

The Forest City Diving Club

...evolution of champions.

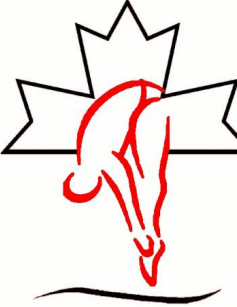
FOREST CITY 2010 INVITATIONAL

FEBRUARY 26 - 28, 2010

JR. & SR. NATIONAL QUALIFIER

Meet Package



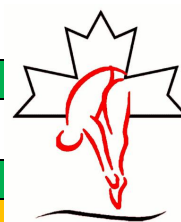
Host:	Forest City Diving Club www.ForestCityDiving.com Head Coach – Ioana Marinescu Phone: [519] 474-9799	
Location:	Canada Games Aquatic Centre 1045 Wonderland Road North, London, Ontario Phone: [519] 641-7946	
Equipment:	3 – 1 meter Duraflex springboards 2 – 3 meter Duraflex springboards 3, 5, 7.5 & 10 metre platforms Pool Depth = 5 metres (16'6")	
Meet Manager:	Bernie Olanski, President Phone: [519] 854-5030 Fax: [519] 858-2323 E-Mail: Bernie@ForestCityDiving.com	
Technical:	Ioana Marinescu, Head Coach Phone: [519] 474-9799 Email: ioana@Live.ca	
Sanctioned by:	Diving Plongeon Canada & Dive Ontario Group 2 Jr. National Qualifier & Sr. National Qualifier	
Age Groups:	Determined by diver's age at December 31, 2010.	
Eligibility:	Open to all divers registered and in good standing with Diving Plongeon Canada, US Diving Association or other FINA sanctioned organization.	
Rules:	Diving Plongeon Canada rules & current FINA degrees of difficulty apply.	
Registration:	Deadline: February 12, 2010 Email: Bernie@ForestCityDiving.com Fax: [519] 858-2323 Late registrations will be subject to a \$25 late fee.	
Dive Sheets:	We ask that dive sheets be prepared using the Dive Sheet Generator and submitted by email to Bernie@ForestCityDiving.com. Dive sheets are due at least 24 hours before event. Changes will be accepted up to 1 hour prior to the event's posted start time.	
Fees:	Registration: \$35/Jr. & Sr. Diver (includes breakfast & lunch all 3 days) Event Fees: \$20/Event	
Masters' Fees:	Registration: \$0/Masters Diver Event Fees: \$25/Event	
Awards:	Medals 1st – 3rd and Ribbons 4th – 6th	

2010 FOREST CITY INVITATIONAL – EVENT SCHEDULE

...evolution of champions.

THURSDAY, FEBRUARY 25, '10

3:00 – 6:00 Open Practice



FRIDAY, FEBRUARY 26, 2010

7:30 – 8:30 Open Practice

8:30 – 9:00 Restricted Practice

9:00 – 9:10 Coaches Meeting

	1 Metre	3 Metre	Tower
9:10	1 – Girls A	2 – Girls B	
	3 – Boys B	4 – Boys A	
			5 - Girls D
			6 - Boys D
	7 – Girls C	8 – Boys C	
	9 – Women's Open	10 – Men's Open	
	Open Practice until 5:00 PM if time permits		

SATURDAY, FEBRUARY 27, 2010

7:30 – 8:30 Open Practice

8:30 – 9:00 Restricted Practice

9:00 – 9:05 Coaches Meeting

	1 Metre	3 Metre	Tower
9:05	11 – Girls B	12 – Girls A	
	13 – Boys A	14 – Boys B	
			15 - Girls C
			16 - Boys C
	17 – Boys E	18 - Girls E	
	19 – Boys D	20 - Girls D	
	21 – Men's Open	22 - Women's Open	
	23 & 24 – Masters (M & F)	25 & 26 – Masters (M & F)	27 & 28 - Masters (M & F)

We will cancel any Masters event that does not have 4 participants registered by the registration deadline of February 12, 2010.

SUNDAY, FEBRUARY 28, 2010

7:30 – 8:30 Open Practice

8:30 – 9:00 Restricted Practice

9:00 – 9:05 Coaches Meeting

	1 Metre	3 Metre	Tower
9:05			29 - Girls A
			30 - Boys A
	31 – Girls E	32 – Boys E	
	33 – Girls D	34 – Boys D	
			35 - Girls B
			36 - Boys B
	37 – Boys C	38 - Girls C	
			39 - Women's Open
			40 - Men's Open

Yellow Lines represent restricted practices for next events of not less than 20 minutes.

Event			Compulsories (Max DD)	Optionals (No DD Limit)	National Qualifying Scores		
					Boys	Girls	
Open (No age restrictions)	Men	1 Metre	0	6	260		
		3 Metre	0	6	275		
		Platform	0	6	270		
	Women	1 Metre	0	5			
		3 Metre	0	5			210
		Platform	0	5			235
A Born in '92, '93 or '94	Boys	1 Metre	5 (9.0)	5	345		
		3 Metre	5 (9.5)	5	365		
		Platform	4 (7.6)	5	315		
	Girls	1 Metre	5 (9.0)	5			
		3 Metre	5 (9.5)	5			355
		Platform	4 (7.6)	4			380
B Born in 1995 or '96	Boys & Girls	1 Metre	5 (9.0)	4	280	300	
		3 Metre	5 (9.5)	4	290	315	
		Platform	4 (7.6)	4	265	245	
C Born in 1997 or '98	Boys & Girls	1 Metre	5 (9.0)	3	230	245	
		3 Metre	5 (9.5)	3	240	255	
		Platform	4 (7.6)	3	225	225	
D Born 1999 or later	Boys & Girls	1 Metre	4 (7.2)	3	190	190	
		3 Metre	4 (7.6)	3	200	200	
		Platform ¹	4 (7.6)	2	175	175	
E Born 2001 or later	Boys & Girls	1 Metre ²	2 (100A & 200A)	4 (3 Groups)	-	-	
		3 Metre ³	3 (001, 002 & 100B)	3 (3 Groups)	-	-	
49 & Under Masters	Men	1 Metre	0	7	-	-	
		3 Metre	0	7	-	-	
		Platform	0	6	-	-	
	Women	1 Metre	0	6	-	-	
		3 Metre	0	6	-	-	
		Platform	0	6	-	-	
50 & Over Masters	Men	1 Metre	0	6	-	-	
		3 Metre	0	6	-	-	
		Platform	0	5	-	-	
	Women	1 Metre	0	5	-	-	
		3 Metre	0	5	-	-	
		Platform	0	5	-	-	

Age groups are determined by the diver's age as of December 31, 2010.

All age groups will complete a full list of dives, compulsories first and then optionals.

¹ Group D divers may only use 5 & 7.5M Towers

² Group E - 1M - all dives are assigned a DD of 1.8

³ Group E - 3M - all dives are assigned a DD of 1.9

STATION PARK ALL SUITE HOTEL

We have arranged a discounted rate of \$129/night for a Deluxe Suite with 2 Double Beds
Parking is \$10/night if required
Use Group Booking Code #296166 - Forest City Diving

242 Pall Mall Street
London, Ontario N6A 5P6

Local Tel: (519) 642-4444
Toll Free: 1-800-561-4574
Phone: (519) 439-1661
Website: <http://www.stationparkinn.ca>



HILTON LONDON

We have arranged a discounted rate of \$115/night room with 2 Double Beds
Refer to Forest City Diving
300 King Street
London, Ontario N6B 1S2

Phone: 1-800-210-9336
Website: www.londonontario.hilton.com

THE GUEST HOUSE ON THE MOUNT

1486 Richmond Street
London, Ontario

Phone: (519) 641-8100
Website: www.guesthouseonthemount.ca

LIGHTHOUSE INN

705 Fanshawe Park Road West
N6G 5B4

Tel: (519) 473-4500
Toll free: 1-866-239-0002
Website: www.lighthouseinns.ca

2010 FOREST CITY INVITATIONAL - NEARBY RESTAURANTS

BERNIE'S BAR AND GRILL

Sherwood Forest Mall
1225 Wonderland Road North
London, ON
(519) 657-0597
www.berniesbarandgrill.com/locations.html

BOSTON PIZZA

1275 Fanshawe Park Road West
London, ON
(519) 657-0111
<https://order.bostonpizza.com>

MONTANA'S

1335 Fanshawe Park Road West
London, ON
(519) 473-6694
www.montanas.ca

MCGINNESS LANDING

666 Wonderland Road North
London ON
519.472.8349
www.mcginnislanding.ca

ANGELO'S ITALIAN BAKERY & DELI

755 Wonderland Road North
London ON
519-473-7772
www.angelosbakery.on.ca

MALIBU RESTAURANT

662 Wonderland Road North
London, ON
(519) 657-9111

	Diver's Name	Birthdate (Month, Day, Year)	M / F	Age Group	Age Group			Open			Masters		
					1M	3M	Plt	1M	3M	Plt	1M	3M	Plt
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
		Totals											

Total number of Jr. & Sr. Divers _____ x \$35 = _____.(A)

Total number of Jr. & Sr. Events _____ x \$20 = _____.(B)

Total number of Masters Events _____ x \$25 = _____.(C)

A + B + C = Total Fees Due: _____

Club Name: _____

Phone Number: _____

Head Coach's Name: _____

Email: _____



Registration Forms **Due by February 12, 2010**. Fax to: (519) 858-2323 or by email to: Bernie@ForestCityDiving.com
 Please come prepared to pay the fees as they will be calculated at the meet. Cheques are payable to **FOREST CITY DIVING CLUB**.