6 - 14.7	107b, 205b, 305b, 405b, 5152b or 5335d	15.0 - 15.1	205b, 305b, 107b	<b>310</b>	<b>210</b>	290 -310	58 - 62 per dive
								<b>World Jnr Medal</b>	
Team J (A3)	107c, 205c, 305c, 405b, 5152b or 5335d	14.3 - 14.4	107b, 205b, 305b, 405b, 5152b or 5335d	15.0 - 15.1	205b, 305b, 107b	<b>270+</b>	<b>205</b>	450+ (9 dives)	205 + 61.25 per optional dive DD 21.3 -21.6
								<b>European Jnr Medal</b>	
Team J (A2)	105b, 205c, 305c, 405c, 5152b or 5335d	13.6- 13.7	107c, 205b, 305b, 405b, 5152b or 5335d	14.8 - 14.9	205b, 305b, 405b, 5152b	<b>270+</b>	<b>200</b>	430+ (9 dives)	195 + 58.75 per optional dive
								<b>European Jnr Top 6</b>	
Team J (A1)	105b, 205c, 305c, 405c, 5152b or 5235d or 5335d	13.5 - 13.7	105b, 205b, 305b, 405b, 5152b or 5335d	14.3 -14.4	107c/b, 205b, 305b	<b>260+</b>	<b>195</b>	410+ (9 dives)	195 + 53.75 per optional dive
								<b>European Jnr Medal World Jnr Top 6</b>	
Team Y (B2)	105b, 205c, 305c, 405c, or 5235d or 5333d	13.2 - 13.5	105b, 205c, 305c, 405c, 5235d or 5152b	13.5 - 13.7	107c, 405b	<b>245+</b>	<b>195</b>	360+ (8 dives)	195 + 55 per optional dive
								<b>European Top 6</b>	
Team Y (B1)	105b, 205c, 305c, 405c, or 5233d or 5333d or 5134d	13.1 - 13.2	105b, 205c, 305c, 405c, 5333d or 5134d	13.2	107c, 5235d	<b>235+</b>	<b>190</b>	340+ (8 dives)	190 + 50 per optional dive
								<b>Team Y Bench Mark for progression</b>	
Team Y (C2)	105b, 205c, 303b, 405c, or 5233d or 5134d	12.5 - 12.6	105b, 205c, 305c, 405c, 5233d or 5134d	13.1 - 13.2	205c, 305c,	<b>220+</b>	<b>190</b>	315+ (8 dives)	190 + 43.3 per optional.
								<b>Team Y Bench Mark for progression</b>	
Team Y (C1)	105b, 203b, 303b, 405c, 5132d, 5233d	11.7-1 1.9	105b, 205c, 305c, 405c, 5233d, 5134d	12.5 - 12.6	405c, 5233d	<b>200+</b>	<b>180</b>	<i>Pass at Y Assessment Camp = required test + entry test + skill chains</i>	
								<b>Team Z Bench Mark for progression</b>	
Team Z (D3)	105c, 203b, 303c, 403b, 5132d, 5231d	10.5+	105b, 203b, 303b, 403b, 5132d, 5233d	11.1 - 11.4	203 c/b 303c/b 5233d 105b	<b>180+</b>	<b>171</b>	Development of skills for Junior Elites target score 300 (8 dives) & Team Y Assessment	
								<b>Team Z Bench Mark for progression</b>	
Team Z (D2)	105c, 203c, 303c, 403b, 5132d	10.3+	105c, 203c/b, 303c/b, 403b, 5132d	10.3+	203 c/b 303c/b 5233d 105b	<b>170+</b>	<b>165</b>	Selection to Team Z Talent Games = Gym Test (120) + Pool (80) = 200 min standard	