



**BOARDWORKS & BC DIVING**  
present

**2015 BRITISH COLUMBIA  
SUMMER PROVINCIAL DIVING  
CHAMPIONSHIPS**

May 29, 30 & 31, 2015  
Saanich Commonwealth Place  
Victoria, BC  
CANADA

<b><u>Meet Manager:</u></b>	Lisa Boog						
<b><u>Dates</u></b>	Friday, May 29, Saturday, May 30 & Sunday, May 31, 2015.						
<b><u>Venue</u></b>	Saanich Commonwealth Place 4636 Elk Lake Drive. Victoria, British Columbia V8Z 5M1 CANADA						
<b><u>Facility</u></b>	Four 1 metre springboards Two 3 metre springboards One 1 metre platform Full platform complex with 3, 5, 7.5, and 10 metre platforms						
<b><u>Eligibility &amp; Rules</u></b>	<p>All Diving Plongeon Canada, USA Diving or other registered members of Federations affiliated with FINA divers may attend. (Per FINA Rule GR 3.1, all entries received from outside Canada must be a member of a FINA-affiliated organization. This applies to athletes, coaches, officials and any other team members).</p> <p>Age-group determination is the diver's age as of December 31st, 2015.</p> <p>Diving Plongeon Canada rules will apply to all events.</p> <p>This is a Junior National Qualifying event.</p> <p>There will be no cuts in any event.</p> <p>Each DPC event will be given at least 30 minutes warm-up prior to the start of the event. All Novice event participants can warm-up during the 30-minute DPC event warm-up for their age-group and will be given a 5 minute warm-up prior to the start of their event. Where one side of the pool is finished before the other, that side will be open for quiet warm-up. The Technical Director reserves the right to close down a side for warm-up if he deems it to be too noisy or disruptive to an event on the other side. Springboards will be open during platform warm-up and vice-versa.</p> <p>Events may run up to 1 hour ahead of the scheduled and posted times. A revised final schedule will be distributed upon the arrival of the teams.</p> <p>Divers may only dive one age group with the following exceptions: E group divers may compete in D springboard and platform events.</p>						
<b><u>Entries</u></b>	<p>All entries and fees must be received no later than <b>Wednesday, May 20, 2015</b>. Entries may be mailed, faxed or e-mailed to:</p> <table> <tr> <td>BOARDWORKS</td> <td>250 - 479 - 0330 tel.</td> </tr> <tr> <td>4636 Elk Lake Drive</td> <td>250 - 744 - 3542 fax.</td> </tr> <tr> <td>Victoria, BC V8Z 5M1</td> <td>boardworksinfo@shaw.ca</td> </tr> </table>	BOARDWORKS	250 - 479 - 0330 tel.	4636 Elk Lake Drive	250 - 744 - 3542 fax.	Victoria, BC V8Z 5M1	boardworksinfo@shaw.ca
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4636 Elk Lake Drive	250 - 744 - 3542 fax.						
Victoria, BC V8Z 5M1	boardworksinfo@shaw.ca						

### Entry Fees

**\$25.00** Cdn Diver Registration Fee

**\$25.00** Cdn Event Fee per event.

Deck Entries are \$35.00 Cdn per event per diver. Deck entries will be accepted up until one hour prior to the beginning of the event.

### Dive Sheets

All dive sheets must be submitted electronically using **Dive Sheet Generator**. Dive sheets must be submitted 24 hours prior to the event. To download a copy of Dive Sheet Generator, please visit [http://www.integrationsports.net/diving/ds\\_download\\_diver\\_canada.html](http://www.integrationsports.net/diving/ds_download_diver_canada.html).

### Awards

Medals for the top three finishers in all DPC events.

Ribbons for 4th to 6th place in all DPC events.

Medals for the top three BC finishers in all DPC events.

Ribbons for top six finishers in all Novice events.

## General Rules: Groups D, C, B & A

### 1. Compulsories (Dives with limited D.D.)

1. Must be head first (Exception - Group C and Group D divers will be allowed feet-first entries on twisting compulsory only)
2. In group C and D, the back and reverse dives will be only performed in tuck and/or pike position

### 2. Forward Spinning Dives

1. Refers to somersaulting dives from group 1 and 4

### 3. Back Spinning Dives:

1. Refers to somersaulting dives from group 2, group 3, group 62x and group 63x.
2. A minimum of two (2) somersaults required for 62x and 63x to be considered as back spinning
3. All back spinning dives must be performed in a tuck or a pike position

### 4. Twisting Dives

1. Group 1 and 4 twisting dives must have a minimum of one (1) somersault and one (1) twist
2. The amount of twist must be an even number
3. Group 2 and 3 twisting dives must have a minimum of one (1) somersault and ½ twist
4. The amount of twist must be an odd number

## Special DDs: Groups D, C, B & A

### For Groups C & D

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
201	C & B	1.5	1.7	1.6	1.8
301	C & B	1.6	1.8	1.7	1.9

### For All Age-Groups

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
404	C			2.4	

## Dive Requirements by Age Group

### Girls & Boys E 1m

6 dives

100A front jump straight with a hurdle  
200A back jump straight  
4 additional dives from 3 groups

All dives are assigned a DD of 1.8

### Girls & Boys E 3m

6 dives

001 standing forward entry  
002 standing backward entry  
100B front jump pike with a hurdle  
3 additional dives from 3 groups

All dives are assigned a DD of 1.9

### Girls & Boys D 1 metre

Must cover groups 1 through 4. Group 5 may be used.

7 dives

4 compulsory dives

DD Limit 7.0

201 or 301 mandatory. C or B position only.

3 optional dives

3 groups covered

One of the 3 optionals must be back spinning

Only one of the 3 optionals can be foot first

### Girls & Boys D 3 metre

Must cover groups 1 through 4. Group 5 may be used.

7 dives

4 compulsory dives

DD Limit 7.6

201 or 301 mandatory. C or B position only.

3 optional dives

3 groups covered

One of the 3 optionals must be back spinning

Foot first entry only allowed on 404

### Girls & Boys D Platform

Only 5m or 7.5m may be used.

Must cover 5 groups

Must perform a dive from Group 6

6 dives

4 compulsory dives

DD Limit 7.6

2 optional dives

2 groups covered

One of the 2 optionals must be back spinning

Foot first entries only allowed on 404

### Girls & Boys C 1 metre

Must cover 5 groups.

8 dives                      5 compulsory dives

3 optional dives

5 group covered

DD Limit 9.0

201 or 301 mandatory. C or B position only.

3 groups covered

One of the 3 optionals must be forward spinning

One of the 3 optionals must be back spinning

Feet first entries only allowed on forward spinning with a minimum of 2 ss and dives from Group 5

### Girls & Boys C 3 metre

Must cover 5 groups.

8 dives                      5 compulsory dives

3 optional dives

5 group covered

DD Limit 9.5

201 or 301 mandatory. C or B position only.

3 groups covered

One of the 3 optionals must be forward spinning

One of the 3 optionals must be back spinning

Foot first entries only allowed on Group 4 spinning with a minimum of 2 ss.

### Girls & Boys C Platform

Only 5m or 7.5m may be used.

Must cover 5 groups

Must perform a dive from Group 6

7 dives                      4 compulsory dives

3 optional dives

DD Limit 7.6

3 groups covered

One of the 3 optionals must be back spinning

Foot first entries only allowed on 404

**Group B Girls 1 metre**

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.0

DD minimum 8.5

One of the 4 optionals must be from Group 3

Foot first entries only allowed on Group 4 spinning with a minimum of 2 ss.

**Group B Girls 3 metre**

No foot first entries

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.5

4 group smust be covered

DD minimum 9.4

One of the 4 optionals must be from Group 3

**Group B Girls Platform**

5m, 7.5m &amp; 10m may be used

Minimim 2 of 7 dives must be performed on 10 metre

No foot first entries

7 dives

4 compulsory dives

3 optional dives

4 groups covered

DD limit 7.6

3 group smust be covered

DD minimum 7.2

201 &amp; 301 cannot be used as an optional

One of the 3 optionals must be back spinning

**Group B Boys 1 metre**

No foot first entries

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.0

DD minimum 9.2

One of the 4 optionals must be from Group 3

**Group B Boys 3 metre**

No foot first  
entries

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.5

4 group smust be covered

DD minimum 9.9

One of the 4 optionals must be  
from back spinning with a  
minimum of 2.5 ss

**Group B Boys Platform**

5m, 7.5m & 10m may be used

Minimim 2 of 8 dives must be performed on 10 metre

Must cover 6 groups

No foot first entries

8 dives

4 compulsory dives

4 optional dives

4 groups covered

DD limit 7.6

4 group smust be covered

DD minimum 9.5

201 & 301 cannot be used as an  
optional

Two of the 4 optionals must be  
back spinning.

One of the back spinning must be  
from Group 3

**Group A Girls 1 metre**

10 dives

5 compulsory dives

5 optional dives

5 groups covered

DD limit 9.0

DD minimum 11.4

Must cover 5 groups

Foot first entries only allowed on  
Group 5

**Group A Girls 3 metre**

No foot first  
entries

10 dives

5 compulsory dives

5 optional dives

5 groups covered

DD limit 9.5

5 groups must be covered

DD minimum 13.1



### Group A Girls Platform

5m, 7.5m & 10m may be used

Minimum 6 of 8 dives must be performed on 10 metre or 4 optionals on 10 metre

No foot first entries

Must cover 5 groups

8 dives

4 compulsory dives

4 groups covered

DD limit 7.6

4 optional dives

4 groups covered

DD minimum 9.8

201 & 301 cannot be used as an optional

One of the 4 optionals must be back spinning

### Group A Boys 1 metre

No foot first entries

10 dives

5 compulsory dives

5 groups covered

DD limit 9.0

5 optional dives

5 groups covered

DD minimum 12.2

### Group A Boys 3 metre

No foot first entries

10 dives

5 compulsory dives

5 groups covered

DD limit 9.5

5 optional dives

5 group smust be covered

DD minimum 13.5

Groups 2, 3 & 4 must be a minimum of 2/5 ss

### Group A Boys Platform

5m, 7.5m & 10m may be used

Minimum 7 of 9 dives must be performed on 10 metre or 5 optionals on 10 metre

Must cover 6 groups

No foot first entries

9 dives                      4 compulsory dives

5 optional dives

4 groups covered

DD limit 7.6

4 groups must be covered

DD minimum 12.5

201 & 301 cannot be used as an optional

Two of the 5 optionals must be back spinning

One of the back spinning must be from 10 metre

One of the 5 optionals must be from Group 6

### Women's Open 1m,3m & Platform

5 dives                      5 optional dives

Must cover 5 groups

### Men's Open 1m,3m & Platform

6 dives                      6 optional dives

Must cover 5 groups on springboard & 6 on platform

5 dives                      5 optional dives

Must cover 5 groups

### BC DIVING NOVICE (N) JUNIOR DIVE REQUIREMENTS 2015

Boys & Girls E 1m	6 dives	100 A front jump with hurdle	All dives have a DD of 1.8
		200 A back jump layout	
		4 additional dives from 3 groups	
Boys & Girls E 3m	6 dives	Standing forward entry	All dives have a DD of 1.9
		Standing backward entry	
		Front jump pike with hurdle	
		3 additional dives from 3 groups	
Boys & Girls D 1m & 3m	7 dives	4 compulsory dives	DD limit 7.2 on 1m & 7.6 on 3m
		3 optional dives	
Boys & Girls D Platform	6 dives	4 compulsory dives	DD limit 7.6
		2 optional dives	
Boys & Girls C 1m	8 dives	5 compulsory dives	Compulsory DD limit 9.0
		3 optional dives	
Boys & Girls C 3m	8 dives	5 compulsory dives	Compulsory DD limit 9.5
		3 optional dives	
Boys & Girls C Platform (Only 5m & 7.5m platforms)	7 dives	4 compulsory dives	Compulsory DD limit 7.6
		3 optional dives	
Boys & Girls B 1m	9 dives	5 compulsory dives	Compulsory DD limit 9.0
		4 optional dives	
Boys & Girls B 3m	9 dives	5 compulsory dives	Compulsory DD limit 9.5
		4 optional dives	
Boys B Platform (5, 7.5 & 10m)	8 dives	4 compulsory dives	Compulsory DD limit 7.6
		4 optional dives	
Girls B Platform (5, 7.5 & 10m)	7 dives	4 compulsory dives	Compulsory DD limit 7.6
		3 optional dives	
Boys & Girls A 1m	10 dives	5 compulsory dives	Compulsory DD limit 9.0
		5 optional dives	
Boys & Girls A 3m	10 dives	5 compulsory dives	Compulsory DD limit 9.5
		5 optional dives	
Girls A Platform	8 dives	4 compulsory dives	Compulsory DD limit 7.6
		4 optional dives	
Boys A Platform	9 dives	4 compulsory dives	Compulsory DD limit 7.6
		5 optional dives	
		Must cover 6 groups	

**HOTEL  
LOCATED NEXT DOOR  
TO THE POOL!**



Howard Johnson Hotel and Suites  
4670 Elk Lake Drive  
Victoria, BC

Reservations: 1-866-300-4656

Or

Sandman Inn  
2852 Douglas Street  
Victoria, BC

For reservations call:  
1-888-388-9787  
1-250-388-0788

Accent Inn  
3233 Maple Street  
Victoria, BC

For reservations call:  
250-475-7500



# 2015 BC SUMMER PROVINCIALS SCHEDULE OF EVENTS

THURSDAY, MAY 28	
4:00pm - 7:00pm	Open Practice (**Dryland available at 3:00pm)

FRIDAY, MAY 29	
10:00am - 11:00am	Open Practice
11:00am - 11:30am	Closed Practice
11:30am	Girls B 1-metre Prelim(DPC)      Boys B 3-metre Prelim(DPC)
	Boys & Girls D Platform(DPC)
	Girls A 1-metre Prelim(DPC)      Boys A 3-metre Prelim(DPC)
	Boys & Girls C Platform(DPC)
	Girls B 1-metre Final(DPC)      Boys B 3-metre Final(DPC)
	Girls A 1-metre Final(DPC)      Boys A 3-metre Final(DPC)
	Womens Open 1-metre      Mens Open 3-metre

SATURDAY, MAY 30	
7:30am - 8:30am	Open Practice
8:30am - 9:00am	Closed Practice
9:00am	Boys & Girls E 1-metre
	Boys D 1-metre(DPC)      Girls D 3-metre(DPC)
	Boys D 1-metre(N)      Girls D 3-metre(N)
	Boys B 1-metre Prelim(DPC)      Girls B 3-metre Prelim(DPC)
	Boys B & A 1-metre (Novice)      Girls B & A 3-metre (Novice)
	Boys & Girls A Platform(DPC)
	Girls C 1-metre(DPC)      Boys C 3-metre(DPC)
	Girls C 1-metre(N)      Boys C 3-metre(N)
	Boys B 1-metre Final(DPC)      Girls B 3-metre Final(DPC)
	Mens & Womens Open Platform

SUNDAY, MAY 31	
7:30am - 8:30am	Open Practice
8:30am - 9:30am	Closed Practice
9:00am	Boys & Girls E 3-metre
	Girls D 1-metre(DPC)      Boys D 3-metre(DPC)
	Girls D 1-metre(N)      Boys D 3-metre(N)
	Boys A 1-metre Prelim(DPC)      Girls A 3-metre Prelim(DPC)
	Girls B & A 1-metre (N)      Boys B & A 3-metre (N)
	Boys & Girls B Platform(DPC)
	Boys A 1-metre Final(DPC)      Girls A 3-metre Final(DPC)
	Boys C 1-metre(DPC)      Girls C 3-metre(DPC)
	Boys C 1-metre(N)      Girls C 3-metre(N)
	Men's Open 1-metre      Women's Open 3-metre

## 2015 BC SUMMER PROVINCIALS - REGISTRATION DPC

<b>Club:</b>		<b>Coach:</b>					<b>Telephone:</b>				
<b>Address:</b>							<b>E-mail:</b>				
				<b>Age Group Events</b>			<b>Open Events</b>			<b>Fees</b>	<b>\$\$\$</b>
<b>Diver's Name</b>	Age Group	M	F	1m	3m	plat	1m	3m	plat	See fee schedule	<b>TOTAL</b>
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
<b>GRAND TOTAL</b>											

**DEADLINE FOR ENTRIES: WEDNESDAY, MAY 20, 2014**

4636 Elk Lake Drive  
 Victoria, British Columbia  
 CANADA V8Z 5M1

tel: 250-479-0330  
 fax: 250-744-3542  
 e-mail: boardworksinfo@shaw.ca

## 2015 BC SUMMER PROVINCIALS - REGISTRATION NOVICE

<b>Club:</b>		<b>Coach:</b>				<b>Telephone:</b>					
<b>Address:</b>							<b>E-mail:</b>				
				<b>Age Group Events</b>			<b>Open Events</b>			<b>Fees</b>	<b>\$\$\$</b>
<b>Diver's Name</b>	<b>Age Group</b>	<b>M</b>	<b>F</b>	<b>1m</b>	<b>3m</b>	<b>plat</b>	<b>1m</b>	<b>3m</b>	<b>plat</b>	<b>See fee schedule</b>	<b>TOTAL</b>
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
<b>GRAND TOTAL</b>											

**DEADLINE FOR ENTRIES: WEDNESDAY, MAY 20, 2014**

**4636 Elk Lake Drive  
 Victoria, British Columbia  
 CANADA V8Z 5M1**

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 fax: 250-744-3542  
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