



**Scottish
Swimming**

Diving

SCOTTISH NATIONAL & OPEN DIVING CHAMPIONSHIPS

Thursday 30th November - Sunday 3rd December 2017
Royal Commonwealth Pool
Edinburgh

For more details contact: Jane Ogden - 07771 978838
Entries are to be made via email jane.ogden13@btinternet.com
Please submit dive sheets electronically

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Scottish National & Open 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 own food on venue.

3. Event Conditions

These will be run under SASA Law.

Men & Women: No age category

Age Group A: Age 16, 17 or 18 years on December 31st 2017

Age Group B: Age 14 or 15 years on December 31st 2017

For Age Group events, a diver may elect to 'dive-up' an Age Group category, e.g. Age Group C (or younger) may enter as an Age Group B, however, the diver will be considered to be the upper Age Group category for all Age Group events during this Meet and for all subsequent Scottish Age Group events in the calendar year.

A diver is permitted to enter both the Age Group event and Men/Women event.

There will be 1m, 3m and Platform Individual events, 3m and Platform Synchronised events and a Team event. Platform heights of 5m, 7.5m and/or 10m will be permitted.

In all events, forward and reverse dives on springboard will be performed with a running start.

3.1 Individual Requirements

Event	Board	Dives	Conditions
Men	1m & 3m	6 dives	6 dives from 5 groups, no limit
Men	Platform	6 dives	6 dives from 6 groups, no limit
Women	1m, 3m & Platform	5 dives	5 dives from 5 groups, no limit
Age Group Boys A	1m and 3m	10 dives	5 + 5, as per FINA rules
Age Group Boys A	Platform	9 dives	4 + 5, as per FINA rules
Age Group Boys B	1m and 3m	9 dives	5 + 4, as per FINA rules
Age Group Boys B	Platform	8 dives	4 + 4, as per FINA rules
Age Group Girls A	1m and 3m	9 dives	5 + 4, as per FINA rules
Age Group Girls A	Platform	8 dives	4 + 4, as per FINA rules
Age Group Girls B	1m and 3m	8 dives	5 + 3, as per FINA rules
Age Group Girls B	Platform	7 dives	4 + 3, as per FINA rules

3.2 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	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	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	Female	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered

3.3 Team Requirements

The Team Event is an Open event only. The definition of a Team for the purposes of this event is 1 Male and 1 Female diver. This Event shall comprise five (5) dives:

Female 1 dive from 3M and 1 dive from Platform, 1 dive restricted to dd of 2.0
 Male 1 dive from 3M and 1 dive from Platform, 1 dive restricted to dd of 2.0
 Team 1 Mixed Synchronised dive from either 3m or Platform

The individual dives may be done in any order and must cover 4 groups. The fifth dive is the Team dive.

4. Awards

For all Open events Gold, Silver and Bronze will be presented. Gold only will be presented to the Scottish (National) Champion provided that they are not also the Open Champion. When the Scottish and Open Champion is the same person, only one medal will be presented.

5. Provisional Programme of Events

Thursday

Men's & Women's 3m
Synchronised Final

Men's & Women's Platform
Synchronised Final

Friday

A/B Boys Platform Preliminary*
A/B Girls 3M Preliminary*
Senior Women 1m Preliminary
Senior Men 1m Preliminary
A/B Boys Platform Final*
A/B Girls 3M Final*
Women 1m Final
Men 1m Final

Saturday

A/B Boys 1m Preliminary*
A/B Girls Platform Preliminary*
Women Platform Preliminary
Men 3m Preliminary
A/B Boys 1m Final*
A/B Girls Platform Final*
Women Platform Final
Men 3m Final
Team Event

Sunday

A/B Boys 3m Preliminary*
A/B Girls 1m Preliminary*
Women 3m Preliminary
Men Platform Preliminary
A/B Boys 3m Final*
A/B Girls 1m Final*
Women 3m Final
Men Platform Final

*These events may run together, time permitting and depending on the number of entries.

Estimated finish on Sunday 4:30pm

Please note that the Final Programme of Events and timetable will be issued after all entries have been submitted.

6. Training Times

Training in the pool is available from 1:00pm until approximately 5:45pm on Thursday 30th November with Dryland available from 11am. Please contact Vicki Tomlinson on VickiTomlinson@edinburghleisure.co.uk or 07454 334243 to arrange training slots. On Friday, Saturday & Sunday there will be training from 7am (Dryland) and 8am (Pool).

Restricted training will be in place for 30 minutes prior to each event.

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 30th November at 2:00pm in the RCP Board Room. At least one representative from each Club is required to attend. A Judges meeting will follow the Technical Meeting.

9. Entries

Please send all entry forms (page 8) for the Scottish Championships 2017 to jane.ogden13@btinternet.com.

Before entering, please note that Scottish divers will automatically be entered for both National (N) and Open (O) events, unless expressly advised otherwise. This is treated as a single entry.

Closing date for entries is 12 noon on **Friday 3rd November 2017**.

Entry Fees:

£15 per individual event.

Alternatively,

£40 per 'category' - 1m, 3m and Platform in the same Category

Synchronised and Team 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 and there is also the 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 if your version is less than 7, you can download and install it from: <http://www.diverecorder.co.uk/dive/download.php>

Once you have installed or updated DiveSheets, run it and follow its prompts to download the Meet file "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 access the ADiveSheets online Help from the same page or from the link in the 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. Preliminaries & Finals Process

Further information regarding the Preliminary and Final process for National & Open events.

Open Finals qualifiers:

- The top 6 ranked Men and Women after the preliminary round go through to final
- The top 6 ranked in each Age Group after the preliminary round go through to the respective final

National Finals qualifiers:

- The top 3 ranked Men and Women after the preliminary round go through to final
- The top 3 ranked in each Age Group after the preliminary round go through to the respective final

For Senior Finals, no Preliminary scores will be carried forward.

For all Age Group events, the score of the tariff-restricted dives will be carried forward to the respective Final. The Finals will comprise the Optional, unrestricted tariff dives.



Scottish National & Open Diving Championships

Name of Club: _____

Contact Name: _____

Contact Number: _____

Address: _____

Email: _____

No. of Age Group Divers: _____

No. of Senior Divers: _____

No. of Officials: _____

Coaches Names: _____

Judges Names: _____

Arrival Date: _____

Total £ _____

Please return this form by **Friday 3rd November 2017**.

Email the information to: jane.ogden13@btinternet.com

Entry fees payable by BACs

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

**Please support this exciting event by bringing
lots of participants and spectators!
Join us on Facebook, Twitter & Instagram at
#ScottishDiving17**