



2009 STATE JUNIOR ELITE & OPEN CHAMPIONSHIPS

Friday, 23 January 2009

Saturday, 24 January 2009

Sunday, 25 January 2009

PROGRAMME

ORDER OF EVENTS

Friday 23 January 2009

Start 4.15 PM

| | | |
|---|-------------|---|
| 1 | Event 1 & 2 | Open Men & Women Platform |
| 2 | Event 3 | Junior B Girls Platform |
| 3 | Event 4 & 5 | Junior A Boys / Girls Platform |
| 4 | Event 6 & 7 | Junior B Boys / Junior C Girls Platform |
| 5 | Event 8 | Open & Junior Synchro Platform |

Saturday 24 January 2009

Start 9.00 AM

| | | |
|---|---------------|---|
| 1 | Event 9 & 10 | Junior A Boys / Girls 3 Metre |
| 2 | Event 11 | Open Women 1 Metre |
| 3 | Event 12 | Open Men 3 Metre |
| 4 | Event 13 & 14 | Junior B Boys / Junior C Girls 1 Metre |
| 5 | Event 15 | Junior B Girls 3 Metre |
| 6 | Event 16 & 17 | Junior Boys / Girls Synchro Springboard |

Sunday 25 January 2009

Start 9.00 AM

| | | |
|---|---------------|--|
| 1 | Event 18 & 19 | Junior A Boys / Girls 1 Metre |
| 2 | Event 20 & 21 | Junior B Boys / Junior C Girls 3 Metre |
| 3 | Event 22 | Men's Open 1 Metre |
| 4 | Event 23 | Women's Open 3 Metre |
| 5 | Event 24 & 25 | Open Men's & Women's Synchro Springboard |
| 6 | Event 26 | Junior B Girls 1 Metre |

COMPETITORS

| | | |
|-----------|---------------|---------------------------|
| Beth | ALEXANDER | Diving Central West/NSWIS |
| Gemma | ALLINSON | Donnet/QAS |
| Lauren | ARNOLD | Melam |
| Matthew | BARNARD | Donnet/QAS |
| Deanna | BAX | Donnet Diving Club |
| Brittany | BROBEN | Paradise Diving Club/TID |
| Jesse | CARVER | Donnet Diving Club |
| Bree | COLE | AIS |
| Angus | COLLOFF | Canberra DA/NSWIS |
| Alexandra | CROAK | Perfect 10/NSWIS |
| Abigail | DAWSON | Melam |
| Ashley | DE MUELENAERE | RAPS/QAS |
| Matthew | DUFFY | Paradise Diving Club |
| Janahlia | FULLARD | Ringwood Diving Club |
| Jenni | HICKS | Ringwood Diving Club |
| Rhiannan | IFFLAND | HUDA/NSWIS |
| Taneka | KOVCHENKO | RAPS/QAS |
| Bree | MELLBERG | Bendigo |
| Matthew | MITCHAM | Abbotsleigh/NSWIS |
| Elizabeth | NICOLSON | RAPS/TID |
| Maddie | PHILLIPS | RAPS/TID |
| Matthew | POZZOBON | Ringwood Diving Club |
| Chenayde | REID | Firbank Aquastars |
| Thomas | RICKARDS | HUDA |
| Matthew | SKENNAR | Paradise Diving Club/TID |
| Bridgette | SQUIRES | Donnet Diving Club |
| Sharleen | STRATTON | Donnet/AIS |
| Ethan | WARREN | Donnet/QAS |
| Sarah | WATSON | WAIS |
| Olivia | WRIGHT | Perfect 10/AIS |
| Melissa | WU | Perfect 10/AIS |
| Nathan | ZUZIC | Ringwood Diving Club |

DAY 1

EVENT 1 – 4.15pm

Open Men's Platform

| | | | |
|---|---------|---------|-------|
| 1 | Matthew | MITCHAM | _____ |
| 2 | Angus | COLLOFF | _____ |
| 3 | Ethan | WARREN | _____ |
| 4 | Nathan | ZUZIC | _____ |

EVENT 2

Open Women's Platform

| | | | |
|---|-----------|----------|-------|
| 1 | Rhiannan | IFFLAND | _____ |
| 2 | Alexandra | CROAK | _____ |
| 3 | Melissa | WU | _____ |
| 4 | Bree | MELLBERG | _____ |

EVENT 3

Junior B Girls 3 Metre Platform

| | | | |
|---|----------|-----------|-------|
| 1 | Lauren | ARNOLD | _____ |
| 2 | Jenni | HICKS | _____ |
| 3 | Beth | ALEXANDER | _____ |
| 4 | Abigail | DAWSON | _____ |
| 5 | Maddie | PHILLIPS | _____ |
| 6 | Taneka | KOVCHENKO | _____ |
| 7 | Brittany | BROBEN | _____ |

EVENT 4

Junior A Boys Platform

| | | | |
|---|-------|---------|-------|
| 1 | Jesse | CARVER | _____ |
| 2 | Angus | COLLOFF | _____ |

EVENT 5

Junior A Girls Platform

| | | | |
|---|-----------|---------|-------|
| 1 | Bridgette | SQUIRES | _____ |
| 2 | Deanna | BAX | _____ |

EVENT 6

Junior B Boys Platform

| | | | |
|---|---------|----------|-------|
| 1 | Matthew | BARNARD | _____ |
| 2 | Matthew | POZZOBON | _____ |
| 3 | Matt | SKENNAR | _____ |

EVENT 7

Junior C Girls Platform

| | | | |
|---|-----------|----------|-------|
| 1 | Gemma | ALLINSON | _____ |
| 2 | Chenayde | REID | _____ |
| 3 | Elizabeth | NICOLSON | _____ |
| 4 | Janahlia | FULLARD | _____ |

EVENT 8

Open Women's Synchro Platform

| | | | |
|---|-----------------|------------|-------|
| 1 | Bree Melissa | COLE WU | _____ |
|---|-----------------|------------|-------|

DAY 2

EVENT 9 – 9.00am

Junior A Boys 3 Metre

| | | | |
|---|-------|---------|-------|
| 1 | Jesse | CARVER | _____ |
| 2 | Angus | COLLOFF | _____ |

EVENT 10

Junior A Girls 3 Metre

| | | | |
|---|-----------|---------|-------|
| 1 | Bridgette | SQUIRES | _____ |
|---|-----------|---------|-------|

EVENT 11

Open Women's 1 Metre

| | | | |
|---|-----------|---------------|-------|
| 1 | Ashley | DE MUELENAERE | _____ |
| 2 | Olivia | WRIGHT | _____ |
| 3 | Alexandra | CROAK | _____ |
| 4 | Sharleen | STRATTON | _____ |
| 5 | Bree | MELLBERG | _____ |
| 6 | Brittany | BROBEN | _____ |
| 7 | Maddie | PHILLIPS | _____ |
| 8 | Sarah | WATSON | _____ |

EVENT 12

Open Men's 3 Metre

| | | | |
|---|---------|----------|-------|
| 1 | Matthew | DUFFY | _____ |
| 2 | Thomas | RICKARDS | _____ |
| 3 | Matthew | MITCHAM | _____ |
| 4 | Jesse | CARVER | _____ |
| 5 | Ethan | WARREN | _____ |

EVENT 13

Junior B Boys 1 Metre

| | | | |
|---|---------|----------|-------|
| 1 | Matt | SKENNAR | _____ |
| 2 | Matthew | BARNARD | _____ |
| 3 | Matthew | POZZOBON | _____ |

EVENT 14

Junior C Girls 1 Metre

| | | | |
|---|-----------|----------|-------|
| 1 | Elizabeth | NICOLSON | _____ |
| 2 | Chenayde | REID | _____ |
| 3 | Janahlia | FULLARD | _____ |
| 4 | Gemma | ALLINSON | _____ |

EVENT 15

Junior B Girls 3 Metre

| | | | |
|---|----------|---------------|-------|
| 1 | Taneka | KOVCHENKO | _____ |
| 2 | Ashley | DE MUELENAERE | _____ |
| 3 | Abigail | DAWSON | _____ |
| 4 | Maddie | PHILLIPS | _____ |
| 5 | Jenni | HICKS | _____ |
| 6 | Lauren | ARNOLD | _____ |
| 7 | Brittany | BROBEN | _____ |

EVENT 16

Junior Boys Synchro Springboard

| | | | |
|---|---------|---------|-------|
| 1 | Matthew | BARNARD | _____ |
| | Matt | SKENNAR | |

EVENT 17

Junior Girls Synchro Springboard

| | | | |
|---|-----------|---------------|-------|
| 1 | Ashley | DE MUELENAERE | _____ |
| | Taneka | KOVCHENKO | |
| 2 | Brittany | BROBEN | _____ |
| | Elizabeth | NICOLSON | |
| 3 | Jenni | HICKS | _____ |
| | Lauren | ARNOLD | |

DAY 3

EVENT 18 – 9.00am

Junior A Boys 1 Metre

| | | | |
|---|-------|--------|-------|
| 1 | Jesse | CARVER | _____ |
|---|-------|--------|-------|

EVENT 19

Junior A Girls 1 Metre

| | | | |
|---|--------|-----|-------|
| 1 | Deanna | BAX | _____ |
|---|--------|-----|-------|

| | | | |
|---|-----------|---------|-------|
| 2 | Bridgette | SQUIRES | _____ |
|---|-----------|---------|-------|

EVENT 20

Junior B Boys 3 Metre

| | | | |
|---|---------|----------|-------|
| 1 | Matthew | POZZOBON | _____ |
|---|---------|----------|-------|

| | | | |
|---|---------|---------|-------|
| 2 | Matthew | BARNARD | _____ |
|---|---------|---------|-------|

| | | | |
|---|------|---------|-------|
| 3 | Matt | SKENNAR | _____ |
|---|------|---------|-------|

EVENT 21

Junior C Girls 3 Metres

| | | | |
|---|----------|---------|-------|
| 1 | Janahlia | FULLARD | _____ |
|---|----------|---------|-------|

| | | | |
|---|-----------|----------|-------|
| 2 | Elizabeth | NICOLSON | _____ |
|---|-----------|----------|-------|

| | | | |
|---|----------|------|-------|
| 3 | Chenayde | REID | _____ |
|---|----------|------|-------|

| | | | |
|---|-------|----------|-------|
| 4 | Gemma | ALLINSON | _____ |
|---|-------|----------|-------|

EVENT 22

Open Men's 1 Metre

| | | | |
|---|-------|--------|-------|
| 1 | Ethan | WARREN | _____ |
|---|-------|--------|-------|

| | | | |
|---|---------|-------|-------|
| 2 | Matthew | DUFFY | _____ |
|---|---------|-------|-------|

| | | | |
|---|---------|---------|-------|
| 3 | Matthew | MITCHAM | _____ |
|---|---------|---------|-------|

| | | | |
|---|--------|-------|-------|
| 4 | Nathan | ZUZIC | _____ |
|---|--------|-------|-------|

| | | | |
|---|-------|--------|-------|
| 5 | Jesse | CARVER | _____ |
|---|-------|--------|-------|

| | | | |
|---|--------|----------|-------|
| 6 | Thomas | RICKARDS | _____ |
|---|--------|----------|-------|

EVENT 23

Open Women's 3 Metre

| | | | |
|----|-----------|---------------|-------|
| 1 | Sharleen | STRATTON | _____ |
| 2 | Bree | MELLBERG | _____ |
| 3 | Maddie | PHILLIPS | _____ |
| 4 | Beth | ALEXANDER | _____ |
| 5 | Rhiannan | IFFLAND | _____ |
| 6 | Bree | COLE | _____ |
| 7 | Alexandra | CROAK | _____ |
| 8 | Ashley | DE MUELENAERE | _____ |
| 9 | Brittany | BROBEN | _____ |
| 10 | Olivia | WRIGHT | _____ |
| 11 | Melissa | WU | _____ |
| 12 | Sarah | WATSON | _____ |

EVENT 24

Open Men's Synchro Springboard

| | | | |
|---|---------|--------|-------|
| 1 | Matthew | DUFFY | |
| | Jesse | CARVER | _____ |

EVENT 25

Open Women's Synchro Springboard

| | | | |
|---|----------|----------|-------|
| 1 | Bree | COLE | |
| | Sharleen | STRATTON | _____ |
| 2 | Maddie | PHILLIPS | |
| | Brittany | BROBEN | _____ |

EVENT 26

Junior B Girls 1 Metre

| | | | |
|---|----------|---------------|-------|
| 1 | Jenni | HICKS | _____ |
| 2 | Beth | ALEXANDER | _____ |
| 3 | Taneka | KOVCHENKO | _____ |
| 4 | Maddie | PHILLIPS | _____ |
| 5 | Ashley | DE MUELENAERE | _____ |
| 6 | Abigail | DAWSON | _____ |
| 7 | Lauren | ARNOLD | _____ |
| 8 | Brittany | BROBEN | _____ |

JUDGING AND TERMINOLOGY

JUDGES SCORES

Points or half points shall be awarded from 0 - 10 according to the opinion of the judges and the following table

| | | | |
|---------------------|-------|------------|--------|
| • Very good | | 8 ½ to 10 | Points |
| • Good | | 6 ½ to 8 | Points |
| • Satisfactory | | 5 to 6 | Points |
| • Deficient | | 2 ½ to 4 ½ | Points |
| • Unsatisfactory | | ½ to 2 | Points |
| • Completely failed | | 0 | Points |

The points a judge considers are:

The run or take off, the technique and grace of the dive during the passage through the air, the entry into the water

CALCULATING SCORES FOR INDIVIDUAL EVENTS

The scoring secretaries shall cancel the highest and lowest awards. When two or more awards of those that are to be cancelled are equal, either of them may be cancelled

The secretaries shall independently state the total of the remaining awards and multiply it by the degree of difficulty to determine the score of the dive

In competitions where there are 7 judges the score shall be divided by 5 and then multiplied by 3 (or multiplied by 0.6) in order to establish a comparable score obtained in competitions where there are 5 judges

EXAMPLE:

| | |
|-------------------------|--|
| <u>5 Judges Awards:</u> | Total x Difficulty Score |
| 8, 7, 7, 7, 6.5 | 21 x 2.0 = 42. 0 |
| <u>7 Judges Awards:</u> | Total x Difficulty Divide by 5 & x 3 Score |
| 8, 7, 7, 7, 7, 7, 6. 5 | 35 x 2. 0 = 70 divided by 5 x 3 = 42. 0 |

CALCULATING SCORES FOR SYNCHRONISED EVENTS.

The judge's awards shall be dictated one by one in the same consecutive order to the first secretary, who shall place them on its score sheet and cancel the highest and lowest awards given for execution and the highest and lowest awards for synchronisation

When two or more awards of those that are to be cancelled for execution are equal, either of them can be cancelled and when two or more awards of those that are to be cancelled for synchronisation are equal, either of them may be cancelled

In order to facilitate the scoring computations a computer or slide calculator chart may be used

The final result shall be obtained from the list of results and entered in the main minutes at the end of the competition. The final result shall be announced by the Announcer

JUDGING

As you watch more and more diving, especially at the elite level, you will observe that although several divers may do exactly the same dive, it never looks quite the same. This is because each individual has different mannerisms, characteristics of movement, strengths and sense of timing - which all add up to an abstract but observable style

Style is difficult to assess by any other standard except whether you like it or not. Primarily, this is why it is so hard to judge competitive diving. Even though there are certain criteria of execution which all divers must meet, evaluation still remains a subjective process. A dive is scored between 0 and 10 points

In judging a dive, certain parts are analysed. They are:

Approach should be smooth and continuous showing good form

Take off must show control and balance, the proper angle of landing and leaving for the dive being attempted

Elevation the amount of spring or lift a diver receives from the take off greatly effects the appearance of the dive. Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement

Entry is significant as the last thing the judges see and the part best remembered. The two important criteria are the angle of entry, which should be vertical, and the amount of splash which should be minimal

SPECTATORS GUIDE TO DIVING

There are six different groups of platform and springboard dives. The first four types involve rotating in different directions relative to the board. The fifth group includes any dive with a twist. The final group, used in platform diving, begins with an armstand

Forward Group.

The diver faces the front of the board and rotates towards the water. Dives vary from the simple front dive to the difficult four and one half somersaults.

Backward Group

All dives in the backward group begin with the diver on the end of the board with the back to the water. The direction of rotation is away from the board

Reverse Group.

The diver stands on the end of the board, facing the front of the board and, using a forward approach, the diver rotates toward the board

Inward Group.

The diver stands on the end of the board, back to the water, and rotates towards the board, or opposite of the backward group's movement

Twisting Group

Any dive with a twist is included in this group. Twisting dives can be forward, backward, reverse and inward

Armstand Group.

In platform diving, there is a sixth, unique group in which the diver assumes a handstand position on the edge of the platform before executing the dive

BODY POSITIONS.

When each type of dive is performed, the diver utilises one of more of the four different types of body positions

Tuck.

The body is bent at the waist and knees, the thighs are drawn to the chest while the heels are kept close to the buttocks.

Pike

The legs are straight with the body bent at the waist. The arm position is dictated by the particular dive being done or by the choice of the diver

Straight

This position requires that there is no bend at the waist or knees. The arm position is dictated by the dive or by the choice of the diver

Free

This is not an actual body position but a diver's option to use any of the other three positions or a combination when performing a dive which includes somersaults and twists. For dives of this kind, the tuck position is rarely used, and combination of straight and pike positions are more common

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