

Diving Plongeon Canada
and
ARO, club de plongeon Québec

Present the

2015 Speedo Junior Development Nationals

Quebec City, QC
July 3-5, 2015



GENERAL INFORMATION

The 2015 Speedo Junior Development Nationals are sanctioned by Diving Plongeon Canada and Plongeon Quebec, and hosted by ARO.

Date: July 3-5, 2015

Facility: P.E.P.S – Université Laval
2300, rue de la Terrasse
Québec (Québec)
Canada G1V 0A6
(418) 656-7377

Host club: ARO, club de plongeon de Québec
Pavillon de l'Éducation Physique et des Sports
Local 1319
2300, rue de la Terrasse
Université Laval
Québec (Québec)
Canada G1V 0A6
t: (418) 656-2131 ext. 12325
f: (418) 656-5749
<http://aroplongeon.ca>

Meet Manager: Geneviève Cormier
gcormier@cegep-ste-foy.qc.ca
418-208-4925

Technical Chair: Dany Boulanger
dany.boulanger@sas.ulaval.ca

EVENTS: Group C (12-13) – 1m, 3m, and tower
Group D (11 and under) – 1m, 3m, and tower
Boys and Girls

EQUIPMENT LIST

- (2) 1-meter springboards
- (2) 3-meter springboards
- Platforms: 3m, 5m, 7.5m & 10m
- Rough tex surface on all towers
- Sprinklers/agitators under all springboards and platforms

RULES

The 2014-2017 FINA and Diving Plongeon Canada Rules shall be the official rules for this event. If there are any inconsistencies between this package and the Rule Book, the Rule Book shall prevail. Any decisions made at this championship by the Jury of Appeal shall be final. The Rule book is also available at www.diving.ca

JUDGING

Refer to 2014-2017 Diving Plongeon Canada Rule Book. Dress code is in effect. All judges will be required to wear white shirts and black bottoms. For finals black pants are mandatory.

COACH CERTIFICATION REQUIREMENTS FOR NATIONAL CHAMPIONSHIPS

To attend both Junior Nationals, coaches must be fully certified Level 2 in the old system or at the Competition-Introduction Level. Coaches not having full certification may attend provided they are with a coach from their club who is fully certified at Level 2 or Competition-Introduction or at a higher level.

ENTRY FEES AND ENTRY DEADLINE

We ask that you enter and submit your dive lists for the 2015 Speedo Junior Development Nationals using the Dive Sheet Generator. www.rezman.net

If you are unable to submit your lists over the internet, you will be able to fill in your dive sheets when you arrive. Dive sheets can be submitted at the same time as your entries.

For all dive sheets received through the Dive Sheet Generator, you will receive e-mail notification confirming receipt. Should you not receive this confirmation, please contact us.

Entry forms should be completed and submitted online through Integrates Sports Systems E-Registration. A link is available on Diving Canada's web site:

http://www.diving.ca/en/index.php?option=com_content&view=article&id=133&Itemid=286

Registration Fee: \$65.00 per diver
Entry Fee: \$65.00 per diver per individual event

All fees are payable to the Canadian Amateur Diving Association Inc. Payment can be made by VISA, Mastercard, cheque or money order. If paying by credit card, an administrative fee of 3% will be added to the total.

Entry Deadline: **June 18th, 2015**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, June 18^h, 2015. Entries received after this date will be assessed a \$100.00 late entry fee payable to CADA.

Mail or Fax to: Diving Plongeon Canada
312-700 Industrial Ave
Ottawa, ON K1G 0Y9
Fax: (613) 736-0409
E-mail: jeff@diving.ca

Proof of qualification must be indicated on entry forms.

Refer to 2014-2017 Diving Plongeon Canada Rule Book for further information.

RESULTS

Participating club and unattached diver/coach will be able to download the full results booklet from www.diving.ca following the event.

Diving Plongeon Canada will be providing live internet results and video throughout the competition. Results can be accessed through www.diving.ca or through www.rezman.net.

Live internet video will be broadcasted for the entire event. Please promote this feature to family and friends of athletes.

DOPING

Testing may be conducted at the 2015 Speedo Junior Development Nationals.

A Therapeutic Use Exemption (TUE) application is required to be submitted by divers who need to take a substance that is banned. Exemptions are to be granted by CCES. TUEs cannot be issued retroactively, so must be approved by CCES at least 21 days before the Summer Nationals.

Within Canada, TUEs are not required for glucocorticosteroids or beta-2 agonists, but must be declared at the time a doping test is undertaken, and TUEs submitted retroactively. A complete medical review will be required.

NOTE: This does not apply to Registered Testing Pool athletes who MUST have TUEs submitted at least 21 days in advance –to FINA – with a copy to CCES. RTP athletes cannot apply TUEs retroactively.

AS WELL: Divers who are selected for international competitions, including Canada Cup, must obtain exemptions from FINA (with a copy to CCES) a minimum of 21 days prior to the application international competition. TUEs cannot be applied retroactively.

For information on banned and permitted substances:

DPC Anti-Doping Resources: [DPC Weblink](#)

Drug Information Database: http://www.didglobal.com/page/didenqs/choose_country

CCES substanceinquiries@cces.ca

CCES toll-free 1-800-672-7775 (all inquiries are treated confidentially)

AWARDS AND MEDALS

Note: We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshalling and towels are not permitted. Appropriate time will be provided between the final event and the award ceremonies.

Awards to be given:

- Top three will receive medals.
- Top twelve will be recognized.

- Outstanding Diver of each age group (male & female) - Divers must compete in all three events to be eligible. Scores will be added together for each diver and the diver with the highest total points will be named the Outstanding Diver for that age group. In the event of a tie, both divers will receive the Award.
- National Championship Banner to club that accumulates the most competition points

MEETINGS & HOSPITALITY

On-site Hospitality

The local organizing committee will be providing hospitality to coaches, officials, and volunteers on competition days at the pool.

Food Service for Athletes

There are a number of restaurants and food service areas located throughout the campus. There is a new healthy food service area located on the 2nd floor of PEPS close to the Olympic-sized swimming pool. This area is open during the operating hours of the facility.

Coaches Meeting

Thursday, July 2nd – time and location TBD

Officials Meeting

Morning meeting: Friday, July 3rd, time and location TBD

Parking

Parking at PEPS is free on weekends.

During other days, please see the chart below for payment details.

Free Parking during the following times	Mon - Thurs	Friday	Saturday & Sunday
6:00 to 9:30			
9:30 to 11:30	\$	\$	
11:30 to 14:00			
14:00 to 16:30	\$	\$	
16:30 to 19:00			
19:00 to 22:00	\$		

Press conference :

Thursday July 2nd - time and location TBD

Banquet

The closing banquet will start at 18:00 on Sunday July 5th

Méchoui International
 264 St. Gregory,
 St. Etienne, QC G6J 1E8 (418) 831-2547
<http://www.mechouiinternational.com>
 Cost is \$40/person

Please pay by cheque directly to “ARO, Club de plongeon de Québec”

ARO, Club de plongeon de Québec

1015 Wilfrid-Pelletier #110
Québec, Qc
G1W 0C4

Please confirm the number of tickets need by **June 8th** to gcormier@cegep-ste-foy.qc.ca

Payment must be received by **June 26th**.

Transportation

Rates based on pick up at Quebec City Airport from July 1st – 6th.

AVIA

418 872-2861
Economy: 225.55\$ Tax included
7 Passenger: 1454.18 \$ Tax included

BUDGET

418-872-8413
Economy: \$225.55 Tax included
7 Passenger: \$1,454.18 Tax included

ENTERPRISE 418 861-8820

Economy: \$694.13 Tax included
7 Passenger: \$1,120.35 Tax included

NATIONAL/ALAMO 418 877-9822

Economy: \$518.80 Tax included
7 Passenger: \$1,197.13 Tax included

<http://www.aeroportdequebec.com/vers-et-de-laeroport/location-de-vehicules/>

Hotel and Accomodations

Les Hôtels Jaro

Please see attached flyer

1-800-567-5276

www.hoteljaro.com

To book your group under the published discounted rates, please mention:

“Championnat national junior développement Speedo 3 au 5 juillet 2015

Motel Universel

2300, chemin Ste-Foy

Québec, G1V 1S5

1-800-463-4495

www.hoteluniversel.qc.ca

To book please contact:

Nathalie Paquet : coordination@hoteluniversel.qc.ca

cc: Pascal Pineault : ppineault@hoteluniversel.qc.ca

Code: Championnat national junior développement Speedo 3 au 5 juillet 2015

109.00 \$ + Tax/ night. Minimum of 4 nights (single or double occ)

Minimum of 4 nights/ 48 hours for any cancelations

Saturday July 4th is an additional \$20.00

119.00 \$ + Tax/ night. Minimum of 3 nights (single or double occ)

Minimum of 3 nights/ 48 hours for any cancelations

Saturday July 4th is an additional \$20.00

129.00 \$ + Tax/ night. Minimum of 2 nights (single or double occ)

Minimum of 2 nights/ 48 hours for any cancelations

Saturday July 4th is an additional \$20.00

Children 17 and under can stay in a room at no additional cost. For any guest 18 or older, there is a \$10/night charge.

Breakfast is not included

Cots and refrigerators can be requested but are subject to availability

Medical Services

Sports Medicine : 418-656-5501

July 2nd to August 31st

- Local 00254 PEPS

Schedule

Mon-Friday – 11:30-17:00

First Aid and Physiotherapy: 418-656-5501

- Local 00254 PEPS

Schedule

Mon-Thurs – 8:30-20:00

Friday – 8:30-17:00

Cost

Student at l'Université Laval : \$50/ session (1st treatment is \$65)

Public: \$55/ session (1st treatment is \$75)

Note : CSST, SAAQ insurance plans are accepted

TRAINING SCHEDULE

Wednesday July 1st

GROUP	TIME
Group 1	8 :30 – 9 :50
Group 2	9 :50 – 11 :10
Group 3	11 :10 – 12 :30
BREAK	
Group 1	14 :30 – 16 :00
Group 2	16 :00 – 17 :30
Group 3	17 :30 – 19 :00

Thursday July 2nd

GROUP	TIME
Group 2	8 :30 – 9 :50
Group 3	9 :50 – 11 :10
Group 1	11 :10 – 12 :30
BREAK	
Group 2	14 :30 – 16 :00
Group 3	16 :00 – 17 :30
Group 1	17 :30 – 19 :00

Group 1	Group 2	Group 3
To be determined	To be determined	To be determined

COMPETITION SCHEDULE

	1m	3m	Tower
Friday			
10:00	Girls C		
13:00		Boys C	
Medal Ceremonies			
15:45	Girls D		
16:45		Boys D	
Medal Ceremonies			
18:00 – 19:00	Open Training		
Saturday			
9:00		Girls C	
11:45	Boys C		
Medal Ceremonies			
13:45			Girls D
15:15			Boys D
Medal Ceremonies			
16:30 – 17:30	Open Training		
Sunday			
9:00		Girls D	
11:15	Boys D		
Medal Ceremonies			
13:15			Girls C
15:00			Boys C
Medal Ceremonies			

NOTE: Schedule is subject to change based on number of entries