



BC DIVING
presents

**2015 BRITISH COLUMBIA
WINTER PROVINCIAL DIVING
CHAMPIONSHIPS**

February 20-22, 2015
Vancouver Aquatic Centre
Vancouver, BC
CANADA

Meet Manager Jayne McDonald/Lisa Breure
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Dates Friday, Feb. 20, Sat. Feb. 21, & Sunday, Feb. 22, 2015

Host & Venue BC Diving - Vancouver Aquatic Centre
1050 Beach Ave.
Vancouver, British Columbia
604-531-5576 Fax. 604-542-0387

**Technical:
Facility** Bev Boys Email: boys.bev@gmail.com
Two 1 metre springboards
Two 3 metre springboards
Full platform complex with 5, 7.5, and 10 metre platforms

Sanctioned by: Diving Plongeon Canada/BC Diving
2015 National Jr. Qualifier, 2015 Sr. National Qualifier

Eligibility & Rules 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).

Age-group determination is the diver's age as of December 31st, 2014

Diving Plongeon Canada rules will apply to all events.

This is a Junior National Qualifying event.

Age Groups: E - Divers born in 2006 or later
D - Divers born in 2004 or later
C - Divers born in 2002 or 2003
B - Divers born in 2000 or 2001
A - Divers born in 1997, 1998 or 1999
OPEN - Any age

There will be no cuts. Group A & B will have Prelims consisting of a full list of dives, and Finals which will be optionals only on the 1 & 3 metre only. The score from the Preliminary first 5 compulsories will be added to the final optional dives. 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.

Divers may only dive one age group with the following exceptions: E group divers may compete in D springboard and platform events.

NOTE: CADA, and Novice entries must be done on separate forms, indicating Novice or CADA, thanks.

Each club, please bring registration fees and signed dive sheets to registration on Friday.

Entries

All entries and fees must be received no later than **Monday, Feb. 9, 2015**. Entries may be faxed or e-mailed to:

BC Diving
Email: jayne@bcdiving.ca
Fax: (604)542-0387

Entry Fees

\$30.00 Cdn Diver Registration Fee (includes \$5 official's fee)

\$20.00 Cdn Event Fee per event.

Deck Entries are \$25.00 Cdn per event per diver. Deck entries will be accepted up until three hours prior to the beginning of the event.

Dive Sheets

All dive sheets must be submitted electronically using **Dive Sheet Generator**. Submit as if it were two separate meets **Tier 1 & Novice (DPC) and Tier 2**. Dive sheets must be submitted 24 hours prior to the event. To download a copy of Dive Sheet Generator, please visit

http://www.integratedsports.net/diving/ds_download_diver_canada.html.

Email electronic Dive Sheets to: bcdivingdivesheets@gmail.com

Once you arrive in Vancouver we will give your club a printed copy of your dive lists that needs to be signed and returned to the secretariat office. It is recommended that you bring an electronic copy of the most recent file that you uploaded to the competition. If there are any problems the host committee can transfer the file containing your dive sheets via a USB key.

Awards

Medals for the top three.

Ribbons for 4th to 6th place.

Awards Banquet BC Diving will be hosting the annual BC Diving Awards Night. The event will take place in the VAC lobby. Dinner will be served and the 2014 BC outstanding divers and officials will be recognized. Registration and/or payment for the awards evening can be done online at bcdiving.ca. Otherwise indicate how many team members will be in attendance on the registration form. Banquet will be immediately following the final event on Saturday, Feb. 21, 2015. Cost is \$20/person.

Hotel

The **Best Western Downtown Vancouver** is offering a **Sport rate of only \$89/night (double occupancy)** to you and your team. 718 Drake St., Vancouver, BC V6Z 2W6
 Call 1-888-669-9888 or emailing reservations@bestwesterndowntown.com and asking for the BC Diving group rate.

(Valid Dates: February 19-22)

We are not holding any rooms, so this rate is only available as long as the hotel has rooms to sell.

Holiday Inn Vancouver Centre - \$129/ngt (double occupancy) Call 604-707-1939 and ask for BC Diving Group Block rate or reserve online with the code BCD

“JUNIOR NATIONAL QUALIFICATION” AGE GROUP EVENT DIVE REQUIREMENTS

- **All divers entered in Age Group events that are National Qualifiers must use lists that meet the 2014 Diving Canada Junior Dive Requirements as follows or see DPC 2014 rule book pages R-32 to R-39**

Regulations for all Age Categories

Compulsories (Dives with limited D.D)

- All compulsories must be head first
 - Exception - Group C & D divers will be allowed feet first entries on twisting compulsory only
- In group C & D, the back and reverse dives will be only performed in tuck &/or pike

FORWARD SPINNING - refers to Group 1 & 4

BACK SPINNING - refers to Group 2 & 3

Special DD's 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

Special D.D's for All Age Groups

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

DIVE REQUIREMENTS

Group D Boys & Girls

1 metre	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • D.D. limit 7.0 • 201 and 301 mandatory - C or B position only
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optionals must be back spinning • Only one of the three options can be foot first
3 metre	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • D.D. limit 7.6 • 201 and 301 mandatory - c or b position only
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optional must be back spinning • Foot first entry only allowed on 404
Platform 5m & 7.5m	6 dives	MUST cover 5 groups <ul style="list-style-type: none"> • Must perform a dive from Group 6
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • D.D. limit 7.6
	2 Optionals	2 groups covered <ul style="list-style-type: none"> • One of the two optional must be back spinning • Foot first entries only allowed on 404

Group C Boys & Girls

1 metre	8 dives	MUST cover 5 groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit 7.0 • 201 & 301 mandatory - C or B position only
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optional must be forward spinning • One of the three optional must be back spinning • Feet first entries only allowed on <ul style="list-style-type: none"> - Forward spinning with a minimum of 2 SS - Dives from Group 5
3 metre	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.5 • 201 & 301 mandatory - C or B position only

	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optionals must be forward spinning • One of the three optionals must be back spinning • Feet first entries only allowed on Group 4 spinning dives with a minimum of 2 SS
Platform 5m & 7.5 m	7 dives	MUST cover 5 groups <ul style="list-style-type: none"> • Must perform a dive from Group 6
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • DD limit of 7.6
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optional must be back spinning • Foot first entries only allowed on 404

Group B Boys

1 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.0
	4 optionals	4 groups covered <ul style="list-style-type: none"> • Minimum DD 9.2 • One of the 4 optionals must be from group 3
3 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.5
	4 optionals	4 groups covered <ul style="list-style-type: none"> • Minimum DD 9.9 • One of the 4 optionals must be back spinning with a minimum of 2 ½ SS
Platform 5m, 7.5m and 10m	8 dives	MUST cover 6 groups <ul style="list-style-type: none"> • 2 of 8 dives performed on 10 m • No foot first entries
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • DD limit 7.6
	4 optionals	4 groups covered <ul style="list-style-type: none"> • Minimum DD 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 B Girls

1 metre	9 dives	
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.0
	4 optionals	4 groups covered <ul style="list-style-type: none"> • DD minimum 8.5

		<ul style="list-style-type: none"> • One of the four optional must be from Group 3 • Foot first entries allowed only on <ul style="list-style-type: none"> - Dives from Group 1 with minimum of 2 SS - Dives from Group 5
3 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.5
	4 optionals	4 groups covered <ul style="list-style-type: none"> • DD minimum 9.4 • One of the four optional must be from Group 3
Platform 5m,7.5m and 10m	7 dives	MUST cover 5 groups 2 of 7 dives performed on 10 m No feet first entries
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • DD limit 7.6
	3 optionals	3 groups covered <ul style="list-style-type: none"> • Minimum DD 7.2 • 201 & 301 cannot be used as an optional • One of the three optional must be back spinning

Group A Boys

1 metre	10 dives	MUST cover 5 groups No feet first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.0
	5 optionals	5 groups covered <ul style="list-style-type: none"> • Minimum DD of 12.2
3 metre	10 dives	5 groups covered <ul style="list-style-type: none"> • No feet first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit of 9.5
	5 optionals	5 groups covered <ul style="list-style-type: none"> • Minimum DD 13.5 • Group 2,3,4 must be minimum of 2 ½ SS
Platform 5m,7.5m and 10m	9 dives	MUST cover 6 groups 7 of 9 dives performed on 10m or 5 optionals performed on 10m
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • Minimum DD of 7.6
	5 optionals	5 groups covered <ul style="list-style-type: none"> • Minimum DD 12.5 • 201 & 301 cannot be used as an optional • 2 of the 5 optionals must be back spinning <ul style="list-style-type: none"> - One must be from the 10 m • 1 of the 5 optionals must be from Group 6

Group A Girls

1 metre	10 dives	MUST cover 5 groups No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none">• DD limit 9.0
	5 optionals	5 groups covered <ul style="list-style-type: none">• DD minimum of 11.4• Foot first entries only allowed in Group 5
3 metre	10 dives	MUST cover 5 groups No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none">• DD limit 9.5
	5 optionals	5 groups covered <ul style="list-style-type: none">• DD minimum 13.1
Platform 5m, 7.5m, and 10m	8 dives	MUST cover 5 groups 6 of 8 dives performed on 10m or 4 optionals performed on 10m No foot first entries
	4 compulsories	4 groups covered <ul style="list-style-type: none">• DD limit of 7.6
	4 optionals	4 groups covered <ul style="list-style-type: none">• Minimum DD 9.8• 201 & 301 cannot be used as an optional• One of the four optional must be back spinning

“NOVICE” AGE GROUP EVENT DIVE REQUIREMENTS

- Novice events are open to divers from all provinces and countries. Divers may enter both Novice events and National Qualifier Events on different boards, but divers may not compete on the same board in both the Novice Event and the National Qualification Event.

Group E:

Boys & Girls E 1m

6 dives: First 2 dives must be: 100A, Front jump layout with hurdle
200 A, Back jump layout

4 additional dives from 3 groups

All dives assigned a D.D. of 1.8

Boys & Girls E 3m

6 dives: First 3 dives must be: 001B, standing forward entry pike
002A, standing backward entry layout
100B, front jump pike with hurdle

3 additional dives from 3 groups

All dives assigned a D.D. of 1.9

Boys & Girls D	# Dives	# Dives w/limit	DD limit	# Dives w/o limit
1 metre	7	4	7.2	3
3 metre	7	4	7.6	3
Platform	6	4	7.6	2

Boys & Girls C	# Dives	# Dives w/limit	DD limit	# Dives w/o limit
1 metre	8	5	9.0	3
3 metre	8	5	9.5	3
Platform	7	4	7.6	3

Girls B	# Dives	# Dives w/limit	DD limit	# Dives w/o limit
1 metre	9	5	9.0	4
3 metre	9	5	9.5	4
Platform	7	4	7.6	3

Boys B	# Dives	# Dives w/limit	DD limit	# Dives w/o limit
1 metre	9	5	9.0	4
3 metre	9	5	9.5	4
Platform	8	4	7.6	4

Girls A	# Dives	# Dives w/limit	DD limit	# Dives w/o limit
1 metre	10	5	9.0	5
3 metre	10	5	9.5	5
Platform	8	4	7.6	4

Boys A	# Dives	# Dives w/limit	DD limit	# Dives w/o limit
1 metre	10	5	9.0	5
3 metre	10	5	9.5	5
Platform	9	4	7.6	5

“SENIOR NATIONAL QUALIFICATION: OPEN EVENT DIVE REQUIREMENTS

Women’s Open 1m, 3m & Platform

5 dives: 5 optional dives (no D.D. limit, from 5 different groups)

Men’s Open 1m, 3m, & Platform

6 dives: 6 optional dives (no D.D. limit, from 5 different groups 1m, 3m)
(6 different groups for platform)

2015 BC WINTER PROVINCIALS PROPOSED SCHEDULE OF EVENTS

“DPC” - Junior Qualification Event

“N” - Novice Provincial Event

There will be a 30 minute warm-up for both DPC & Novice before each event, and then a 5 minute warm-up for the following Novice event.

20 minute warm-up before the Finals of a DPC event

FRIDAY

10:30 - 11:30 AM Dryland practice
11:30am - 12:30 pm Open practice
Closed practice 12:30-1:00 pm, Event begins at 1:00 pm (DPC & Novice)
Boys & Girls B Platform (DPC)
Boys & Girls B Platform (N)
Boys & Girls A Platform (DPC)
Boys & Girls A platform (N)
Boys & Girls D platform (DPC)
Boys & Girls D Platform (N)
Boys & Girls C Platform (DPC)
Boys & Girls C Platform - (N)
Mens & Womens Open Platform

SATURDAY

7:00-7:30 AM - Dryland Practice	
7:30-8:40 am Open Practice	
Closed Practice 8:40-9:00 am, Event begins at 9:00 am	
Boys & Girls E 1 metre	
Boys B 1m prelims - (DPC)	Boys A 3m prelims - (DPC)
Boys B 1m - (N)	Boys A 3m - (N)
Girls A 1m Prelims - (DPC)	Girls B 3m Prelims - (DPC)
Girls A 1m -(N)	Girls B 3m - (N)
Boys D 1 m - (DPC)	Girls D 3 m - (DPC)
Boys D 1m - (N)	Girls D 3m - (N)
Boys C 1m - (DPC)	Girls C 3m - (DPC)
Women's Open 1 m	Men's Open 3m
Boys B 1m - Final - (DPC)	Boys A 3m Final - (DPC)
Girls A 1m Final - (DPC)	Girls B 3m Final - (DPC)
Tier 2 Boys 1m	Tier 2 Girls 3m

SUNDAY

7:30-8:00 AM - Dryland Practice	
8:00 -8:40 AM - Open Practice	
Closed Practice 8:40-9:00 AM, Event begins at 9:00 am	
Tier 2 Boys 1m	Tier 2 Girls 3m
Boys & Girls E 3m	
Boys A 1m Prelims - (DPC)	Boys B 3m Prelims - (DPC)
Boys A 1m - (N)	Boys B 3m - (N)
Girls B 1m Prelims - (DPC)	Girls A 3m Prelims - (DPC)
Girls B 1m - (N)	Girls A 3m - (N)
Girls D 1m - (DPC)	Boys D 3m - (DPC)
Girls D 1m - (N)	Boys D 3m - (N)
Girls C 1m - (DPC)	Boys C 3m - (DPC)
Girls C 1m - (N)	Boys C 3m - (N)
Men's Open 1m	Women's Open 3m
Boys A 1m Final - (DPC)	Boys B 3m Final - (DPC)
Girls B 1m Final - (DPC)	Girls A 3m Final - (DPC)