

Capitol City Diving Club Invitational 2010

*February 13th & 14th
Tier I, II, & III*



Capitol City Diving Club Invitational February 13th & 14th 2010

- Location:** Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, Ontario K2G 1W2 Pool Telephone: (613) 580-2424 x41261
- Host Club:** Capitol City Diving Club
Head Coach –
Telephone: (613) 228-9270 Fax: (613) 580-2717
email: ottawadiving@rogers.com website: www.ottawadivingclub.com
- Technical Director/
Meet Director:** Wendy Coates
Nathalie Tremblay
- Main Contact:** Fernando Henderson
- Rules/Eligibility:** DPC (Diving Plongeon Canada) and Dive Ontario rules apply.
- Facilities:** 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Metre Platforms
- Dive Sheets:** Must be submitted electronically via e-mail at ottawadiving@rogers.com or as per DPC rules book, in hands of the Meet Office **24 hours** before the posted start time of the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario .
- Entry Fees:** \$30.00 per diver registration; \$20.00 per diver per event
\$40.00 per diver registration for deck entries; \$20.00 per diver per event for deck entries
**\$30.00 entry fee includes registration, breakfast and lunch during competition.
(Entries due by February 1st, 2010)
- Age of Competitor:** Determined by diver's age as of **December 31, 2010**.
- Awards:** Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th.

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LEVEL III

GROUP A:	1 METER	4 COMPULSORY (7.6), 3 OPTIONAL
GROUP B:	1 METER	4 COMPULSORY (7.6), 2 OPTIONAL
GROUP C:	1 METER	3 COMPULSORY (5.4), 2 OPTIONAL
GROUP D:	1 METER	2 COMPULSORY (3.7), 2 OPTIONAL** (**FROM 3 DIFFERENT GROUPS)
ALL AGES	3 METER	001, 002, 100B WITH APPROACH (D.D. is 1.0) PLUS 3 DIVES: FROM DIFFERENT GROUPS (D.D. is 1.9)

MASTERS REQUIREMENTS

MASTERS: (1M & 3M)	AGE 25 - 49 AGE 50 +	7 DIVES* (MEN), 6 DIVES* (WOMEN) 6 DIVES* (MEN), 5 DIVES* (WOMEN) *See FINA Masters Diving rules MD
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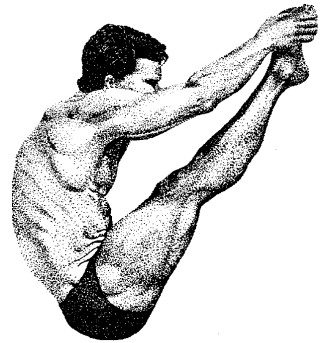


**CAPITOL CITY
DIVING CLUB**

SCHEDULE OF EVENTS

Saturday February 13th

Open Practice: 8:30am – 9:30am
 Coach's Meeting: 9:30am – 9:40am
 Closed Practice: 9:40am – 10:00am



Events Begin: 10:00am

Event #	One Meter Board	Event #	Three Meter Board
1-2	GIRLS & BOYS LEVEL I, II, III D Group E		
		3-4	GIRLS & BOYS LEVEL I, II, III C
5-6	GIRLS & BOYS LEVEL I, II, III B		
7-8	GIRLS & BOYS LEVEL I, II, III A		
		9-10	MASTER WOMEN, MEN OPEN

- *Tier II 3M Group A & B # of Optionals change.
- *Open and Masters Events can be run upon coaches' request.
- *Masters Events will follow DPC & Fina Rules.
- *Some events may be combined depending on the number of entries.
- *There will be a closed practice before each event of no less than 20 minutes.
- *Group E 1M/3M 6 dives, for Requirements see DPC Rules book page # R-32
- *Awards after every event.



**CAPITOL CITY
DIVING CLUB**

SCHEDULE OF EVENTS

Sunday February 14th

Open Practice: 8:30am – 9:30am
 Coach's Meeting: 9:30am – 9:40am
 Closed Practice: 9:40am – 10:00am



Events Begin: 10:00am

Event#	One Meter Board	Event #	Three Meter Board
		11-12	GIRLS & BOYS LEVEL I, II, III D Group E
13-14	GIRLS & BOYS LEVEL I, II, III C		
		15-16	GIRLS & BOYS LEVEL I, II, III B
		17-18	GIRLS & BOYS LEVEL I, II, III A
19-20	MASTER WOMEN, MEN OPEN		

- *Tier II 3M Group A & B # of Optionals change.
- *Open and Masters Events can be run upon coach's request.
- *Masters Events will follow DPC & Fina Rules.
- *Some events may be combined depending on the number of entries.
- *There will be a closed practice before each event of no less than 20 minutes.
- *Group E 1M/3M 6 dives, for Requirements see DPC Rules book page # R-32



Hotel & Car Information

CAR RENTALS

Phone numbers for major Car Rental companies are as follows:

Avis	1-800-879-2847	Budget	1-800-268-8900
Discount	1-800-263-2355	Hertz	1-800-263-0600
Tilden	1-800-387-4747	Enterprise	1-800-736-8222
Enterprise Ottawa	1-613-228-8206		

GROUP CONFIRMATION

Hotel: Days Inn Ottawa West
350 Moodie Drive
Ottawa, ON
K2H 8G3

Contact: Shirley Brophy - General Manager

Telephone: 1-800-616-7719 or 613-726-1717

Email: reservations@daysinnottawawest.com

Website: www.daysinnottawawest.com

Event Name: 2010 Capitol City Diving Club Invitational

Contact: Fernando Henderson/Robyn Leroux

Arrival Date: Friday February 12th, 2010

Departure Date: Sunday February 14th, 2010

Room Type: 20 non-smoking double bedded rooms

Rate: \$110 plus taxes

Comp Amenities: Parking
Local telephone calls
Continental breakfast
High speed internet
Refrigerators in every room
Onsite laundry services
Hospitality room for team functions

Cut Off Date: January 28th, 2010

Rooming List: Will call in individually

Payment Details: Each individual responsible for payment of own

Cancellation Policy: By 4PM on date of arrival

****D'Arcy McGee's Irish Pub on site****