



**BOARDWORKS & BC DIVING**  
present

**2017 BRITISH COLUMBIA  
SUMMER PROVINCIAL DIVING  
CHAMPIONSHIPS**

May 12, 13 & 14, 2017  
Saanich Commonwealth Place  
Victoria, BC  
CANADA

**Meet Manager:** Lisa Boog

**Technical Director:** Jorge Betancourt

**Dates** Friday, May 12, Saturday, May 13 & Sunday, May 14, 2017.

**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, 2017.

Diving Plongeon Canada rules will apply to all 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 5 minute warm-up prior to the start of their 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.

### Entries

All entries and fees must be received no later than **Monday, May 1, 2017**.  
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

**\$35.00** 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](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 Rules: Groups D, C, B & A

### 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	

## 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 &amp; 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 &amp; 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 (P) JUNIOR DIVE REQUIREMENTS 2017

Boys & Girls E 1m	6 dives	100 A front jump with hurdle	All dives have a DD of 1.8
		200 A back jump layout	
		4 additional dives from 3 groups	
Boys & Girls E 3m	6 dives	Standing forward entry	All dives have a DD of 1.9
		Standing backward entry	
		Front jump pike with hurdle	
		3 additional dives from 3 groups	
Boys & Girls D 1m	6 dives	3 compulsory dives	DD limit 5.4
		3 optional dives	
		3 groups must be covered in dive list	
Boys & Girls D 3m	6 dives	3 compulsory dives	DD limit 5.7
		3 optional dives	
		3 groups must be covered in dive list	
Boys & Girls D Platform	5 dives	3 compulsory dives	DD limit 5.4
		2 optional dives	
		3 groups must be covered in dive list. 3m & 5m may be used	
Boys & Girls C 1m	7 dives	4 compulsory dives	DD limit 7.2
		3 optional dives	
		3 groups must be covered in dive list	
Boys & Girls C 3m	7 dives	4 compulsory dives	DD limit 7.6
		3 optional dives	
		3 groups must be covered in dive list	
Boys & Girls C Platform	6 dives	4 compulsory dives	DD limit 5.4
		3 optional dives	
		3 groups must be covered in dive list. 3m, 5m & 7m may be used. Max 3 dives from 3 metre	
Boys & Girls B 1m	8 dives	5 compulsory dives	DD limit 9.0
		3 optional dives	
		5 groups must be covered in dive list	
Boys & Girls B 3m	8 dives	5 compulsory dives	DD limit 9.5
		3 optional dives	
		5 groups must be covered in dive list	
Boys & Girls B Platform	7 dives	4 compulsory dives	DD limit 7.6
		3 optional dives	
		4 groups must be covered in dive list. 5m, 7m & 10m may be used.	
Boys & Girls A 1m	9 dives	5 compulsory dives	DD limit 9.0
		4 optional dives	
		5 groups must be covered in dive list	
Boys & Girls A 3m	9 dives	5 compulsory dives	Compulsory DD limit 9.5
		4 optional dives	
		5 groups must be covered in dive list.	
Boys & Girls A Platform	8 dives	4 compulsory dives	Compulsory DD limit 7.6
		4 optional dives	
		5 groups must be covered in dive list. 5, 7.5 & 10m may be used	

## **HOTEL INFORMATION**

### **Howard Johnson Hotel and Suites**

4670 Elk Lake Drive

Victoria, BC

Reservations: 1-866-300-4656

E-mail: [groups@hojovictoria.ca](mailto:groups@hojovictoria.ca)

#### **Rates:**

Standard room with one or two queen beds: \$119.00/night + tax

Junior Suite with one queen bed & one queen sofa bed: \$119.00/night + tax

One Bedroom Suite with one queen bed & one queen sofa bed: \$139.00/night + tax

Kitchen Suite with one queen bed & one queen sofa bed: \$149.00/night + tax

### **Accent Inn**

3233 Maple Street

Victoria, BC

Reservations: 1-800-663-0298

Quote Group #5226445 by April 11, 2017 to guarantee rate

#### **Rates:**

Standard room with two beds: \$99.00/night + tax

Kitchenette suites with two beds: \$109.00/night + tax

All rates include continental breakfast

### **Hotel Zed**

3110 Douglas Street

Victoria, BC

Reservations: 1-800-887-6797

Quote Group ID #5228598 by April 11, 2017 to guarantee rate

#### **Rates:**

Standard room with 2 beds: \$99.00/night + tax



## 2017 BC SUMMER PROVINCIALS SCHEDULE OF EVENTS

THURSDAY, MAY 11	
4:00pm - 7:00pm	Open Practice (**Dryland available at 3:00pm)

FRIDAY, MAY 12			
7:00am - 8:25am	Open Practice		
8:25am - 8:55am	Closed Practice		
9:00am	Girls B 1m Prelim(DPC)	Boys B 3m Prelim(DPC)	
			Boys & Girls D Platform(DPC)
			Boys & Girls D Platform(P)
	Girls A 1m Prelim(DPC)	Boys A 3m Prelim(DPC)	
			Boys & Girls C Platform(DPC)
			Boys & Girls C Platform(P)
	Girls B 1m Final(DPC)	Boys B 3m Final(DPC)	
	Girls A 1m Final(DPC)	Boys A 3m Final(DPC)	
	Womens Open 1-metre	Mens Open 3-metre	

SATURDAY, MAY 13			
7:00am - 8:25am	Open Practice		
8:25am - 8:55am	Closed Practice		
9:00am	Boys & Girls E 1m		
	Boys D 1m(DPC)	Girls D 3-metre(DPC)	
	Boys D 1m(P)	Girls D 3-metre(P)	
	Boys B 1m Prelim(DPC)	Girls B 3m Prelim(DPC)	
	Boys B & A 1(P)	Girls B & A 3m(P)	
			Boys & Girls A Platform(DPC)
			Boys & Girls B & A Platform (P)
	Girls C 1m(DPC)	Boys C 3m(DPC)	
	Girls C 1m(P)	Boys C 3m(P)	
	Boys B 1m Final(DPC)	Girls B 3m Final(DPC)	
			Mens & Womens Open Platform

SUNDAY, MAY 14			
7:30am - 8:30am	Open Practice		
8:30am - 9:30am	Closed Practice		
9:00am		Boys & Girls E 3-metre	
	Girls D 1m(DPC)	Boys D 3-metre(DPC)	
	Girls D 1-metre(P)	Boys D 3-metre(P)	
	Boys A 1m Prelim(DPC)	Girls A 3m Prelim(DPC)	
	Girls B & A 1-metre (P)	Boys B & A 3-metre(P)	
			Boys & Girls B Platform(DPC)
	Boys A 1m Final(DPC)	Girls A 3m Final(DPC)	
	Boys C 1m(DPC)	Girls C 3m(DPC)	
	Boys C 1m(P)	Girls C 3m(P)	
	Men's Open 1-metre	Women's Open 3-metre	

## 2017 BC SUMMER PROVINCIALS - REGISTRATION **DPC** EVENTS

<b>Club:</b>		<b>Coach:</b>				<b>Telephone:</b>					
<b>Address:</b>							<b>E-mail:</b>				
				<b>Age Group Events</b>			<b>Open Events</b>			<b>Fees</b>	<b>\$\$\$</b>
<b>Diver's Name</b>	<b>Age Group</b>	<b>M</b>	<b>F</b>	<b>1m</b>	<b>3m</b>	<b>plat</b>	<b>1m</b>	<b>3m</b>	<b>plat</b>	<b>See fee schedule</b>	<b>TOTAL</b>
1											
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10											
11											
12											
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14											
15											
<b>GRAND TOTAL</b>											

**DEADLINE FOR ENTRIES: MONDAY, MAY 1, 2017**

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

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

## 2017 BC SUMMER PROVINCIALS - REGISTRATION **PROVINCIAL** EVENTS

<b>Club:</b>		<b>Coach:</b>				<b>Telephone:</b>					
<b>Address:</b>							<b>E-mail:</b>				
				<b>Age Group Events</b>			<b>Open Events</b>			<b>Fees</b>	<b>\$\$\$</b>
<b>Diver's Name</b>	<b>Age Group</b>	<b>M</b>	<b>F</b>	<b>1m</b>	<b>3m</b>	<b>plat</b>	<b>1m</b>	<b>3m</b>	<b>plat</b>	<b>See fee schedule</b>	<b>TOTAL</b>
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<b>GRAND TOTAL</b>											

**DEADLINE FOR ENTRIES: MONDAY, MAY 1, 2017**

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