



**Scottish  
Swimming**

**Synchro**

# **Synchronised Swimming Inter District Championships**

**Saturday 24<sup>th</sup> March, 2018**

**Aberdeen Sports Village, Aberdeen**

**Official Programme 2018**

# **Welcome to the Scottish Synchronised Swimming Inter District Championships 2018**

The Synchronised Swimming District Convenors would like to extend a very warm welcome to all our officials, competitors and parents for all their assistance and support today. This Competition is using a new format and we hope you will enjoy seeing more routines.

A special thank you must go to everyone for helping in the various ways to assist with the smooth running of this competition. We appreciate all the help given today by all our volunteers. Also thanks go to the staff at the Aberdeen Sports Village for allowing us the facilities for this event to take place.

## **Scottish Synchronised Swimming Convenors**

Scottish Chair	Mrs Phyllis McLean
North Convenor	Mrs Sharon Hamilton
East Convenor	Mrs Vicky Peakman
West Convenor	Mrs Marie Short
Midlands	Vacant

We ask that all mobile phones are switched off prior to the start of each session as this can interfere with the music system.

If you are using video or camera equipment, please ensure that you have signed in using the book provided.

## **Time Table**

**1.15pm – 1.35pm**

warm up 12 & under figures

**Junior/Senior elements**

**1.30pm - 1.45pm**

**Officials Meeting**

**1.45pm - 2.45pm**

**12 & Under Figure competition**

**Junior/Senior Elements**

**2.50pm - 3.10pm**

warm up 13/14/15/years

**3.10pm – 3.50pm**

**13/14/15years Figure Competition**

**(Two Panels)**

**3.50pm – 4.20pm**

**LUNCH**

**Routines**

**4.20pm-5.10pm**

**Solo (11)**

**5.15pm-6.00pm**

**Duet (12)**

**BREAK – Raffle**

Warm up for teams

**5mins per team in order of programme**

**6.25pm-6.45pm**

**Teams (4)**

**6.45pm**

**PRESENTATION OF AWARDS**

**All times are subject to change**

## Officials

<b>Referee:</b>	Elizabeth Bowman	
<b>Judges:</b>	Anne Kane	West
	Margo Wimberley	East
	Cath Fleming	East
	Wyn McFadyen	North
	Vicky Doughty	North
	Lynne Harper	West
	Irene Glen	East
	Rachel Harper	West
	Eva Akhter	East
	Linda Milne	East
	Viv Fleming	East
	Marie Short	West
<b>Chief Recorder:</b>	Phyllis McLean	Eleanor McEwan
	Fiona Steven	Daphne Smart
<b>Deck Marshall:</b>	Susan Anderson	
<b>Clerks of the Course:</b>	Julie McDonald-Simpson	
<b>Time Keepers:</b>	Alison Munns	Alison Footit
<b>Announcer:</b>	Sharon Hamilton	
<b>Music Controllers:</b>	Claire Tomnay	Vicky Peakman
<b>Callers:</b>	Amanda Davidson	Karen Campbell
<b>Video:</b>	Steve McGregor	
<b>Combination Team Checker:</b>	Susan Anderson	
<b>Programme/Raffle:</b>	Karen Price	

## Schedule of events

### FIGURE 12yrs and under

#### Compulsory Figures

1.	106	Straight Ballet Leg	1.6
2.	301	Barracuda	1.9

#### Group 1

3.	420	Walkover Back	1.9
4.	327	Ballerina	1.8

#### Figure Split

Figure 1	1 - 6	Figure 3	4 – 6, 1 - 3
Figure 2	2 - 6, 1	Figure 4	6, 1 - 5

#### Names

#### District

#### Order of appearance

1.	Hazel Hendry	North
2.	Lucy Foster	East
3.	Niamh Docherty	West
4.	Olivia Price	North
5.	Anna McGregor	North
6.	Emily Gill	West

### FIGURE 13,14,15yrs

#### Compulsory Figures

1.	423	Ariana	2.2
2.	143	Rio	3.1

#### Group 3

3.	355f	Porpoise Continuous Spin 720	2.2
4.	315	Seagull	2.1

#### Figure Split

Figure 1	1 - 19	Figure 3	10 – 19, 1 - 9
Figure 2	5 – 19, 1 - 4	Figure 4	15 – 19, 1 - 14

Names	District
<b>Order of appearance</b>	
1. Natalia Nowak	East
2. Niamh Peakman	East
3. Cara Tomnay	East
4. Sara Campbell	East
5. Charlotte Cavanagh	West
6. Amy Lind	West
7. Freya Clarkson	East
8. Amy Short	West
9. Baylee Harrison	East
10. Tabitha Steven	West
11. Catriona Munns	North
12. Sarah Thomson	North
13. Cale Flockhart	East
14. Corin Macdonald	North
15. Lana Wallace	West
16. Gabriella Smart	West
17. Mae Paterson	East
18. Kiku Konishi-Gaffney	East
19. Torri Bradley-Mowat	East

## FIGURE Junior/Senior Elements

### Compulsory Elements

#### Element 1

Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Thrust is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180° Spin is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly. [DD 2.3]

#### Element 2

From a **Vertical position**, a Twist Spin is executed. [DD 1.8]

#### Element 3

A Cyclone is executed to a **Vertical Position**, the legs are symmetrically lowered to a **Split Position**. A Walkover Front is executed. [DD 2.6]

#### Element 5

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed. [DD 2.5]

## Elements Split

Figure 1      1- 13  
Figure 2      3- 13, 1- 2

Figure 3      6 - 13, 1 - 5  
Figure 4      9 – 13, 1 - 8

### Names

#### Order of appearance

1. Caitlin Thompson
2. Ailish Douglas
3. Kirsten McEwan
4. Georgia Footitt
5. Aman Akhter
6. Bethany Thomas
7. Teagan Doughty
8. Ailsa Garbutt
9. Angela Carswell
10. Jennifer Shaw
11. Kara Blair
12. Paige Hendry
13. Niamh Peters

### District

East  
West  
West  
North  
East  
North  
North  
East  
West  
West  
West  
North  
North

## ROUTINES

**Solo**                      **12yrs and under solo**

### Names

#### Order of appearance

1. Lucy Foster
2. Anna McGregor
3. Emily Gill

### District

East  
North  
West

**Solo**                      **13,14,15yrs**

### Names

#### Order of appearance

1. Tabitha Steven
2. Corin Macdonald
3. Niamh Peakman

### District

West  
North  
East

**Solo Junior/Senior**

**Names**

**Order of appearance**

1. Teagan Doughty
2. Kirsten McEwan
3. Bethany Thomas
4. Ailish Douglas
5. Caitlin Thompson

**District**

North  
West  
North  
West  
East

**Duet 12yrs and under**

**Names**

**Order of appearance**

1. Emily Gill / Niamh Docherty
2. Anna McGregor / Hazel Hendry / Olivia Price

**District**

West  
North

**Duet 13,14,15 yrs**

**Names**

**Order of appearance**

1. Niamh Peakman / Cale Flockhart
2. Amy Short / Lana Wallace
3. Gabriella Smart / Tabitha Steven
4. Catriona Munns / Sarah Thomson
5. Baylee Harrison / Kiku Konishi-Gaffney

**District**

East  
West  
West  
North  
East

**Duet Junior/Senior**

**Names**

**Order of appearance**

1. Ailsa Garbutt / Aman Akhter
2. Georgia Footitt / Paige Hendry
3. Ailish Douglas / Kirsten McEwan
4. Jennifer Shaw / Kara Blair
5. Bethany Thomas / Niamh Peters

**District**

East  
North  
West  
West  
North



## Free Teams 13,14,15 yrs

Names	District
-------	----------

Order of appearance	
---------------------	--

- |                                                                                                                                                                |      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1. Amy Lind /Amy Short<br>Charlotte Cavanagh / Gabriella Smart<br>Lana Wallace / Tabitha Steven                                                                | West |
| 2. Cara Tomnay / Cale Flockhart<br>Freya Clarkson /Kiku Konishi-Gaffney<br>Mae Paterson / Natalia Nowak<br>Niamh Peakman/ Sara Campbell<br>Torri Bradley-Mowat | East |

## Free Team Junior/Senior

Names	District
-------	----------

Order of appearance	
---------------------	--

- |                                                                                                                        |       |
|------------------------------------------------------------------------------------------------------------------------|-------|
| 1. Bethany Thomas / Georgia Footitt<br>Niamh Peters / Paige Hendry<br>Teagan / Corin Macdonald<br>Felicity Cruickshank | North |
| 2. Ailish Douglas / Angela Carswell<br>Jennifer Shaw / Kirsten McEwan<br>Kara Blair                                    | West  |

## Results

### The Elizabeth Hamilton Trophy

Winning District \_\_\_\_\_

#### Marking & Awards

The marks gained in each age group figure event will be averaged by the number of swimmers entered in the age group and added together with the final scores gained in each Age group -Solo, Duet and Free team. The winning District shall receive the Elizabeth Hamilton Trophy

Medals shall be awarded 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> in each event



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Scottish Government  
Mairi Gormley MSc  
gov.scot

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CHAMPIONSHIPS  
GLASGOW 2018





Scottish  
Swimming

# Scottish Swimming Awards

Saturday 29th September 2018

Radisson Blu Hotel, 301 Argyle Street,  
Glasgow G2 8DL

2017 was a sell-out year for the Scottish Swimming Awards event. For 2018 we are heading to Glasgow to the iconic Radisson Blu Hotel, for what we are sure will be, another great night to remember.

Our performance athletes will have enjoyed a busy year with the Gold Coast 2018 Commonwealth Games and Glasgow 2018 and we hope that the night will offer great opportunities to celebrate medal success with them. The night will also highlight the fantastic work and commitment carried out across Scotland, day in day out by our athletes representing all disciplines, their coaches, clubs, our partners and of course our dedicated army of volunteers who continue to support them on their journey.

Tickets are available, so book now and secure a place at one of the best awards events of the year.

**BOOK NOW**

**Tickets** £55 per person (including Dinner & Drinks)  
**From** Book by email [m.orr@scottishswimming.com](mailto:m.orr@scottishswimming.com)

**Dress** Black tie

[scottishswimming.com](http://scottishswimming.com)