



BOARDWORKS & BC DIVING
present

**2016 BRITISH COLUMBIA
WINTER PROVINCIAL DIVING
CHAMPIONSHIPS**

February 12, 13 & 14, 2016
Saanich Commonwealth Place
Victoria, BC
CANADA

<u>Meet Manager:</u>	Lisa Boog						
<u>Dates</u>	Friday, February 12, Saturday, February 13 & Sunday, February 14, 2016.						
<u>Venue</u>	Saanich Commonwealth Place 4636 Elk Lake Drive. Victoria, British Columbia V8Z 5M1 CANADA						
<u>Facility</u>	Four 1 metre springboards Two 3 metre springboards One 1 metre platform Full platform complex with 3, 5, 7.5, and 10 metre platforms						
<u>Eligibility & Rules</u>	<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, 2016.</p> <p>Diving Plongeon Canada rules will apply to all events. Please see below a summary of rules for both "DPC" events and "Provincial" events.</p> <p>This is a Junior National Qualifying event. 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 "Provincial" 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 "Provincial" event.</p> <p>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>						
<u>Entries</u>	<p>All entries and fees must be received no later than Monday, February 1, 2016. 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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Victoria, BC V8Z 5M1	boardworksinfo@shaw.ca						

Entry Fees

\$30.00 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.

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 Provincial events.

General DPC Event Rules: Groups D, C, B & A & Open

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	

DPC Events: 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 & 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 & 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 must 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 "PROVINCIAL" JUNIOR EVENT DIVE REQUIREMENTS 2016

		Total # of Dives	Required Dives	Optional Dives	Minimum # of Groups Covered	Special Rules
GROUP A Boys & Girls	1m	9	5 (9.0 DD limit)	4	5	
	3m	9	5 (9.5 DD limit)	4	5	
	Plt	8	4 (7.6 DD limit)	4	5	10m, 7.5m, 5m plat may be used
GROUP B Boys & Girls	1m	8	5 (9.0 DD limit)	3	5	
	3m	8	5 (9.5 DD limit)	3	5	
	Plt	7	4 (7.6 DD limit)	3	4	10m, 7.5m, 5m plat may be used
GROUP C Boys & Girls	1m	7	4 (7.2 DD limit)	3	3	
	3m	7	4 (7.6 DD limit)	3	3	
	Plt	6	4 (5.4 DD limit)	2	3	7.5m, 5m & 3m plat may be used Max 3 dives from 3m platform
GROUP D Boys & Girls	1m	6	3 (5.4 DD limit)	3	3	
	3m	6	3 (5.7 DD limit)	3	3	
	Plt	5	3 (5.4 DD limit)	2	3	5m & 3m plat may be used
Special Rules Applied to All Events	1. In all events, on all boards, twisting dives with less than a minimum of one (1) somersault (511X, 521X, 531X, 541X) shall have a degree of difficulty of 1.0 2. All dives performed on the 3 metre platform shall have a degree of difficulty of 1.0					

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



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

Group Rates

Standard (1 or 2 queen beds): \$94/night + taxes
Junior Suites: \$94/night + taxes
One bedroom Suites: \$114/night + taxes
Kitchen Suites: \$124/night + taxes

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



2016 BC WINTER PROVINCIALS SCHEDULE OF EVENTS

THURSDAY, FEBRUARY 11			
4:00pm - 7:00pm	Open Practice (** dryland Available at 3:00pm)		
FRIDAY, FEBRUARY 12			
10:00am - 10:55am	Open Practice		
10:55am - 11:25am	Closed Practice		
11:30am		Boys & Girls E 3 metre	
	Girls D (DPC) 1 metre	Boys D (DPC) 3 metre	
	Girls D (P) 1 metre	Boys D (P) 3 metre	
			Boys & Girls B (DPC) Platform Boys & Girls B (P) Platform
	Boys A (DPC) 1 metre	Girls A (DPC) 3 metre	
		Boys & Girls A (P) 3 metre	
	Girls C (DPC) 1 metre	Boys C (DPC) 3 metre	
	Girls C (P) 1 metre	Boys C (P) 3 metre	
	Men's Open 1 metre	Women's Open 3 metre	
SATURDAY, FEBRUARY 13			
7:30am - 8:25am	Open Practice		
8:25am - 8:55am	Closed Practice		
9:00am	Boys & Girls E 1 metre		
	Boys D (DPC) 1 metre	Girls D (DPC) 3 metre	
	Boys D (P) 1 metre	Girls D (P) 3 metre	
			Boys & Girls A (DPC) Platform Boys & Girls A (P) Platform
	Boys B (DPC) 1 metre	Girls B (DPC) 3 metre	
	Boys & Girls B(P) 1 metre		
	Boys C (DPC) 1 metre	Girls C (DPC) 3 metre	
	Girls C (P) 1 metre	Boys C (P) 3 metre	
			Men's & Women's Open Platform
SUNDAY, FEBRUARY 14			
7:30am - 8:25am	Open Practice		
8:25am - 8:55am	Closed Practice		
9:00am	Girls B (DPC) 1 metre	Boys B (DPC) 3 metre	
		Boys & Girls B(P) 3 metre	
			Boys & Girls D (DPC) Platform
	Girls A (DPC) 1 metre	Boys A (DPC) 3 metre	
	Boys & Girls A(P) 1 metre		
			Boys & Girls C (DPC) Platform Boys & Girls D & C (P) Platform
	Women's Open 1 metre	Men's Open 3 metre	

2016 BC WINTER PROVINCIALS - REGISTRATION DPC EVENTS

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

DEADLINE FOR ENTRIES: MONDAY, FEBRUARY 1, 2016

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

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

2016 BC WINTER PROVINCIALS - REGISTRATION PROVINCIAL EVENTS											
Club:			Coach:				Telephone:				
Address:							E-mail:				
				Age Group Events			Open Events			Fees	\$\$\$
Diver's Name	Age Group	M	F	1m	3m	plat	1m	3m	plat	See fee schedule	TOTAL
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
GRAND TOTAL											

DEADLINE FOR ENTRIES: MONDAY, FEBRUARY 1, 2016

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 Victoria, British Columbia
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