



BC DIVING
presents

**2016 BRITISH COLUMBIA
SUMMER PROVINCIAL DIVING
CHAMPIONSHIPS**

May 27-29, 2016
Grandview Aquatic Centre
Surrey, BC
CANADA



Meet Manager **Jayne McDonald/Lisa Breure**
Phone: (604)531-5576 Fax (604)542-0387 Email:jayne@bcdiving.ca

Dates Friday, May 27, Sat. May 28, & Sunday, May 29, 2016

Host & Venue BC Diving - Grandview Aquatic Centre
16855 24th Ave.
Surrey, British Columbia
604-531-5576

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

Sanctioned by: Diving Plongeon Canada/BC Diving
2016 National Jr. Qualifier, 2016 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, 2016

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

This is a Junior National Qualifying event.

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: DPC, and Provincial entries must be done on separate forms, indicating Provincial or DPC, thanks.

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

Entries

All entries must be received no later than **Monday, May 16, 2016**.
Entries may e-mailed to:

BC Diving
Email: jayne@bcdiving.ca

Entry Fees

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

Email electronic Dive Sheets to: bcdivingdivesheets@gmail.com

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.

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	Positio	1	3	5	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 groups 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
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					



PACIFIC INN

RESORT & CONFERENCE CENTRE

BC Summer Provincial Diving Championships May 27-29, 2016

- **Single/Double/Triple/Quad (Breakfast Included): \$109.00**
 - **Cots if needed are \$10.00**
- **Contact Erik Nielsen 604-542-3496 or sales@pacificinn.com**



Ocean Promenade Hotel

15611 Marine Drive, White Rock, BC V4B 1E1

Ph. 604-542-0102 Fax: 604-542-0338

Website: www.oceanpromenadehotel.com

Email: info@oceanpromenadehotel.com

Standard Deluxe Room

- 2 Queen Beds \$125.00
- 1 King Bed \$125.00

Suites are also available at a great cost. Call hotel directly and book under the Group name "BC DIVING".



2016 BC SUMMER PROVINCIALS SCHEDULE OF EVENTS – “DRAFT”

THURSDAY, MAY 26			
4:00pm - 7:00pm	Open Practice		
FRIDAY, MAY 27			
8:00-9:00 am	Open Practice		
9:00-9:30 am	Closed Practice		
9:30 am		Boys & Girls E 3 metre	
	Boys & Girls D (DPC)		
	Boys & Girls D (P)		
		Girls A (DPC) 3 metre	
	Boys A (DPC) 1m		
	Boys & Girls A (P) 1m		
	Boys & Girls C (DPC) 1m		Boys & Girls B (DPC) Platform
	Boys & Girls C (P) 1m		Boys & Girls B (P) Platform
		Girls A (DPC) 3m F	
	Boys A (DPC) 1metre F		
		Women's Open 3 metre	
	Men's Open 1 metre		
SATURDAY, MAY 28			
7:30am - 8:25am	Open Practice		
8:25am - 8:55am	Closed Practice		
9:00am - 9:45am		Boys & Girls B (DPC) 3m	
9:55am - 10:20am		Boys & Girls B(P) 3 m	
10:50am - 12:00pm	Girls A (DPC) 1 m		Boys & Girls D(DPC) Platform
12:10pm - 12:20pm			Boys & Girls C & D (P) Platform
12:50pm - 1:25pm		Boys A (DPC) 3 m	
1:35pm - 2:05pm		Boys & Girls A (P) 3m	
2:35pm - 2:55pm		Boys & Girls B (DPC) F	
3:25pm - 4:25pm			Boys & Girls C (DPC) Platform
4:55pm - 5:20pm	Girls A (DPC) F		
5:50pm - 6:10pm		Boys A (DPC) F	
6:40pm - 7:40pm	Women's Open 1 metre		
8:10pm - 9:00pm		Men's Open 3 metre	
SUNDAY, MAY 29			
7:30am - 8:25am	Open Practice		
8:25am - 8:55am	Closed Practice		
9:00am - 9:25am	Boys & Girls E 1 metre		
9:55am - 10:45am	Boys & Girls B (DPC) 1m		Boys & Girls A (DPC) Platform
10:55am - 11:10am	Boys & Girls B (P) 1m		Boys & Girls A (P) Platform
11:40am - 12:00pm		Girls & Boys D (DPC) 3m	
12:10pm - 12:20pm		Boys & Girls D (P) 3m	
12:50pm - 1:15pm	Boys & Girls B (DPC) Final		
1:45pm - 2:10pm			Men's & Women's Open
2:40pm - 3:45pm		Boys & Girls C (DPC) 3m	
3:55pm - 4:35pm		Boys & Girls C (P) 3m	

2016 BC SUMMER 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, MAY 16, 2016

**114-15272 CROYDON DR.
SURREY, British Columbia
CANADA V3Z 0Z5**

tel: 604-531-5576

e-mail: jayne@bcdiving.ca

2016 BC SUMMER 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, MAY 16, 2016

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