



2016

MARCH 11 - 13

MARC LEPOOLE'S
SPEEDO STING

SAANICH COMMONWEALTH PLACE VICTORIA, BC CANADA

speedo 

 BOARDWORKS

Meet Manager: Lisa Boog

Technical Director: Tommy McLeod

Dates Friday, March 11, Saturday, March 12 & Sunday, March 13, 2016.

Venue Saanich Commonwealth Place
4636 Elk Lake Drive.
Victoria, British Columbia V8Z 5M1
CANADA

Facility Four 1 metre springboards
Two 3 metre springboards
One 1 metre platform
Full platform complex with 3, 5, 7.5, and 10 metre platforms

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, 2016

Diving Plongeon Canada rules will apply to all events. Please see below a summary of rules for both "DPC" events and "Provincial" events.

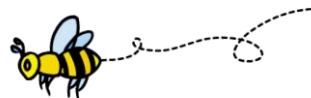
This is a Junior National Qualifying event. There will be no cuts in any event.

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 10 minute warm-up prior to the start of their "Provincial" 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.

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.



NO SNOW GUARANTEE

We guarantee no snow during your visit to Victoria, the only place in Canada that receives no snow during winter. If there should be a snowfall, the Boardworks Coaching staff will dress in bumblebee costumes for a period of 3 hours during the meet. We are that confident!

Entries

All entries and fees must be received no later than **Monday, February 29, 2016**.
Entries may be mailed, faxed or e-mailed to:

BOARDWORKS	250 - 479 - 0330 tel.
4636 Elk Lake Drive	250 - 744 - 3542 fax.
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.integratedsports.net/diving/ds_download_diver_canada.html.

Awards

A ***\$100 Speedo Sting Cash Scholarship*** will be awarded to the winners of the Open 3m and Platform (male & female)

Medals for the top three finishers in all DPC events

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

Ribbons for the top three finishers in all Provincial events

Ribbons for 4th to 6th place in all Provincial events

Special Speedo prizes to “Stung” divers (those achieving the “Sting Standard”)

Awards for Top Male & Female divers

Award for Top Visiting Team

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
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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
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Girls & Boys D 1 metre

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

7 dives	4 compulsory dives 3 optional dives	DD Limit 7.0 201 or 301 mandatory. C or B position only. 3 groups covered One of the 3 optionals must be back spinning Only one of the 3 optionals can be foot first
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Girls & Boys D 3 metre

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

7 dives	4 compulsory dives 3 optional dives	DD Limit 7.6 201 or 301 mandatory. C or B position only. 3 groups covered One of the 3 optionals must be back spinning Foot first entry only allowed on 404
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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 2 optional dives	DD Limit 7.6 2 groups covered One of the 2 optionals must be back spinning Foot first entries only allowed on 404
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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 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 group 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

“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	<ol style="list-style-type: none"> 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 All dives performed on the 3 metre platform shall have a degree of difficulty of 1.0 					

GET STUNG AT THE STING!



**Break one of these Sting Standards and
you are STUNG!**

**If you are STUNG you receive a
special prize from Speedo**

	1m	3m	Platform
Girls D	246	280	220
Girls C	312	365	281
Girls B	373	402	304
Girls A	428	483	322
Women's Open	243	280	304
Boys D	255	274	230
Boys C	318	371	309
Boys B	378	444	428
Boys A	468	517	447
Men's Open	341	406	407

ACCOMMODATION



Howard Johnson Hotel and Suites
4670 Elk Lake Drive
Victoria, BC
Located Next Door to the Pool!

Group Rates

Standard (1 or 2 queen beds): \$99/night + taxes

Junior Suites: \$99/night + taxes

One bedroom Suites: \$119/night + taxes

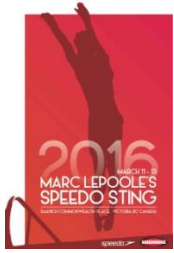
Kitchen Suites: \$129/night + taxes

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



MARC LEPOOLE'S SPEEDO STING 2016 SCHEDULE OF EVENTS

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

MARC LEPOOLE'S SPEEDO STING 2016 - 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 29, 2016

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

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

MARC LEPOOLE'S SPEEDO STING 2016 - 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 29, 2016

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