



*Irene MacDonald Memorial Invitational  
June 13-14, 2015  
Vancouver Aquatic Centre – Vancouver, Canada*



**Meet Director:** Jayne McDonald

**Venue:** **Vancouver Aquatic Centre**  
 1050 Beach Avenue  
 Vancouver, BC Canada  
 604-665-3424

**Facility:** Class "A" Facility  
 2 X 1 meter and 2 X 3 meter springboards  
 5, 7, and 10 meter platforms

**Rules/Eligibility:** [FINA rules](#) will apply for Masters events.  
 BC Diving Tier 2/3 rules will apply for Tier 2/3.

**Entry Fees:** **Registration-** \$30 Meet Registration (includes all food)  
**Event-** \$15 Per Event

**Awards:** Medals: Gold, Silver, Bronze and ribbons to 6<sup>th</sup> place  
 2015 Grand Prix Awards for Tier 2 will be presented.

**Schedule:**

Time/Date	1 metre	3 metre	Tower
<b>Saturday, June 13</b>			
<b>8-9 am</b>	<b>General Practice</b>		
<b>9 am</b>	<b>Tier 3 Boys &amp; Girls D,E,F</b>	<b>Tier 3 Boys &amp; Girls C,B,A</b>	
	<b>Tier 2 Boys &amp; Girls C,B,A</b>	<b>Tier 2 Boys &amp; Girls D,E,F</b>	
<b>12 pm</b>	<b>Open Practice – Masters</b>		
Date/Time	1m	3m	Tower
	<b>Masters – Men &amp; Women</b>		
		<b>Novice Masters</b>	
			<b>Masters M/W Platform</b>

<b>Sunday, June 23</b>			
<b>8-9 am</b>	<b>General Practice</b>		
<b>9 am</b>	<b>Tier 3 Boys &amp; Girls C,B,A</b>	<b>Tier 3 Boys &amp; Girls D,E,F</b>	
	<b>Tier 2 Boys &amp; Girls D,E,F</b>	<b>Tier 2 Boys &amp; Girls C,B,A</b>	
	<b>Tier 2 Mixed Synchro – 3m *New*</b>		
<b>12 pm</b>	<b>Open Practice - Masters</b>		
		<b>Masters – Men &amp; Women</b>	
	<b>Novice Masters -M&amp;W</b>		

*\*There will be a minimum 15 minute warm-up per event and the springboard events may be run simultaneously. Events will be combined if numbers are small and will be separated if numbers are larger than anticipated.*

**Dive Sheets:** All Dive sheets must be handed in at start of competition on Saturday, June 13 – no exceptions.

**Registration:** Register by email  
[jayne@bcdiving.ca](mailto:jayne@bcdiving.ca)  
**Deadline: June 5, 2015**  
 Payment accepted by VISA or cheque (\$US taken at par)

**Hotel:** Due to one of the largest conventions happening in Vancouver as well as the FIFA Cup there is a shortage of rooms. I have been able to secure a few rooms at the Holiday Inn Downtown Vancouver – Please ask for BC Diving sport rate.  
 Deluxe – 2 double beds - \$199/ngt.

- Rules:**
- Synchro 3m **\*New\***
  - Teams can be mixed or same gender
  - 5 dives
  - must cover 3 groups
  - pinwheel dives allowed

**TIER II RULES:**

<b>Age Groups:</b> (Age as of Dec. 31 <sup>st</sup> of current year)	<b><u>Canadian Tier II Novice Nationals</u></b>
<b>Group F</b> 7 & Under	1m (5 Dives) □ 100A, 001B, 200A or 002A, + 2 Dives (2 directions) 3m (4 Dives) □ 100A, 001D, 200A or 002D, + 1 Dive
<b>Group E</b> 8 - 9	1m (6 dives) □ 100A, 001B, 200A or 002A, + 3 Dives (2 Dir., no limit) 3m (5 dives) □ 100A, 001D, 002D, + 2 dives (2 Dir., no limit)
<b>Group D</b> 10 - 11	1m (5 dives) □ 3 Dives with 5.4 d.d. limit, 2 dives without d.d. limit (3 Dir) 3m (5 dives) □ 001D or 002D, 2 dives with 3.8 d.d. limit, 2 dives without d.d. limit (3 Dir)
<b>Group C</b> 12-13	1m (6 dives) □ 3 dives with 5.4 d.d. limit, 3 dives without d.d. limit (4 Dir) 3m (5 dives) □ 3 dives with 5.7 d.d. limit, 2 dives without d.d. limit (3 Dir)
<b>Group B</b> 14-15	1m (7 dives) □ 4 dives with 7.2 d.d. limit, 3 without d.d. limit (4 Dir) 3m (6 dives) □ 3 dives with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)
<b>Group A</b> 16-18	1m (8 dives) □ 4 dives with 7.2 d.d. limit, 4 without d.d. limit (4 Dir) 3m (7 dives) □ 4 dives with 7.6 d.d. limit, 3 without d.d. limit (4 Dir)
<b>Notes:</b>	<ul style="list-style-type: none"> <li>• Divers fully qualified for the Junior National Championships on any board are not eligible to compete at the Tier II Championships.</li> <li>• All Jumps are D.D. 1.0</li> <li>• Above, dives specified as 'Dives' must not be jumps or fall-ins.</li> <li>• Dives in position D means you can choose the position, but you <b>must</b> specify the choice.</li> <li>• D.D. Changes: 1m 201c = 1.7 201b = 1.6 201a = 1.5                      1m 301c = 1.8 301b = 1.7 301a = 1.6                      3m 201c = 1.9 201b = 1.8 201a = 1.7                      3m 301c = 2.0 301b = 1.9 301a = 1.8                      1m 001b = 1.1                      1m 002a = 1.1                      3m 001c = 1.3 001b = 1.2 001a = 1.1                      3m 002c = 1.4 002b = 1.3 002a = 1.2</li> </ul>

001 = Front fall-in    002 = Back Fall-in    D = choice of position, **pos. must be specified**

### Tier III – Rules

Eligibility: Open to any diver that has not competed in a Tier 1 competition in the current or previous competitive season. This level is intended to be an introduction to competition with a focus on basic skills, fun and participation. Divers are not permitted to dive in multiple Tier levels on the same board. In the Dives without Limit section a dive number cannot be repeated Example: 101A and 101C cannot be both used in Dives without Limit Dives with limit may be repeated **once** in the Dives without Limit section in a different position (Maximum of one repeat per type of jump or fall in) Example: if 100A was used in the dives with limit section then it can be repeated once in a different position. No balks called Spotting a diver is permitted Hands may be above or below the head on foot first entries In all age groups, re-dives will be permitted in place of a failed dive

**D.D's** – All Jumps = 1.0 All Fall-ins = 1.5 All Dives = 2.0

<u>Age Group</u>	<u>Dives With Limit</u>	<u>Dives Without Limit</u>
Group F 7 & Under (Total 4 dives)	Any 3 of: Front Jump (100) Back Jump (200) Front Fall in (001) Back Fall in (002)	1 -Dives with limit may be repeated once in a different position
Group E 8-9 (Total 5 dives)	Any 3 of: Front Jump (100) Back Jump (200) Front Fall in (001) Back Fall in (002)	2 -The same dive number may not be used twice -Dives with limit may be repeated once per group in a different position
Group D 10 - 11 (Total 5 dives)	Any 2 of: Front Jump (100) Back Jump (200) Front Fall in (001) Back Fall in (002)	3 -The same dive number may not be used twice -Dives with limit may be repeated once per group in a different position
Group C 12-13 (Total 5 dives)	Any 2 of: Front Jump (100) Back Jump	3 - The same dive number may not be used twice -Dives

	(200) Front Fall in (001) Back Fall in (002)	with limit may be repeated once per group in a different position
Group Open 14 and up (Total 6 dives)	Any 2 of: Front Jump (100) Back Jump (200) Front Fall in (001) Back Fall in (002)	4 - The same dive number may not be used twice -Dives with limit may be repeated once per group in a different position

### Novice Masters Rules

Age Group	Women (1m&3m)	Men (1m & 3m)	Platform (5m only)
18-29	4 dives	4 dives	4 dives
30-49	"	"	"
50+	"	"	"
May use 100 & 200 as well as 001 & 002.			
Maximum rotation of 1.5 rotations			
Max. D.D. 2.0			

### MASTERS DIVING RULES

**MD 1** The Diving Rules in Part V of this Handbook shall apply to Masters Diving with the following exceptions.

**MD 1.1** The diver can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25 – 69 years, each dive performed has different dive number (as to FINA Handbook).

In age groups 70 – 80 + dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

**MD 2** Springboard Diving - Men and Women (1 metre and 3 metre)

#### MD 2.1 Age groups:

Age groups for Men and Women:

Age Group (years)	Total number of dives required	
	Men	Women
25 – 29	7	6

30 – 34	7	6
35 – 39	7	6
40 – 44	7	6
45 – 49	7	6
50 – 54	6	5
55 – 59	6	5
60 – 64	6	5
65 – 69	6	5
70 – 74	5	4
75 – 79	5	4
80 +	4	3

(five years age groups as long as necessary)

### **MD 3 Platform Diving**

Women and Men (5 metre, 7.5 metre, or 10 metre)

#### **MD 3.1 Age groups for Men and Women:**

<b>Age Group (years)</b>	<b>Total number of dives required</b>	
	<b>Men</b>	<b>Women</b>
25 – 29	6	6
30 – 34	6	6
35 – 39	6	6
40 – 44	6	6
45 – 49	6	6
50 – 54	5x	5x
55 – 59	5x	5x
60 – 64	5x	5x
65 – 69	5x	5x
70 – 74	4x	4x
75 – 79	4x	4x
80 +	3x	3x

(five years age groups as long as necessary)

(x) 10m limited: Only feet first entries are allowed from the 10m platform and any performed dive from the 10m must not exceed degree of difficulty of 2.0.

