presents

Marc LePoole's Speedo Sting 2010

March 18 – 21, 2010
Victoria, British Columbia
Canada

Welcome to Marc LePoole's Speedo Sting 2010

Welcome to Marc LePoole's Speedo Sting 2010! The Sting is one of Canada's premier diving competitions which has included some of the best junior and senior divers from across Canada and the United States and even teams from as far as the Netherlands, Malaysia and South Africa.

This year, Marc LePoole's Speedo Sting will also be the selection event for the Junior National team competing at the 2010 Internationales Lambertz-Springen in Aachen, Germany in April.

Marc LePoole's Sting is named after a man who was admired not only in the Victoria diving community, but also the BC and Canadian diving communities.

Marc LePoole was the first President of Boardworks (then known as Pacific Coast Diving) and served in that capacity for 12 years after helping to found the club in 1993. Marc also sat as the President of BC Diving for 3 years. Prior to his involvement in Victoria, Marc was the President of Dive Calgary, where his son Chris and daughter Lisa trained as divers. Chris was a long-time member of Canada's Senior National Team, finishing 8th on 3m at the World Cup in 1991 and was a member of the Pan-American Games and World Championships teams in the late 1990's.

Marc and his wife Carolyn worked extremely hard behind the scenes to ensure that Boardworks would become a successful club with tremendous opportunities for our divers. In March 2005 Marc lost a long battle with kidney disease, leaving an incredible legacy for the diving community and unforgettable memories of this amazing man.

Boardworks would like to thank all of our sponsors for their support of this event – Speedo, Island Displays, Howard Johnson Hotels, Budget Victoria, PacificSport and Saanich Commonwealth Place.

Boardworks welcomes you to Victoria and we hope you enjoy your time here. For more information about our city, please visit www.tourismvictoria.com.

Enjoy the Sting!

Lisa Boog
Meet Manager

Marc LePoole's Speedo Sting 2010

General Information

Meet Manager:	Lisa Boog
Technical Director:	Tommy McLeod
Dates:	March 18 – 21, 2010
Venue:	Saanich Commonwealth Place 4636 Elk Lake Drive Victoria, BC V8Z 5M1 CANADA
Facilities:	Four 1 metre springboards Two 3 metre springboards 1m, 3m, 5m, 7.5m & 10m platforms Full bubble machine and built-in spray under each diving board Black "rough-tex" surfacing on all platforms Pool is brilliant white with dark navy blue tiled dive tank Dive tank temperature is very warm Stadium scoreboard with instant results Canada's premier diving facility. One of the best in the world.

NO SNOW GUARANTEE

We guarantee **NO SNOW** during your visit to Victoria, the only place in Canada that receives little or 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!

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, 2010

Diving Plongeon Canada rules will apply to all events.

This is a Group 1 Junior National Qualifying event.

Age Groups:
E - Divers born in 2001 or later
D - Divers born in 1999 or later
C - Divers born in 1997 or 1998
B - Divers born in 1995 or 1996
A - Divers born in 1992, 1993 or 1994
OPEN - Any age

There will be no cuts in any event.

Each event will be given at least 30 minutes warm-up prior to the start of the 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 must be received no later than **MONDAY, MARCH 1, 2010**. Entries may be mailed, faxed or e-mailed to:

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

Fax: (250) 744-3542
E-mail: boardworksinfo@shaw.ca

Entries received after this date will be charged an additional $15.00 per diver per event. International entries should allow an extra 7 working days if sending by mail

Non-Canadian teams may pay upon their arrival, but entry sheets are due by the deadline.

Entry Fees

All divers must pay a **$20.00** per diver registration fee **plus** the following event fees:

1 event **$25.00** CDN
2 events **$40.00** CDN
3 events **$60.00** CDN
4 events **$80.00** CDN
5+events **$100.00** CDN

Deck entries will be charged an additional $15.00 per diver/event. Deck entries will be accepted up until three hours prior to the beginning of the event.

ALL ENTRIES ARE NON REFUNDABLE.

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.

Once you arrive in Victoria we will give your club a printed copy of your dive lists that needs to be signed and returned to the secretariat office. 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

CDN$100.00 SPEEDO CASH SCHOLARSHIP to winners of the Men's & Women's Open 3m and Platform events.

Medals for top three. Ribbons for 4th - 6th place

Special prizes for "Stung" divers (those attaining the **Sting Standard**).

Awards for Top Male & Female divers. This award is given to the male and female divers with the most number of "Stings". Should there be a tie, the diver with the most golds, then silvers, then bronzes is the winner.

Award for Top Team and Top Visiting Team

E Group divers in all E events will receive ribbons

Awards for events will be presented just prior to the start of the following event(s)

Dive Requirements

E 1m	6 dives	100A front jump straight with a hurdle	All dives are assigned a DD of 1.8
		200A back jump straight	
		4 additional dives from 3 groups	
E 3m	6 dives	001 standing forward entry	All dives are assigned a DD of 1.9
		002 standing backward entry	
		100B front jump pike with a hurdle	
		3 additional dives from 3 groups	
D 1m & 3m	7 dives	4 dives from different groups	DD limit of 7.2 on 1m & 7.6 on 3m
		3 optional dives	
D Platform	6 dives	4 dives from different groups	DD limit 7.6
5m & 7.5m only		2 optional dives	
C 1m & 3m	8 dives	5 compulsory dives	Compulsory dives DD limit of 9.0 on 1m & 9.5 on 3m
		3 optional dives	
C Platform	7 dives	4 compulsory dives	Compulsory dives DD limit of 7.6
5m & 7.5m only		3 optional dives	
B 1m & 3m	9 dives	5 compulsory dives	Compulsory dives DD limit of 9.0 on 1m & 9.5 on 3m
		4 optional dives	Compulsory dives DD limit of 9.0 on 1m & 9.5 on 3m
B Girls Platform	7 dives	4 compulsory dives	Compulsory dives DD limit of 7.6
		3 optional dives	The 7 dives must cover 5 groups
B Boys Platform	8 dives	4 compulsory dives	Compulsory dives DD limit of 7.6
		4 optional dives	The 8 dives must cover 5 groups
A 1m & 3m	10 dives	5 compulsory dives	Compulsory dives DD limit of 9.0 on 1m & 9.5 on 3m
		5 optional dives	
A Girls Platform	8 dives	4 compulsory dives	Compulsory dives DD limit of 7.6
		4 optional dives	The 8 dives must cover 5 groups
A Boys Platform	9 dives	4 compulsory dives	Compulsory dives DD limit of 7.6
		5 optional dives	The 9 dives must cover 6 groups
Men's Open 1m, 3m & Platform	6 dives	6 optional dives	Must cover 5 groups on springboard & 6 on platform
Women's Open 1m & Platform	5 dives	5 optional dives	Must cover 5 groups

Hotel

HOWARD JOHNSON HOTELS & SUITES
4670 Elk Lake Drive
Victoria, BC
Reservations: 1.800.300.4656 Web: www.hojovictoria.ca
Phone: 1.250.704.4656

Rates: $89/night + applicable taxes (quad occupancy)
Ask for the "Speedo Sting Diving" rate

Located next door to the pool and within walking distance to restaurants and shopping. Other hotel amenities include kitchen suites, indoor hot tub and microwaves.

ACCENT INN
3233 Maple Street
Victoria, BC
Reservations: 1.800.663.0298 Web: www.accentinns.com/locations/victoria

Rates: $85/night + applicable taxes (quad occupancy). Kichenettes available for $10 extra/night
Booking Reference #:5605
Reservations must be made by February 18, 2010 to receive this rate

Great hotel located only 5 minutes by car from the pool and 5 minutes to downtown Victoria. Kitchen suites available. Close to many restaurants and within walking distance to Victoria's largest shopping mall

SANDMAN INN
2582 Douglas Street
Victoria, BC
1.888.388.9787
1.250.388.0788

Great hotel located only 7 minutes by car from the pool and 5 minutes to downtown Victoria. Kitchen suites available. Close to many restaurants and within walking distance to Victoria's largest shopping mall.

Car Rental

Budget Victoria
Reservations: 1.800.668.9833
Phone: 250.953.5300
Please ask for the "Boardworks" rate

Compact Car:	$40/day	$230/week
Mid Sized Car:	$42/day	$242/week
Full Sized Car:	$44/day	$254/week
Minivan/Crossover (7 seats):	$69/day	$359/week
SUV	$79/day	$429/week
Premium SUV (7 seats)	$99/day	$549/week

Hospitality

Coaches & Officials
Complimentary hospitality will be provided to all coaches and officials throughout the competition Thursday, March 18 - Sunday, March 21, 7:00am – 5:00pm daily.

The Hospitality Room is located on the north-east corner of the pool deck in the Aquatic Classroom.

Athletes
Lunches will be available for the athletes to purchase for $8.00/day courtesy of the Aquaterra Cafe. Lunches will need to be pre-ordered. Menu and order forms will be available on the 2010 Sting website (www.boardworks.ca) starting February 15, 2010

Deadline for lunch orders is **Tuesday, March 9**. Orders may be e-mailed to boardworksinfo@shaw.ca or faxed to (250) 744-3542. Payment must be received by Wednesday, March 17, 7:00pm. Payments may be made at the Registration Table on deck. Cash, cheque, Visa or Mastercard accepted

Results

Live results for Marc LePoole's Speedo Sting 2010 will be available online at www.integratedsports.net/diving/live_results.asp

GET STUNG AT THE STING!

Break one of the Sting Standards and you will win a special prize from

speedo®

	1m	3m	Plat
GIRLS D	235	252	216
GIRLS C	320	344	323
GIRLS B	382	415	314
GIRLS A	462	496	421
WOMEN'S OPEN	258	292	307
BOYS D	248	250	225
BOYS C	295	358	302
BOYS B	388	425	399
BOYS A	484	495	448
MEN'S OPEN	325	387	345

Marc LePoole's Speedo Sting 2010
SCHEDULE OF EVENTS

Tuesday, March 16 & Wednesday, March 17

11:00am - 1:00pm	Open Practice
4:00pm - 7:00pm	Open Practice

Thursday, March 18

7:00am - 8:30am	Open Practice		
8:30am - 9:00am	Practice Restricted to First Events		
9:00am	BOY'S A 1 METRE	BOY'S B 3 METRE	
			GIRLS D PLATFORM
	GIRL'S B 1 METRE	GIRL'S A 3 METRE	
			GIRLS C PLATFORM
	MEN'S OPEN 1 METRE	WOMEN'S OPEN 3 METRE	
	Open Practice		

Friday, March 19

7:00am - 8:30am	Open Practice		
8:30am - 9:00am	Practice Restricted to First Events		
9:00am	BOY'S B 1 METRE	BOY'S A 3 METRE	
			BOY'S D PLATFORM
	GIRL'S A 1 METRE	GIRL'S B 3 METRE	
			BOYS C PLATFORM
	WOMEN'S OPEN 1 METRE	MEN'S OPEN 3 METRE	
	Open Practice		

Saturday, March 20

7:00am - 8:30am	Open Practice		
8:30am - 9:00am	Practice Restricted to First Events		
9:00am	GIRL'S E 1 METRE	BOY'S E 3 METRE	
	GIRL'S D 1 METRE	BOY'S D 3 METRE	
			GIRL'S A PLATFORM
	GIRL'S C 1 METRE	BOY'S C 3 METRE	
			GIRL'S B PLATFORM
			WOMEN'S OPEN PLATFORM
	Open Practice		

Sunday, March 21

7:00am - 8:30am	Open Practice		
8:30am - 9:00am	Practice Restricted to First Events		
9:00am	BOY'S E 1 METRE	GIRL'S E 3 METRE	
	BOY'S D 1 METRE	GIRL'S D 3 METRE	
			BOY'S A PLATFORM
	BOY'S C 1 METRE	GIRL'S C 3 METRE	
			BOY'S B PLATFORM
			MEN'S OPEN PLATFORM

Events may run up to 1 hour ahead of scheduled times. Guaranteed 30 minutes warm-up for each event.