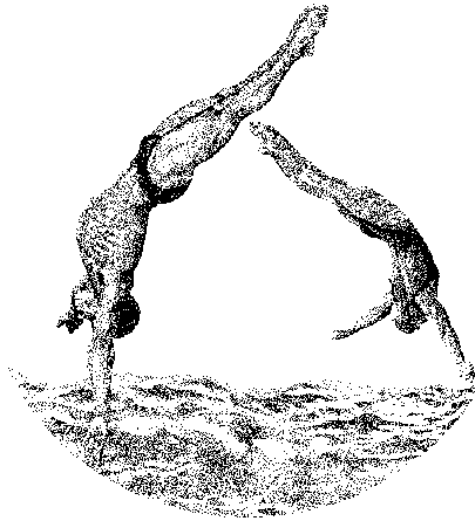


Nepean Ottawa Diving Club Invitational 2010



December 17th – 19th, 2010





Nepean Ottawa Diving Club Invitational December 17th – 19th, 2010

- Location:** Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, Ontario K2G 1W2 Pool Telephone: (613) 580-2424 X 41261
- Host Club:** Nepean Ottawa Diving Club, c/o Nepean Sportsplex
Telephone: (613) 228-9270 Fax: (613) 580-2717
email: ottawadiving@rogers.com
website: www.nepeanottawadivingclub.com
- Technical Director/
Meet Director:** Fernando Henderson
Nathalie Tremblay
- Rules/Eligibility:** DPC (Diving Plongeon Canada) and Fina rules will apply.
NOTE: Meet Specific rules on page 4
- Facilities:** 4 Type "B" One Metre Springboards
2 Type "B" Three Metre 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 **48 hours** before the posted start time of the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario as a *National Qualifying Event*.
- Entry Fees:** \$35.00 per diver registration; \$20.00 per diver per event (entry fees
include registration, breakfast and lunch during competition.
\$50.00 per diver per event for deck entries
(entries due by December 2nd, 2010).



Nepean Ottawa Diving Club Invitational December 17th – 19th, 2010

Age of Competitor: Determined by diver's age as of December 31, 2010.

<u>Group</u>	<u># of Dives With Limit (max DD)</u>	<u># of Dives Without Limit</u>	<u>National Qualifying Scores</u>
Boys & Girls D- born in 1999 or later	4 (7.2) - 1 metre 4 (7.6) - 3 metre 4 (7.6) - plt	3 3 2	G - 190 & B - 190 G - 200 & B - 200 G - 175 & B - 175
Boys & Girls C- born in 1997 or 1998	5 (9.0) - 1 metre 5 (9.5) - 3 metre 4 (7.6) - platform	3 3 3	G - 245 & B - 230 G - 255 & B - 240 G - 225 & B - 225
Boys & Girls B- born in 1995 or 1996	5 (9.0) - 1 metre (Full) 5 (9.5) - 3 metre (Full) G - 4 (7.6) - plt. B - 4 (7.6) - plt.	4 4 3 4	G - 300 & B - 280 G - 315 & B - 290 G - 245 B - 265
Girls A- born in 1992, 1993, or 1994	5 (9.0) - 1 metre (Full) 5 (9.5) - 3 metre (Full) 4 (7.6) - plt.	5 5 4	355 380 300
Boys A	5 (9.0) - 1 metre (Full) 5 (9.5) - 3 metre (Full) 4 (7.6) - plt.	5 5 5	345 365 315
Women's Open	1 metre (Opts) 3 metre (Opts) Platform (Opts)	5 5 5	210 245 245
Men's Open	1 metre (Opts) 3 metre (Opts) Platform (Opts)	6 6 6	260 330 330

**PLEASE BE ADVISED THAT ALL AGE GROUPS WILL BE CONTESTED WITH FULL LIST - COMPULSORIES THEN OPTIONALS AS PER DIVING CANADA REGULATIONS.



Nepean Ottawa Diving Club Invitational Meet Specific Rules

There will be a closed practice before each event of no less than 20 minutes.

A time table of events will be given to each coach upon arrival, however it should be noted that events may run slightly ahead of schedule. The technical director reserves the right to amend the schedule upon receipt of entries. Based on entries some events may be combined. COACHES PLEASE BE ADVISED THAT AGE GROUPS A & B WILL START WITH COMPULSORIES AND FINISH WITH OPTIONALS.

Entry fees: \$35.00 entry fees includes registration, breakfast and lunch during competition, Friday, Saturday & Sunday.

Awards: Medals for top 3 and ribbons 4th to 6th
Awards will be presented immediately following the closed practice.

GROUP E DIVE REQUIREMENTS: (BORN IN 2001 OR LATER)

Boys & Girls E 1m

6 dives First 2 dives must be 100 A front jump layout with hurdle
200 A back jump layout
4 additional dives from 3 groups.
All dives are assigned a D.D. of 1.8.

Boys & Girls E 3m

6 dives First 3 dives must be 001 standing forward entry
002 standing backward entry
100B front jump pike with hurdle
3 additional dives from 3 groups.
All dives are assigned a D.D. of 1.9

MASTERS REQUIREMENTS

Masters:	Age 25 - 49	7 dives* (men), 6 dives* (women)
(1M & 3M)	Age 50 +	6 dives* (men), 5 dives* (women)

*See FINA Masters Diving rules MD



Nepean Ottawa Diving Club Invitational Schedule of Events

Friday, December 17th, 2010

Open Practice 7:30 a.m. - 8:30 a.m.

Coach's Meeting 8:30 a.m.

9:00 a.m. Events Begin

Time	1m	3m	Platform
9:00			1 Girls & 2 Boys D
	3 Girls A	4 Boys A	
			5 Girls & 6 Boys B
	7 Boys C	8 Girls C	
	9 Women's Open	10 Men's Open	
	11 Boys E	12 Girls E	
	13 Boys D	14 Girls D	

Saturday, December 18th, 2010

Open Practice 7:30 a.m. - 8:30 a.m.

9:00 a.m. Events Begin

Time	1m	3m	Platform
9:00	15 Girls C	16 Boys C	
	17 Boys B	18 Girls B	
			19 Girls & 20 Boys A
	21 Girls E	22 Boys E	
	23 Girls D	24 Boys D	
			25 Women's Open 26 Men's Open

Sunday, December 19th, 2010

Practice 7:30 a.m. - 8:30 a.m.

9:00 a.m. Events Begin

Time	1m	3m	Platform
9:00	27 Girls B	28 Boys B	
	29 Boys A	30 Girls A	
			31 Girls & 32 Boys C
	33 Men's Open	34 Womens Open	



Nepean Ottawa Diving Club Invitational December 17th – 19th, 2010

CAR RENTALS

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

Hotel:

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

Contact:

Shirley Brophy
General Manager
1-800-616-7719 or 613-726-1717
reservations@daysinnottawawest.com
www.daysinnottawawest.com

Group Name:

2010 Nepean Ottawa Diving Club Invitational

Arrival Date:

Thursday December 16th, 2010

Departure Date:

Sunday December 19th, 2010

Room Type:

Non-smoking double bed rooms

Rate:

Comp Amenities:

Parking, Local telephone calls, Continental breakfast, High speed internet, Refrigerator in every room, and Hospitality room for team functions. ****D'Arcy McGee's Irish Pub on site****

Cut Off Date:

Monday November 22nd, 2010

Rooming List:

Will call in individually

Payment Details:

Each individual responsible for payment of own

Cancellation Policy:

By arrival date.