

Forest City Diving Club

...evolution of champions.



FEBRUARY 25 - 27, 2011

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 Bubbler 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, 2011 .
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 11, 2011 Email: Bernie@Lexcor.ca Fax: [519] 858-2323 Late registrations will be subject to a \$25 late fee.
Dive Sheets:	Please submit dive sheets via email using the Dive Sheet Generator to Bernie@Lexcor.ca. 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: \$40/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

2011 FOREST CITY INVITATIONAL – EVENT SCHEDULE



...evolution of champions.

THURSDAY, FEBRUARY 24, '11

3:00 – 6:00	Open Practice		
-------------	---------------	--	--

FRIDAY, FEBRUARY 25, 2011

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	1 – Girls E	2 – Boys E	
	3 – Girls D	4 – Boys D	
			5 - Girls A 6 – Boys A
	7 – Boys B	8 – Girls B	
	9 – Boys C	10 – Girls C	
			11 – Women's 12 – Men's Open

SATURDAY, FEBRUARY 26, 2011

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	13 – Girls A	14 – Boys A	
	15 – Girls B	16 – Boys B	
			17 - Girls C 18 - Boys C
	19 – Boys E	20 – Girls E	
	21 – Boys D	22 – Girls D	
	23 – Women's Open	24 – Men's Open	
	25 & 26 – Masters (M & F)	27 & 28 – Masters (M & F)	29 & 30 – Masters (M & F)

We may cancel any Masters event that does not have 4 participants registered by February 11th.

SUNDAY, FEBRUARY 27, 2011

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			31 – Girls D 32 – Boys D
	33 – Boys A	34 – Girls A	
	35 – Girls C	36 – Boys C	
			37 – Girls B 38 – Boys B
	39 – Men's Open	40 - Women's Open	

Yellow Lines represent restricted practices for following event(s) of not less than 20 minutes.

Event			Compulsories (Max DD)	Optionals (No DD Limit)	National Qualifying Scores	
					Boys	Girls
Open (No age restrictions)	Men	1Metre	0	6	260	
		3Metre	0	6	330	
		Platform	0	6	330	
	Women	1 Metre	0	5		210
		3 Metre	0	5		245
		Platform	0	5		245
A Born in '93, '94 or '95	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		355
		3 Metre	5 (9.5)	5		380
		Platform	4 (7.6)	4		300
B Born in 1996 or '97	Boys	1 Metre	5 (9.0)	4	280	
		3 Metre	5 (9.5)	4	290	
		Platform	4 (7.6)	4	265	
	Girls	1 Metre	5 (9.0)	4		300
		3 Metre	5 (9.5)	4		315
		Platform	4 (7.6)	4		245
C Born in 1998 or '99	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 2000 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 2002 or later	Boys & Girls	1 Metre ²	2 (100A & 200A)	4 (3 Groups)	-	-
		3 Metre ³	3 (001, 002 & 100B)	3 (3 Groups)	-	-
Masters - 49 & Under	Men	1 Metre	0	7	-	-
		3 Metre	0	7	-	-
		Platform	0	6	-	-
	Women	1 Metre	0	6	-	-
		3 Metre	0	6	-	-
		Platform	0	6	-	-
Masters - 50 & Over	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, 2011.

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

FOREST CITY DIVING CLUB



...evolution of champions.



Forest City Invitational Dive Meet

Feb 24 - 27, 2011

London Aquatic Club

This FREE
Service Provided
by CSTT Sports
www.cstt.com



Google Maps [Complex and Hotel Map](#)

[IRENE FOSTER, x336](#)

Phone Toll Free: 1-800-304-6346 CSTT Contact: Irene Foster **Rooms & rates not guaranteed after Jan 24, 2010**

Hotel	Amenities	Room & Price	Details	Status
<p><u>Holiday Inn Express Hotel & Suites</u> 374 Dundas Street London, ON Canada</p>	<ul style="list-style-type: none"> Hot Breakfast <p>More Details</p>	<ul style="list-style-type: none"> QQ N/S \$119.00 K Mini Ste+Dp/o \$139.00 		Available
<p><u>Residence Inn Marriott</u> 383 Colborne Street London, ON Canada</p>	<ul style="list-style-type: none"> Hot Breakfast 2 Night Minimum Stay <p>More Details</p>	<ul style="list-style-type: none"> Studio K+ D p/o \$139.00 1 BR K +D p/o \$149.00 1 BR QQ+ D p/o \$159.00 2 BR K+K+Dp/o \$199.00 		Available
<p><u>Station Park All Suite Hotel</u> 242 Pall Mall Street London, ON Canada</p>	<p>More Details</p>	<ul style="list-style-type: none"> DD Suite N/S \$124.00 DD Suite N/S \$144.00 King Suite N/S \$124.00 		Available

2011 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

MALIBU RESTAURANT

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

2011 FOREST CITY INVITATIONAL – REGISTRATION FORM

...evolution of champions.

	Diver's Name	Birthdate (Month, DD YYYY)	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 \$40 = _____ . (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: _____
 Head Coach's Name: _____

Phone Number: _____
 Email: _____



Registration Forms **Due by February 11, 2011**. Fax to: **(519) 858-2323** or by email to: Bernie@Lexcor.com
 Please come prepared to pay the fees as they will be calculated at the meet. Cheques are payable to **FOREST CITY DIVING CLUB**.