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# THE 55th TOKYO SWIMMING CENTER INVITATIONAL SWIM MEET

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1. Hosted by: TOKYO SWIMMING CENTER / TOKYO SWIMMING ASSOCIATION
2. Accredited by: JAPAN SWIMMING FEDERATION
3. Organizer: TOKYO SWIMMING ASSOCIATION

Oct 31st(Thu) ~4th (Mon)	SWIMMING	.....	TOKYO AQUATICS CENTRE
Nov 1st (Fri) ~4th (Mon)	DIVING	.....	TOKYO AQUATICS CENTRE

DIVING
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4. Competition Dates November 1st (Fri) - November 4th (Mon) 2024  
    ※Official Training days on October 30th (Wed) and 31st (Thu)
5. Venue Tokyo Aquatics Centre  
    2-2-1, Tatsumi Koto-ku, Tokyo JAPAN

## 6. Competition Rules

- (1) All events included for competitions shall be conducted under the rules of Japan Swimming Federation.  
    ( The same as World Aquatics )

※Some rules are applied from ① to ⑥.

- ① 11 years and under : In Platform, D.D on 3m Platform is the same as that of 5m.  
② 11 years and under : No minimum age limit.  
③ 11 years and under : In Platform, The same Dive number can be used for different positions.  
④ In the Championships, There is no age limit.  
⑤ In the Championships, There is lower limit of difficulty.

	1 m Springboard	3 m Springboard	Platform
F	Total DD lower limit 10.2	Total DD lower limit 10.3	Total DD lower limit 11.0
M	Total DD lower limit 12.6	Total DD lower limit 12.7	Total DD lower limit 12.8

- ⑥ Synchronized platform are available in 10m and 5m.

- (2) In the preliminaries, the ranking will be decided by all dives.
- (3) The final shall comprise the top 8 ranked divers from the preliminary event.
- (4) As a result of the preliminaries, the 9th and 10th places will be reserved, and if there is a withdrawal, the right to participate in the final will be given sequentially.
- (5) In the final, only the Optional dive will be conducted, and the total points from Compulsories dive in the preliminaries will be combined to determine the ranking.  
However, in the 11 & Under Platform, Synchronized and Championships, only the finals will be held, and the rankings will be determined by all dives.

(6) Mix team diving are applied from ① to ⑤.

- ① The number of divers will be limited to 1-3 for each gender.
- ② Mixed Synchronised is not implemented. (Individual dive only)
- ③ Platform will be 3m, 5m, 7.5m, and 10m. Springboard is only 3m.
- ④ Team can be organized without being bound by country, region or team.
- ⑤ The diving starts from female to male alternately.

※ 3m springboard and platform can be performed in either order.

## 7. Events

<GroupD> Age 11 and under	Female Male	1 m Springboard		Platform
<GroupC> Age 12-13	Female Male	1 m Springboard	3 m Springboard	Platform
<GroupB> Age 14-15	Female Male	1 m Springboard	3 m Springboard	Platform
<GroupA> Age 16-18	Female Male		3 m Springboard	Platform
Championship	Female Male	1 m Springboard	3 m Springboard	Platform
	Female Male	Synchronized 3m Springboard	Synchronized Platform	Mix Team Diving

## 8. Order of the events

DAY1 November 1st	DAY2 November 2nd	DAY3 November 3rd	DAY4 November 4th
F/M GroupA Platform	F/M GroupC 1m Springboard	F/M 11 and under 1m Springboard	F/M GroupB 1m Springboard
F/M Championship 1m Springboard	F/M GroupB 3m Springboard	F/M GroupC Platform	F/M GroupC 3m Springboard
F/M Platform Synchro	F/M GroupA 3m Springboard	F/M GroupB Platform	F/M Championship Platform
	F/M 11 and under Platform	F/M Championship 3m Springboard	Mix Team Diving
	F/M 3m Springboard Synchro		

※The competition schedule may be subject to change due to the number of entries.

## 9. Restriction on entry

### (1) Entry Qualification

- ① Driver's age shall be as of December 31, 2024.
- ② There is a dedicated dive sheet at the venue for Mix team diving entries.  
Please submit it together with the application fee to the diving reception by 3:00 pm the day before.

### (2) Restrictions

- ① Age 12-13 : Height in platform is limited to 5m or 7.5m.
- ② Age 11 and under : Height in platform is limited to 3m or 5m.
- ③ All divers can take part in any number of events.

### (3) How to entry

Please send the list of participants in an Excel file or similar format to Coach Eito Osaki by September 14th. Make sure to include the following details:

[oosaki@tokyo-sc.com](mailto:oosaki@tokyo-sc.com)

- Name
- Date of Birth
- Age
- Team Name
- Gender
- Entry Events

(4) Entry fee

Individual	3, 0 0 0	YEN	per event	
Synchronized	6, 0 0 0	YEN	per event	
Team Diving	6, 0 0 0	YEN	per team	
Startlists	2, 0 0 0	YEN	per booklet	<input checked="" type="checkbox"/> (Pre-sales only) <input checked="" type="checkbox"/>
Team registration fee;	2 0, 0 0 0	YEN	per team	

10. Awards

(1) MVP

The Tabata Masaji Cup will be awarded to the Most Valuable Diver.

(2) Excellent Diver Award

One male and one female in each age groups will be awarded the Excellent Diver Award.

(3) Medals and certificates will be awarded to the 1st to 3rd place divers in each event.

The 4th to 8th place divers will be given certificates.

11. Inquiries

Tokyo Swimming Center Coach Eito Osaki

[oosaki@tokyo-sc.com](mailto:oosaki@tokyo-sc.com)