



**Scottish  
Swimming**

**Diving**

Aberdeen  
**Sports Village**

# **The Thistle Trophy and Scottish National Age Group Diving Championships**

**18<sup>th</sup> - 20<sup>th</sup> May 2018**



**This event will incorporate the Scottish National Age Group Diving Championships for Groups A, B, C and D and the Thistle Trophy, Scotland's Novice Diving Meet.**

**Enclosed you will find general information, rules and provisional entry information for the event.**

## Venue Information

Aberdeen Sports Village  
Aquatics Centre, Regent Walk, Aberdeen, AB24 1SX  
Tel. 01224 438 900

\*Separate diving pool

1 x 0.75m Springboard

2 x 1m Springboards

3 x 3m Springboards

1 x 3m Platform

1 x 5m Platform

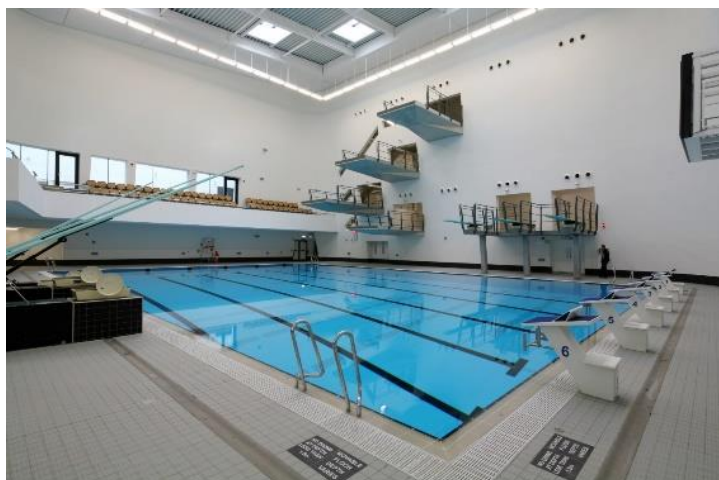
1 x 7.5m Platform

1 x 10m Platform

\*There will be limited access to a dryland facility throughout the weekend, exact times TBC. The dryland has one dry board, two trampolines, air track, somersault boxes and crashmats.

Divers must be supervised by a Level 2 Diving Coach in the dryland and pool.

There is a café area at the pool offering a selection of hot and cold snacks. Please note that teams will not be permitted to prepare their own food on venue.



## Entry Information

Provisional entry deadline – **Friday 6<sup>th</sup> April 2018**

Final entry deadline – **Friday 20<sup>th</sup> April 2018\***

**\* Due to time restrictions the organisers reserve the right to close entries before the official closing date should entries exceed the time available.**

No individual athlete entry forms. Only Team/Club entry forms accepted. Entry forms should be returned to Judy Wardlaw at:  
[judy@aberdeensportsvillage.com](mailto:judy@aberdeensportsvillage.com)

Entry fees will be £15 per individual event or alternatively, for the Age Group events, £40 '3 board price' (1m, 3m, platform).

Synchronised entry fees are £20 per pair.

Entry fees are payable by BACs  
You must Quote "6611 - Diving Entries *and your club name*" to  
83-27-09, 00292938

Payment should be made at time of submitting the final team/club entry form and fees are non-refundable once the final entry deadline has passed.

## Event Conditions

All ages will be taken at 31<sup>st</sup> December 2018

### **Thistle Trophy – Scottish Novice Meet**

Age Category F (7 years & under)

<b>Board</b>	<b>Dive</b>	<b>DD</b>
Poolside	Forward dive straight (101a)	1.0
	Back jump tuck with armswing (200c)	1.0
	Forward dive tuck (101c)	1.0
	Forward jump pike with armswing (100b)	1.0
1m / 3m	Bouncing forward jump straight (100a) – 1m	1.0
	Back jump straight with armswing (200a) – 1m	1.0
	Dive from list A or B – 1m	DD to count
	Line up from list D – 1m or 3m	DD as below



### Age Category E / D / C (8-9 years / 10-11 years / 12-13 years)

Board	Dive	DD
Poolside	Forward dive straight (101a)	1.0
	Back jump tuck with armswing (200c)	1.0
	Forward dive tuck (101c)	1.0
	Forward jump pike with armswing (100b)	1.0
1m	Bouncing forward jump straight (100a)	1.0
	Back jump straight with armswing (200a)	1.0
	1 dive from list A	DD to count
	1 dive from list B	DD to count
3m	Line up from list C	DD as below
	Line up from list C	DD as below
	Line up from list C	DD as below
	Line up from list C	DD as below

### Age Category B+ (14-18 years)

Board	Dive	DD
1m	4 optional dives from 3 groups (back fall dd 1.0)	DD as FINA, however, the tariff will be capped at 2.4
3m	2 optional dives from 2 groups	DD as FINA, however, the tariff will be capped at 2.4
	Line up from list C	DD as below
	Line up from list C	DD as below

**List A:** 101c (1.2) 101b (1.3) 103c (1.6) 103b (1.7) 401c (1.4) 401b (1.5)

**List B:** Back Fall Straight (1.0) 201c (1.5) 201b (1.6) 301c (1.6) 301b (1.7)

**List C:** Pike Fall (1.0) Sitting Tuck Roll (1.2) Forward Straight Fall (1.3) Back Fall Straight – hands on thighs (1.4) Back Tuck Roll (1.3) \*Back Fall Straight may be performed on 1m (1.0)

**List D:** 1m - Pike Fall (1.0) Back Fall Straight (1.0)

3m - Pike Fall (1.0) Sitting Tuck Roll (1.2) Forward Straight Fall (1.3) Back Fall Straight – hands on thighs (1.4) Back Tuck Roll (1.3)

**\*All forward and reverse skills in the novice events can be performed standing with a T armswing OR with 2 bounce start OR with a hurdle step**

There will be an overall team trophy for the Thistle Trophy team which 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.

## Scottish National Age Group Diving Championships

### Eligibility

If a competitor has competed at a Scottish or British Elite Junior or Senior Championships they are not eligible to compete at the Scottish National Age Group Diving Championships, except with written approval from the National Diving Committee when moving up an age group.

Category	Board Height	Event Conditions
Age Group D 10 and 11 years	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd)
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6dd)
	Platform (5m only)	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd)
Age Group C 12 and 13 years	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) <b>4 groups to be covered</b>
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) <b>4 groups to be covered</b>
	Platform (5m or 7.5m)	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) <b>4 groups to be covered</b>
Age Group B 14 and 15 years	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups (no limit)
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups (no limit)
	Platform (5m, 7.5m or 10m)	3 dives from 3 groups (5.7) + 3 dives from 3 groups no limit <b>4 groups to be covered</b>
Age Group A 16-18 years	1m	5 dives from 5 groups (9.0) + 3 dives from 3 groups no limit
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit
	Platform (5m, 7.5m or 10m)	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit

## Synchronised Events

There will be synchronised events held for competitors in both the Thistle Trophy and Age Group events.

Category	Board	Gender	Conditions
Thistle Trophy divers - no age category	1m	Pairs can be male, female or mixed	2 dives with an allocated dd of 2.0 + 2 optional dives <b>2 groups to be covered</b>
Age Group divers – no age category	3m	Pairs can be male, female or mixed	2 dives with an allocated dd of 2.0 + 3 optional dives <b>4 groups to be covered</b>

## Awards

The top three athletes from each Thistle Trophy event will be presented with medals.

Medals shall be awarded in all the Scottish National Age Group Championship competitions to the first three placed competitors in each competition and where different, to the first three placed Scottish competitors.

## Technical Meeting

Thursday 17th May at 19:30 in the Aquatics Meeting Rooms

## Training

Training in the pool is available from approximately 16:00 until 19:30 on Thursday 17th May. Please contact Judy Wardlaw on [judy@aberdeensportsvillage.com](mailto:judy@aberdeensportsvillage.com) or 079235 72591 to arrange training slots.

On Friday, Saturday & Sunday there will be training from 7:30am in the pool. Restricted training may be in place prior to each session. Further training availability will be confirmed after entries have been received and a detailed programme is available.



## Judging

All diving clubs/teams attending will be required to supply at least one judge. This is to ensure the smooth running of the event and to help us deliver the Thistle Trophy circuit competition and simultaneous Age Group events.

## 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 14<sup>th</sup> May 2018** (sheets may be changed up to 1 hour before the event start time).



## Coaches Social

There will be a social function for all coaches and officials on Saturday 19th May. A deposit of £25 per person is required to be paid in cash at the technical meeting. More details will follow.

## Deadlines

Final booking of University accommodation - **Sunday 1<sup>st</sup> April**

Provisional entry form – **Friday 6<sup>th</sup> April**

Final entry form – **Friday 20<sup>th</sup> April**

Payment for teams/clubs - **Friday 20<sup>th</sup> April**

Confirmation of attendance at coaches social - **Friday 20<sup>th</sup> April**

Dive sheets - **midnight Monday 14<sup>th</sup> May**

Pre book training - **Monday 14<sup>th</sup> May (ASAP)**

Signed dive sheets by 09:00 on the day of competition

## Provisional timetable

The final timetable will be confirmed after the final entry deadline. Events are subject to day and time changes. Please consider this when making travel arrangements.

### Friday, 18<sup>th</sup> May

<b>07:30</b>	<b>Training</b>
<b>08:50</b>	Age Group Boys C 1m Age Group Girls C Platform
	Novice Girls Group E Novice Boys Group E
<b>12:30</b>	<b>Training</b>
<b>13:00</b>	Age Group Boys D 1m Age Group Girls D 3m Novice Boys Group D
	Age Group Boys A/B 1m Age Group Girls A/B Platform
	Age Group Boys C 3m Age Group Girls C 1m
<b>18:20</b>	Novice 1m Synchro Age Group 3m Synchro
<b>19:20</b>	<b>Estimated finish</b>

### Saturday, 19<sup>th</sup> May

<b>07:30</b>	<b>Training</b>
<b>08:50</b>	Age Group Boys A/B Platform Age Group Girls A/B 3m Novice Boys and Girls Group F Novice Boys Group C
<b>12:40</b>	<b>Training</b>
<b>13:05</b>	Age Group Boys C Platform Age Group Girls C 3m Novice Girls Group C Age Group Boys D Platform Age Group Girls D 1m Novice Girls Group D
<b>18:05</b>	<b>Estimated finish</b>





**Sunday, 20<sup>th</sup> May**

<b>07:30</b>	<b>Training</b>
<b>08:40</b>	Age Group Boy A/B 3m Age Group Girls A/B 1m
	Novice Girls Group B+ Novice Boys Group B+
<b>12:25</b>	<b>Training</b>
<b>12:50</b>	Age Group Boys D 3m Age Group Girls D Platform
<b>14:10</b>	<b>Estimated finish</b>

- All Novice events will run in a circuit format
- All Age Group competitions will run as simultaneous events