

THE THISTLE TROPHY

Scotland's National Novice Diving Championships



**Saturday 3rd &
Sunday 4th December 2011
Olympia Leisure Centre, Dundee**

For more details contact:

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D I V I N G
SCOTTISH *swimming*

The Venue

Olympia Leisure Centre, Earl Grey Place, Dundee DD1 4DF

Tel. 01382 432300

The Event

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 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. No limit to number of teams per club. Points not allocated to non-qualifying divers will be awarded to the next highest placed diver(s)

Awards

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

The top club will win the Thistle Trophy for 2011.

Requirements

Age Group 7 and under

101c or push dive	Lochside	dd 1.0
2 Optional dives	1m	dd as FINA
Forward pike fall, hands grabbed	1m	dd 1.0

(Forward line-up may be repeated and a back fall may be used, dd 1.0)

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

101c	Lochside	dd 1.0
100a with hurdle step	1m	dd 1.0

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

DD as FINA (except if stated below)

101c	101b	201c	201b	020a (dd 1.0)	
301c	301b	401c	401b	103c	103b

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

Forward pike fall, hands grabbed	dd 1.0
Forward sitting tuck roll	dd 1.2
Back fall straight	dd 1.3
Crouching back tuck roll	dd 1.4

(Back line up is not essential)

Age Group 14- 18 Years

4 Optional dives from the following list covering 3 groups 1m

*101c(1.2) 101b(1.3) 103c(1.6) 103b(1.7) 401c(1.4) 401b(1.5) 402c(1.6) 403c(2.2)
201c(1.5) 201b(1.6) 301c(1.6) 301b(1.7) 5221d(1.7) 5122d(1.9) 202c(1.5) 203c(2.0)
(Repeats are allowed at 1.0)*

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

Forward pike fall, hands grabbed	dd 1.0
Forward sitting tuck roll	dd 1.2
Back fall straight	dd 1.3
Crouching back tuck roll	dd 1.4

Provisional Programme of Events

Training from 8am – Competition start time tbc

Saturday

Boys 7 and under
Girls 8/9
Boys 14 - 18

Lunch 12:00-14:00

Womens junior/senior 5m
Boys 10/11
Girls 10/11

Sunday

Girls 7 and under
Boys 12/13
Girls 14-18

Lunch 12:00-14:00

Mens junior/senior 5m
Boys 8/9
Girls 12/13

Please note that the platform events are closed (Scottish) and this timetable is subject to change depending on numbers.

Training Times

There may be training before and between events depending on numbers. If you require further training times please contact Kay Neale:
kay.neale119@btinternet.com

Entries

Please send us your **entries** by **Friday 18th November 2011**.
£8.00 per individual. Cheques payable to "Scottish Swimming"

Dive Sheets

Please use the **DiveSheets** program to submit your dive sheets by email
Please submit your sheets on or before **1st December 2011**. (Sheets may be changed 'on the day')

Accommodation

There are 4 hotels within walking distance from the pool

- ***Hilton Dundee hotel***
Earl Grey Place, Dundee, United Kingdom DD1 4DE
Tel: 44-1382-229271 Fax: 44-1382-200072
- **Premier Inn**
Discovery Quay, Riverside Drive,
Dundee DD1 4XA, United Kingdom
- **Travel lodge**
152-158 West Marketgait, Dundee, DD1 1NJ
- **Apex City Quay Hotel & Spa**
1 West Victoria Dock Road
Dundee DD1 3JP

