



**Scottish
Swimming**

Diving

**SCOTTISH NATIONAL & OPEN DIVING
CHAMPIONSHIPS
and
THE THISTLE TROPHY**

Scotland's National Novice Diving Championships

**Thursday 1st December - Sunday 4th December 2016
Royal Commonwealth Pool
Edinburgh**



For more details contact: Judy Wardlaw 07923 572591
Entries are to be made via email jswardlaw@hotmail.com
Please submit dive sheets electronically



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Scottish National & Open Diving Championships and The Thistle Trophy

Scottish National Novice Diving Championships

1. Venue

The Royal Commonwealth Pool, 21 Dalkeith Road, Edinburgh, EH16 5BB.
Tel. 0131 270 9300

2. Facilities

*Separate diving pool

4 x 1m Springboards

1 x 1m Platform

2 x 3m Springboards

1 x 3m Platform

1 x 5m Platform

1 x 7.5m Platform

1x 10m Platform

*Dry Land facility

*Divers must be supervised by a Level 2 Diving Coach in the Pool and Dry Land area.

There is a café area at the pool offering a selection of hot and cold snacks. Please note that teams will no longer be permitted to prepare their on food on venue.

3. Senior & Junior Events

These will be run under SASA Law. There will be a Senior and Junior section.

Senior: 17 years and over at midnight on 31st December 2016 (DOB 1999)

Junior: 16 years and under at midnight on 31st December 2016 (DOB 2000)

There will be **1m, 3m and Platform Individual** and **3m and Platform Synchronised** events.

Individual Requirements

| Category | Board | Gender | Dives | Conditions |
|----------|--------------------|--------|---------|---------------------------------|
| Senior | 1m & 3m | Male | 6 dives | 6 dives from 5 groups, no limit |
| Senior | Platform* | Male | 6 dives | 6 dives from 6 groups, no limit |
| Senior | 1m, 3m & Platform* | Female | 5 dives | 5 dives from 5 groups, no limit |
| Junior | 1m, 3m & Platform* | Male | 6 dives | 6 dives from 4 groups, no limit |
| Junior | 1m, 3m & Platform* | Female | 5 dives | 5 dives from 4 groups, no limit |

*Platform – 5m, 7.5m and/or 10m will be permitted

Synchro Requirements

| Category | Board | Gender | Dives | Conditions |
|-------------------|-------------------|--------|---------|--|
| No age categories | 3m Synchro | Male | 6 dives | 2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered |
| No age categories | 3m Synchro | Female | 5 dives | 2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered |
| No age categories | Platform* Synchro | Male | 6 dives | 2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered |
| No age categories | Platform* Synchro | Female | 5 dives | 2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered |

*Platform – 5m, 7.5m and/or 10m will be permitted

4. The Novice Events

These will be run under SASA Law. There will be 5 age groups:

7 years & under

8/9 years

10/11 years

12/13 years

14 -18 years

There will be an overall team trophy for the team that accumulates the most points over the meet. The points for this are as follows:

1st 12 points **2nd** 10 points **3rd** 8 points **4th** 7 points **5th** 6 points

6th 5 points **7th** 4 points **8th** 3 points **9th** 2 points **10th** 1 point

Only the **top 2 divers** from each team in each event will count towards team points.

Awards

There will be medals for top 3 places in each event.

The top club will win the Thistle Trophy for 2016.

Requirements

Age Group 7 and under

| | | |
|----------------------------------|-----------------|------------|
| 101c or 101a | Lochside | dd 1.0 |
| 2 Optional dives | 1m | dd as FINA |
| Forward pike fall; hands grabbed | 1m | dd 1.0 |

(Pike fall may be repeated and a back fall may be used, dd 1.2)

Age Groups 8/9 years, 10/11 years, 12/13 years

100a with hurdle step **1m**

Choose 2 dives from different groups from the following list, to be performed from **1m**.

DD as FINA (except if stated below)

| | | | | |
|------|------|------|---------------|------|
| 101c | 101b | 201c | 020a (dd 1.2) | 301c |
| 401c | 401b | 103c | 103b | |

Choose 2 line ups from the following list, to be performed from **3m**.

(Back line up is not essential)

| | |
|---------------------------|--------|
| Forward pike fall | dd 1.0 |
| Forward sitting tuck roll | dd 1.2 |
| Back fall straight | dd 1.3 |
| Back tuck roll | dd 1.4 |

101c **Lochside**

Age Group 14 - 18 Years

4 Optional dives **1m** from 3 Groups

DD as FINA, however, the tariff will be capped at 2.4
(back fall dd 1.2, no 201a permitted)

2 Optional dives **3m** from 2 Groups

DD as FINA, however, the tariff will be capped at 2.4

Choose 2 line ups from the following list, to be performed from **3m**.

(Back line up is not essential)

| | |
|---------------------------|--------|
| Forward pike fall | dd 1.0 |
| Forward sitting tuck roll | dd 1.2 |
| Back fall straight | dd 1.3 |
| Back tuck roll | dd 1.4 |

Please Note: Forward and Reverse skills may be performed using either a 2 bounce start or a Hurdle Step Approach in all Thistle Trophy events.

5. Provisional Programme of Events

(Please see appendix for information regarding Senior/Junior & National/Open Preliminaries and Finals)

Thursday

Men's & Women's 3m
Synchronised Final**

Men's & Women's Platform
Synchronised Final**

Friday

Women/Girls 1m Preliminary**
Men/Boys 3m Preliminary**
Novice Girls 14 - 18 years*
Novice Boys 10/11 years*
Novice Girls 7 years and under**
Novice Boys 7 years and under**
Women/Girls 1m Final
Men/Boys 3m Final

Saturday

Women/Girls Platform Preliminary**
Men/Boys 1m Preliminary**
Novice Girls 8/9 years*
Novice Boys 12/13 years*
Novice Girls 10/11 years*
Novice Boys 8/9 years*
Women/Girls Platform Final
Men/Boys 1m Final

Sunday

Women/Girls 3m Preliminary**
Men/Boys Platform Preliminary**
Novice Boys 14 - 18 years*
Novice Girls 12/13 years*
Women/Girls 3m Final
Men/Boys Platform Final

Estimated finish 4:30pm

* Events may run in a circuit, depending on numbers.

** Events may run together/simultaneously, depending on numbers.

Please note that the timetable is subject to change.

6. Training Times

Training in the pool is available from 1:30pm until approximately 6pm on Thursday 1st December with dryland available from 11am. Please contact Judy Wardlaw on jswardlaw@hotmail.com or 07923 572591 to arrange training slots. On Friday, Saturday & Sunday there will be training from 8am. Further training sessions will be confirmed after Entries have been received and a detailed Programme is available.

7. Accommodation

There are a large number of guest houses and hotels within walking distance of the pool. A short bus ride will get you to other hotels ranging from budget to luxury prices. The Edinburgh Information Centre number is 0131 473 3868 (email: info@visitscotland.com).

8. Technical Meeting

Thursday 1st December at 5:00pm in the RCP Board Room.

9. Entries

Please send all entry forms (below) for the Scottish Championships and Thistle Trophy 2016 to jwardlaw@hotmail.com. Before entering, please note the following assumptions for the National Championships:

1. Scottish divers will automatically be entered for both National (N) and Open (O), unless expressly advised otherwise. This is treated as a single entry.
2. Junior divers whose list meets the Junior conditions, will only be entered for the Junior events.
3. Junior divers whose list meets the Senior conditions will automatically be entered for both Junior and Senior, unless expressly advised otherwise. This is treated as a single entry.

Closing date for entries is 12 noon on **Friday 4th November 2016**.

Entry Fees:

£12 for Thistle Trophy.

£12 per event for Scottish National Championships.

Synchronised entry fees are £20 per pair.

10. Dive Sheets

We would like you to submit your dive sheets electronically using DiveSheets or its online version on the DiveRecorder website. Most of you will be familiar with those methods but there is now a new app, ADiveSheets, which allows divers with Android smart phones or tablets to submit their own sheets and which has the advantage of remembering their personal details for use for future Meets.

If you don't already have DiveSheets or you need to update it you can download and install it from: <http://www.mdt.me.uk/dive/download.php>

Once you have installed or updated DiveSheets, run it and follow its prompts to download the Meet file "Thistle Trophy 2016" and/or "Scottish National and Open Diving Championships".

Individuals may complete their dive sheets online at:
<http://www.diverecorder.co.uk/onlinesheets/>

To find the free app ADiveSheets in the Play Store, use your Android device to click on the ADiveSheets icon on the following web page:

<http://www.diverecorder.co.uk/dive/android.php>

You can also download the ADiveSheets Guide from the same page and read it in your Play Books app if you are not sure how to use ADiveSheets.

Please submit your sheets using any of the above methods on or before Monday 28th November 2016 (Sheets may be changed up to 1 hour before the event start time).

11. Photography

Taking photographs within the pool is not permitted without appropriate screening and permissions. For that reason, Edinburgh Diving Club has arranged for an authorised photographer to be present during the weekend to take pictures of all the divers. These will be displayed during the event and can be purchased if desired. Please ensure that parents of divers in your club are aware of this and are happy for their child's photo to be taken.

12. Appendix

Further information regarding awards for National & Open, Preliminary & Final events.

- Medals will be presented for the top 3 places for Junior and Senior on each board.

Open Awards:

- The top 6 ranked seniors after the preliminary round go through to final
- The top 6 ranked juniors after the preliminary round go through to the same final
- Any juniors who are also competing in the senior category and who earn a place in the final, will compete in that final as both a junior and a senior

National Awards:

- The top 6 ranked seniors after the preliminary round go through to final
- The top 6 ranked juniors after the preliminary round go through to the same final
- Any juniors who are also competing in the senior category and who earn a place in the final, will compete in that final as both a junior and a senior



Scottish National & Open Diving Championships and The Thistle Trophy Entry Form

Name of Club: _____

Contact Name: _____

Contact Number: _____

Address: _____

Email: _____

No. of Thistle Trophy Divers: _____

No. of Nationals Divers: _____

No. of Officials: _____

Coaches Names: _____

Judges Names: _____

Arrival Date: _____

Total £ _____

Please return this form by **Friday 4th November 2016**.

Email the information to: jswardlaw@hotmail.com

Entry fees payable by BACs

BACs: **You must Quote "6611 - Diving Entries and your club name"** to 83-27-09, 00292938



* Scottish divers will automatically be entered for both National (N) and Open (O), unless expressly advised otherwise.

** Junior divers whose list meets the Junior conditions, will only be entered for the Junior events.

*** Junior divers whose list meets the Senior conditions will automatically be entered for both Junior and Senior, unless expressly advised otherwise.

| Surname | First Name | Year Born | Male/ Female | Thistle Trophy | 1m | 3m | Platform | Synchro + Partner's name | * N/O | ** Junior | *** Senior |
|---------|------------|-----------|-----------------|-------------------|----|----|----------|-----------------------------------|----------|--------------|---------------|
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**Please support this exciting event by bringing
lots of participants and spectators!
Join us on Facebook, Twitter & Instagram at
#ScottishDiving16**

