

ASA Elite Junior Nationals – level 4

Age Groups:

E2/D - 9/11, C - 12/13, B - 14/15, A - 16/18

Category	Gender	Board	Conditions	Number of Dives	Recommended standard for Elite Junior Nationals
Group E2/D	Boys & Girls	1m	4 @ 7.5 + 3	7 dives	155.00 girls, 160 boys
		3m	4 @ 7.9 + 3	7 dives	160.00 girls, 165 boys
		5m	3 @ 5.7 + 3	6 dives	150.00 girls, 150 boys
Group C	Boys & Girls	1m	5 @ 9.0 + 3	8 dives	200.00 girls, 210 boys
		3m	5 @ 9.5 + 3	8 dives	210.00 girls, 220 boys
		5m & 7m	4 @ 7.6 + 3	7 dives	180.00 girls, 200 boys
Group B	Girls	1m	5 @ 9.0 + 3	8 dives	225.00 girls
		3m	5 @ 9.5 + 3	8 dives	240.00 girls
		Plat (5, 7 & 10m)	4 @ 7.6 + 3 (cover 5 groups)	7 dives	220.00 girls
	Boys	1m	5 @ 9.0 + 4	9 dives	255.00 boys
		3m	5 @ 9.5 + 4	9 dives	275.00 boys
		Plat (5, 7 & 10m)	4 @ 7.6 + 4 (cover 5 groups)	8 dives	265.00 boys
Group A	Girls	1m	5 @ 9.0 + 4	9 dives	270.00 girls
		3m	5 @ 9.5 + 4	9 dives	290.00 girls
		Plat (5, 7 & 10m)	4 @ 7.6 + 4 (cover 5 groups)	8 dives	250.00 girls
	Boys	1m	5 @ 9.0 + 5	10 dives	305.00 boys
		3m	5 @ 9.5 + 5	10 dives	330.00 boys
		Plat (5, 7 & 10m)	4 @ 7.6 + 5 (cover 6 groups)	9 dives	300.00 boys

Synchronised Events

Synchro 9-13yrs	Girls & Boys	3m	3 dives limited to 2.0dd (from 3 groups) plus 2 optional dives (from 2 groups)	5 dives	5 dives must cover 3 groups, all dives performed by the pair to have the same dive number (no alternate). No more than 2 dives from the same group. At least one forward facing skill must be with a hurdle step.
Synchro 14-18 years	Girls & Boys	3m	2 dives limited to 2.0dd plus 3 optional dives	5 dives	5 dives must cover 3 groups, all dives performed by the pair to have the same dive number (no alternate). No more than 2 dives from the same group. At least one forward facing skill must be with a hurdle step.

- No repeat dives permitted
- Age Group Conditions – dictated by changes in conditions and age group boundaries set by FINA and adopted by LEN
- Age group categories refer to the age the diver is on 31st December that year
- Minimum age for competitors in all events, 9 years on 31st December in that year

Format for Elite Junior Nationals:

- Age Groups C & D, divers perform one full list of dives
- Age Groups A & B, divers perform full list of dives, top six (6) placed divers proceed to final where the optional dives are repeated. The final result will be determined by adding the score from the final to that of the required dives total score from the preliminary round
- Synchronised events – straight final.