

2017 MARCH 9 - 12
SAANICH COMMONWEALTH POOL // VICTORIA

MARC LEPOOLE'S SPEEDO STING

speedo 

BOARDWORKS



MARC LEPOOLE'S SPEEDO STING 2017

MARCH 9 – 12, VICTORIA

Meet Manager: Lisa Boog

Technical Director: Tommy McLeod

Dates Thursday, March 9 - Sunday, March 12, 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. Please see below a summary of rules for all events.

This is a Junior National Qualifying event. There will be no cuts in any 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 **Wednesday, February 22, 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

CDN\$50.00 Diver Registration Fee

CDN\$40.00 Event Fee per event

Deck Entries are \$50.00 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) events

Medals for the top three finishers in all DPC events

Ribbons for 4th to 6th place in all DPC 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

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
 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

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

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

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 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

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 E	250	260	n/a
Girls D	248	284	224
Girls C	292	329	314
Girls B	256	405	292
Girls A	423	484	379
Women's Open	251	283	285
Boys E	250	260	n/a
Boys D	235	288	244
Boys C	348	366	343
Boys B	373	430	390
Boys A	457	526	464
Men's Open	339	399	372

ACCOMMODATION

Howard Johnson Hotel and Suites (Host Hotel)

4670 Elk Lake Drive

Victoria, BC

Located Next Door to the Pool!

Group Rates

Standard (1 or 2 queen beds): \$109/night + taxes

Junior Suites: \$109/night + taxes

One bedroom Suites: \$129/night + taxes

Kitchen Suites: \$139/night + taxes

www.hojovictoria.ca

Reservations: 1-866-300-4656

Accent Inn

3233 Maple Street

Victoria, BC

6 minute drive to the pool, located near restaurants and shopping

Group Rates

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

Kitchen Suites (2 queen beds): \$109/night + taxes

All rates include continental breakfast

www.accentinns.com

Reservations: 1-800-663-0298

Quote Group ID #5226448 (Group rate available until February 6, 2017)

Hotel Zed

3110 Douglas Street

Victoria, BC

7 minute drive to the pool, located near restaurants and shopping

Group Rates

Standard (2 queen beds): \$89/night + taxes

www.hotelzed.com

Reservations: 1-800-887-6797

Quote Group ID #5228590 (Group rate available until February 6, 2017)

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SCHEDULE OF EVENTS

MONDAY, MARCH 6			
11:30am – 1:00pm	Open Practice (Dryland available at 10:30am)		
4:00pm – 7:00pm	Open Practice (Dryland available at 3:00pm)		
TUESDAY, MARCH 7 & WEDNESDAY, MARCH 8			
9:00am – 1:00pm	Open Practice (Dryland available at 8:00am)		
3:00pm – 7:00pm	Open Practice (Dryland available at 2:00pm)		
THURSDAY, MARCH 9			
7:00am – 8:25am	Open Practice (Dryland available at 6:00am)		
8:25am – 8:55am	Closed Practice for first events		
9:00am	Girls E 1 metre	Boys E 3 metre	
	Girls D 1 metre	Boys D 3 metre	
			Girls A Platform
	Girls C 1 metre	Boys C 3 metre	
			Boys A Platform
			Men's & Women's Open Platform
FRIDAY, MARCH 10			
7:00am – 8:25am	Open Practice (Dryland available at 6:00am)		
8:25am – 8:55am	Closed Practice for first events		
9:00am	Boys E 1 metre	Girls E 3 metre	
	Boys D 1 metre	Girls D 3 metre	
			Girls B Platform
	Boys C 1 metre	Girls C 3 metre	
			Boys B Platform
SATURDAY, MARCH 11			
7:00am – 8:25am	Open Practice (Dryland available at 6:00am)		
8:25am – 8:55am	Closed Practice for first events		
9:00am			Boys D Platform
	Girls A 1 metre	Girls B 3 metre	
			Boys C Platform
	Boys B 1 metre	Boys A 3 metre	
	Women's Open 1 metre	Men's Open 3 metre	
SUNDAY, MARCH 12			
7:00am – 8:25am	Open Practice (Dryland available at 6:00am)		
8:25am – 8:55am	Closed Practice for first events		
9:00am			Girls D Platform
	Girls B 1 metre	Girls A 3 metre	
			Girls C Platform
	Boys A 1 metre	Boys B 3 metre	
	Men's Open 1 metre	Women's Open 3 metre	

MARC LEPOOLE'S SPEEDO STING 2017 - REGISTRATION FORM

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: WED, FEBRUARY 22, 2016

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

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