



**Scottish
Swimming**

Diving



#ScottishDiving2020

Scottish National Age Group Open Diving Championships & Thistle Trophy 2020

**Aberdeen Aquatics Centre, Regent
Walk, Aberdeen AB24 1SX**

1 – 3 May 2020



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

Venue: Aberdeen Aquatics Centre, Regent Walk, Aberdeen AB24 1SX **Tel:** 01224 438 900

Diving Facilities

Springboards 1 x 0.75m, 2 x 1m, 3 x 3m Platforms 1 x 3m, 1 x 5m, 1 x 7.5m, 1x 10m

There will be limited access to a dryland facility throughout the weekend, exact times TBC. The dryland has two dry boards, one trampoline, air track, somersault boxes and crashmats. Divers must be supervised by a Level 2 Diving Coach in the Pool and Dry Land area. Session Times will be advised.

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.

Training Times

Training in the pool is available from approximately 16:00 until 19:30 on Thursday 30th April. Please contact Judy Wardlaw on 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.

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 1 st May			
07:30	Training		
09:00	Age Group Boys D 3m	Novice Girls Group C	Age Group Boys & Girls A/B Platform
	Age Group Girls D Platform	Novice Boys Group E	
12:30	Training		
13:00	Novice Girls Group D	Age Group Boys C 3m	Age Group Girls C 1m
17:00	Novice 1m Synchro	Age Group 3m Synchro	
19:00	Estimated finish		
Saturday 2 nd May			
07:30	Training		
09:00	Age Group Boys & Girls A/B 1m	Novice Boys Group D	Novice Boys & Girls Group F
12:30	Training		
13:00	Age Group Girls C Platform	Age Group Boys C 1m	Novice Boys Group C
	Age Groups Boys D Platform	Age Group Girls D 1m	Age Group Boys & Girls A/B 3m
	Novice Girls Group E		
18:00	Estimated Finish		
Sunday 3 rd May			
07:30	Training		
08:45	Age Group Boys D 1m	Age Group Girls D 3m	Novice Girls Group B+ Novice Boys Group B+
12:15	Training		
12:45	Age Group Boys C Platform	Age group Girls C 3m	
14:10	Estimated finish		

Scottish National Age Group Open Diving Championships

All ages will be taken at 31 December 2020

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) 4 groups to be covered
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) 4 groups to be covered
	Platform (5m or 7.5m)	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) 4 groups to be covered
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 4 groups to be covered
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

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 Open Diving Championships, except with written approval from the National Diving Committee when moving up an age group

Thistle Trophy – Scottish Novice Meet

All ages will be taken at 31 December 2020

	Dive	DD
Age Category F (7 years & under)		
P/S	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
	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)		
P/S	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)		
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

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 2 groups to be covered
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 4 groups to be covered

Entries

Provisional entry deadline – **Friday 27th March**

Final entry deadline – **Friday 3rd April**

Entry and Summary Form

Entries will be by completion of official entry form, which is downloadable [here](#). Only official forms are acceptable (**please note there are two tabs for completion in the entry and summary form**)

Entry forms must be emailed to judy@aberdeensportsvillage.com and copy in malcolm@mdt.me.uk, the subject line should read **SNAGS 2020 (club name)**

Please ensure that you request a read receipt if you wish confirmation of entries being received

The summary form is in the second tab and should be completed once the entry form has been completed. The entry fees are as follows

£12 per individual event entered

£10 per diver for each Synchro event entered (£20 in total)

Entry fees are payable electronically to Scottish Swimming:

Quote “6611 – SNAGs and your club name” in the reference.

Sort Code: 83-27-09

Account: 09292938

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.

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

Dive Sheets

Dive sheets should be submitted 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: <https://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: <https://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: <https://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 **midnight Monday 27th April** (sheets may be changed up to 1 hour before the event start time).

Deadlines

Provisional entry form - **Friday 27th March**

Final entry form - **Friday 3rd April**

Payment for teams/ clubs - **Friday 3rd April**

Dive sheets - **midnight Monday 27th April**

Pre book training - **Monday 27th April (ASAP)**

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

Accommodation

Accommodation is available for teams to book at Aberdeen University Hillhead Campus. The rate for the accommodation would be £31.00 per person per night B&B (Inclusive of VAT) for single standard rooms with shared bathrooms facilities. There is a variety of flats available, each with 3 or 5 single bedrooms. Residential dinners are available and be booked - the cost for this is £12.50 plus VAT per person. Group bookings can be made by emailing summerconferencebookings@abdn.ac.uk

Technical Meeting

Thursday 30 April at 19:30 in the Aquatics Meeting Rooms located at the spectator seating area of the 50m swimming pool

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.

Awards & Presentations

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

Scottish National Age Group Open Diving Championships – All events are ‘open’ and, in accordance with SASA company rule 4.6.1, Gold, Silver and Bronze will be presented for all events. A Gold only will be presented to the Scottish (National) Champion provided that they are not also the Open Champion (i.e. when the Scottish and Open Champion is the same person, only one medal will be presented).

Eligibility to Compete

- 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
- All competitors must be registered with their National Federation to be eligible to compete
- To compete for a Scottish Club or Team at Scottish National Open Championships, competitors must be registered with the Scottish Amateur Swimming Association and must have paid their current registration fee
- Athletes with Scottish eligibility training outside Scotland and wishing to be considered for National Selection must be registered with Scottish Swimming (C3.5.1).

Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

Media & Photography Information

Throughout events, Scottish Swimming may have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Scottish Swimming after which the data will be removed.