

ATLANTIC

Diving Championships
April 16th to 18th, 2010



Cygnus Diving Club – 3 Elmwood Avenue, Dartmouth, N.S., B3A 3E2

Tel: (902) 471-4918

www.cygnusdiving.ca / info@cygnusdiving.ca

ATLANTIC DIVING CHAMPIONSHIPS

APRIL 16th to 18th, 2010

- TECHNICAL:** Jarrett McKay
- MANAGER:** Joanna Zed
- SANCTION:** DPC & NSADA
- LOCATION:** Centennial Pool, 1970 Gottingen Street, Halifax, N.S.
- FACILITY:** 2 x 1 meter boards
1 x 3 meter boards
Full Tower: 3 meter, 5 meter, 7.5 meter and 10 meter
Training area w/ tumbling mats, crash mats, dry-board & dry-tower
- ELIGIBILITY:** Open to all divers registered with DPC and their provincial section. 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 GROUPS:** Determined by the diver's age on December 31, 2010
- RULES:** All events are governed by FINA and DPC rules.
- DIVE SHEETS:** Dive lists will follow junior national format and must be submitted electronically no later than April 14th through Rezman. Sheets will be printed by the host committee. No changes will be allowed 60 minutes prior to the event starting.
- ENTRIES / FEES:** \$20.00 / registration, \$20.00 / event, \$30 / late registrations
All entries must be received by April 9th, 2010 via email to jarrett@cygnusdiving.ca
- AWARDS:** Medals for 1st - 3rd place and ribbons for 4th - 6th place will be awarded prior to the start of the next event. There will be prizes for the top diver in each age group and the top team.
- JUDGING:** Each club is requested to supply representation on judging panels.
- HOSPITALITY:** Meals and snacks will be provided for coaches and judges.

A 3-day lunch package for the athletes can be purchased at a cost of \$30. There will also be a canteen setup for divers and spectators to purchase snacks, t-shirts and souvenirs.
- VEHICLES:** Please accept our apologies but due to the costs and time involved, Cygnus Diving will not be offering airport pickup this year.

CITADEL

HALIFAX HOTEL

As the Preferred Hotel for **Cygnus Diving**
we are pleased to offer a special Rate of

\$ 95.00

(includes parking)

plus applicable taxes

Simply quote the Atlantic Diving Championships
when making your reservation.

The release date is March 15th so book your room soon !

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heart of downtown Halifax, next to the
Halifax Metro Centre. Our full service hotel
offers 171 guestrooms and suites equipped
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hot tub, sauna, children's wading pool,
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DIVE REQUIREMENTS:

Springboard	Dives with Limit	Dives without Limit
Group D	4 (max. 7.2 – 1M, 7.6 – 3M)	3
Group C	5 (max. 9.0 – 1M, 9.5 – 3M)	3
Group B	5 (max. 9.0 – 1M, 9.5 – 3M)	4
Group A	5 (max. 9.0 – 1M, 9.5 – 3M)	5
Senior Women		5
Senior Men		6
Platform		
Group D	4 (max. 7.6)	2
Group C	4 (max. 7.6)	3
Group B Girls	4 (max. 7.6)	3
Group B Boys	4 (max. 7.6)	4
Group A Girls	4 (max. 7.6)	4
Group A Boys	4 (max. 7.6)	5
Senior Women		5
Senior Men		6

Group E: 1M: 100A, 200A, and 4 dives from 3 groups. All D.D.'s = 1.8
3M: 001B, 002A, 100B, and 3 dives from 3 groups. All D.D.'s = 1.9
*All jumps must be with approach

MINIMUM D.D.: There is no minimum DD in any events, however we ask coaches to use discretion when entering divers in the senior events.

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OPTOMETRY GROUP

DRS. DOBBELSTEYN, DAVIS, GRAY, SANGSTER & GALLIE

SCHEDULE

THURSDAY - APRIL 15th

2:30pm	Practice until 4pm
6:00pm	Practice until 8:30pm

FRIDAY - APRIL 16th

8:00am	General Warm-Up
9:00am	Reserved Practice

1M	TOWER	3M
Girl's C	Girl's & Boy's D	Girl's A
Boy's A	-----	Boy's C
Men's Senior	Lunch	Women's Senior
	Girl's & Boy's B	

SATURDAY – APRIL 17th

8:00am	General Warm-Up
9:00am	Reserved Practice

1M	TOWER	3M
Girl's A	-----	Girl's B
-----	Girl's & Boy's C	-----
Boy's E & D	Lunch	Girl's E & D
Boy's B	-----	Boy's A
Women's Senior	-----	Men's Senior

SUNDAY – APRIL 18th

8:00am	General Warm-Up
9:00am	Reserved Practice

1M	TOWER	3M
Girl's E & D	-----	Boy's E & D
-----	Girl's & Boy's A	-----
Girl's B	Lunch	Girl's C
Boy's C	-----	Boy's B
	Men/Women Senior	

