

# **2010**

## ***Vaughan Baird***



***Canadian National Age Group Level 1 Qualifier***  
***Canadian Senior National Qualifier***

**January 15<sup>th</sup> to 17<sup>th</sup>, 2010**  
**Pan-Am Pool**  
**Winnipeg, Manitoba, Canada**  
**[www.panamdiving.com](http://www.panamdiving.com)**



## 2010 Vaughan Baird Polar Bear Classic Pan-Am Invitational Diving Competition

### Fellow Coaches and Club Presidents,

Please accept this invitation to join us for the 2010 Vaughan Baird Polar Bear Classic Invitational Diving Competition, held every year in Winnipeg, Manitoba, Canada in the recently renovated Pan-Am Pool, January 15-17, 2010.

The Pan-Am pool remains one of the finest facilities in Canada after being built for the 1967 Pan-American Games. This historic facility continues to play a major role in Canadian diving as it was selected as the host facility for the 2004 Olympic Team Trials, as well as the 2005 and 2006 Senior National Championships. In 2009 all the diving boards were replaced with brand new Maxiflex 2009 models in preparation for both the Senior and Junior National Championships.

The Polar Bear Classic has always offered top-level competition within an atmosphere encouraging sportsmanship and fun. Benefiting from the widest platforms in the country, this year's events will also host a full program of synchronized diving at the senior level.

Considering the Pan-Am Pool is hosting this year's Canadian Junior National Championships in July, and the Canadian Winter Senior Nationals are only two weeks after the Polar Bear Classic, our event will be an ideal "tune-up" for any diver hoping to perform at their best at the national level and gauge their competitiveness against our country's finest divers.

Hospitality during the competition is something that the Pan Am Diving Club takes great pride in and it is our goal to provide all coaches, athletes and officials with complimentary meals for the duration of the competition whenever they are at the pool. Combined with a full compliment of awards (from eighth to first place) and recognition for both outstanding teams and athletes, the Polar Bear Classic is always a wonderful competitive experience for any diver.

Submit your entries now for the 2010 Vaughn Baird Polar Bear Classic and get ready for some great competition and a lot of fun. ***The earlier you register, the less expensive it is to participate!***

Remember this is also the first Level 1 Age Group Qualifier of the season.

Yours truly,

Jim Lambie  
Head Coach  
Pan Am Diving Club Inc.



## 2010 Vaughan Baird Polar Bear Classic Pan-Am Invitational Diving Competition

### The Pan-Am Pool Aquatic Facility



Built in 1967 for the Pan-American Games, the Pan-Am Pool is still one of the best aquatic facilities in Canada. This is reflected in the caliber of diving events held during the pool's history with a recent selection including the 1991 VII World Diving Cup, the 1991 University Cup, the 1996 Junior Can-Am Mex, the 1998 Canada Cup and the most recent 1999 Pan-Am Games.

Site of the Olympic Trials in June 2004 the Pan-Am Pool was also the host venue of both the Winter Senior and Summer Senior Canadian National Championships in 2005 and 2006.

An upgrade for the 1999 Pan-Am Games brought a whole new atmosphere to the pool and improvements to sporting equipment. In recognition of these upgrades the Pan-Am Pool was also awarded the 2010 National Age Group Championships and World Age Group Trials.

The diving facilities include:

- **New** 2 x 1 meter Maxiflex "C" boards 2009 Models
- **New** 2 x 3 meter Maxiflex "C" boards 2009 Models
- A freestanding concrete tower including 3m, 5m, 7.5m and 10 m platforms, covered in a rubberized surface for improved grip, wide enough for Synchronized diving .

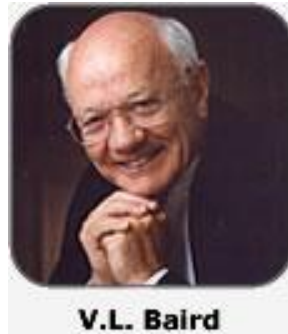
The diving tank is 16 feet deep and offers a bubbler system located under the 5m and 10m platforms as well as one of the 3m springboards. Water sprayers under all boards increase surface visibility.

Four showers under the five meter platform help keep divers warm between dives.

The facility also offers a separate training room with a trampoline (featuring an overhead spotting rig) a dry-board with foam landing area, tumbling mats and exercise facility. This was a new addition in 2007.



## **2010 Vaughan Baird Polar Bear Classic Pan-Am Invitational Diving Competition**



**V.L. Baird**

Vaughan Baird was born in Winnipeg, received a B.A. from the University of Manitoba in 1949, an LL.B. from Dalhousie University in 1952 and studied further at the Sorbonne University in Paris and Laval University in Quebec. A former partner of Newman MacLean he practiced constitutional law in Manitoba until his retirement in 1999.

Vaughan was a champion boxer, swimmer and diver and his involvement in aquatics led him to be the founder and honorary president of the Canadian Amateur Diving Association and founder of the Aquatic Hall of Fame Museum of Canada. He was appointed a Q.C. in 1966, voted Executive of the year for Amateur Sport in Canada in 1972, elected to the Manitoba Sports Hall of Fame in 1984, granted an Honorary LL.D. by the University of Winnipeg in 1987 and appointed Member of the Order of Canada in 1992.

His contributions to international sports have been recognized by the International Association of Sports Museums, the Commonwealth Games Association of Canada and the Government of Canada. He has held senior positions in the Canadian Amateur Swimming Association, the Aquatic Federation of Canada, the Canadian Olympic Swimming and Diving Championships in 1960, Pan-Am Games Board (1967), Canadian Diving Team to Europe and the USSR (1969), British Commonwealth Games, World Swimming Championships in Belgrade (1973) and Cali, Columbia (1975) and the Canadian Olympic Association (1967-1972) and founding President of the Manitoba Sports Federation.

Vaughan is probably most recognized for his efforts to establish diving as an independent sports body by working tirelessly to have CASA (Canadian Amateur Swimming Association) restructured into four separate aquatic sports including diving, water polo, synchronized swimming and swimming. In 1968 CADA, under Vaughan's guidance, diving became the first incorporated aquatic sports division in Canada and after further lobbying, spearheaded by Vaughan, each of the four sports was granted autonomy within the Canadian Federation of Amateur Aquatics. Canadian diving, under the stewardship of Vaughan, led the way in establishing aquatic sports as independent entities as opposed to a collective family of sports subservient to swimming and for this all Canadian divers will forever owe him their thanks.

Vaughan was instrumental in the development and construction of the Pan-Am Pool here in Winnipeg (fighting to ensure that the pool design was modified to include a roof over the open concept amphitheatre plan originally proposed) which allowed diving and other aquatic sports a chance to flourish here in Manitoba. Vaughan was also an early advocate of synchronized diving, as always, recognizing the potential this new development within the sport had to win over the hearts of spectators.

We are pleased to recognize his contribution to diving by naming our annual event after him as a small token of our appreciation for what he has done for diving both here in Manitoba and throughout the world.



## 2010 Vaughan Baird Polar Bear Classic Pam-Am Invitational Diving Competition

**C.A.D.A. Sanctioned Competition: Qualifying Event for Canadian Senior and Junior Nationals Level 1**

### Save Big by taking advantage of our Early Bird Discounts:

*Entry Fees and event registrations for athletes registered by October 15<sup>th</sup>, reduced by 20%*

*Entry Fees and event registration for athletes registered by November 15<sup>th</sup>, reduced by 15%*

*Entry Fees and event registration for athletes registered by December 15<sup>th</sup>, reduced by 10%*

#### **Entry Fees:**

\$ 50.00 per athlete (Includes complimentary food for the weekend.)

\$ 22.00 per event

*Please note early bird registrations must be faxed or emailed indicating your team and athletes by name and event. The date of reception by the Pan-Am Diving Club will determine discount allowed. Emails should be directed to [headcoach@panamdiving.com](mailto:headcoach@panamdiving.com) or faxed to 204-275-7310.*

#### **Entry Deadline:**

**January 3<sup>rd</sup>, 2010**

Please note: entries after January 3rd will be charged an additional \$15.00 per athlete. This fee will be enforced with no exceptions.

#### **Awards:**

Medals - Gold, Silver and Bronze

Ribbons – 4<sup>th</sup> to 8<sup>th</sup>

Trophies - Top Female, Top Male and Top Team

#### **Opening Ceremonies:**

Team Parade and National Anthems

#### **Rules:**

All D.P.C. and FINA rules will apply to Polar Bear Events.

\*Age Group Divers diving up to senior events will be required to meet D.D. qualification requirements. Please see attached sheet.

*There will be cuts in Open events with 16 or more divers (springboards only) Senior events will be a prelim (dives without limit) and final (dives without limit) for events over 16 competitors.*





## 2010 Vaughan Baird Polar Bear Classic Pam-Am Invitational Diving Competition

### GROUP B

#### Boys & Girls B 1m

9 dives 5 voluntary dives with limit D.D. limit of 9.0  
4 dives with limit

#### Boys & Girls B 3m

10 dives 5 dives with limit D.D. limit of 9.5  
4 dives without limit

*All voluntary dives without limit must be from different groups and different from the voluntary dives with limit.*

#### Boys B Platform (5, 7.5 and 10m)

8 dives 4 dives with limit D.D. limit of 7.6  
4 dives without limit  
*Five groups must be covered*

#### Girls B Platform (5, 7.5, and 10m)

7 dives 4 dives with limit D.D. limit of 7.6  
3 dives without limit  
*Five groups must be covered*

### GROUP A

#### Girls A 1m

10 dives 5 dives with limit D.D. limit of 9.0  
5 without limit

#### Girls A 3m

10 dives 5 dives with limit D.D. limit of 9.5  
5 dives without limit

#### Girls A Platform (5, 7.5 and 10m)

8 dives 4 dives with limit D.D. limit of 7.6  
4 dives without limit

#### Boys A 1m

10 dives 5 dives with limit D.D. limit of 9.0  
5 dives without limit

#### Boys A 3m

10 dives 5 dives with limit D.D. limit of 9.5  
5 dives without limit

#### Boys A Platform (5, 7.5 and 10m)

9 dives 4 dives with limit D.D. limit of 7.6  
5 dives without limit

*Five groups must be covered in group A platform events*



## 2010 Vaughan Baird Polar Bear Classic Pam-Am Invitational Diving Competition

**OPEN** Womens Open 1m\*  
5 dives                      5 dives without limit

Womens Open 3m\*  
5 dives                      5 dives without limit

Womens Open Platform\*  
5 dives                      5 dives without limit

Mens Open 1m\*  
6 dives                      6 dives without limit

Mens Open 3m\*  
6 dives                      6 dives without limit

Mens Open Platform\*  
6 dives                      6 dives without limit

*All dives must be from different groups*

\*See minimum D.D. requirements to participate in open events on following sheet.

### **SYNCHRONIZED DIVING EVENTS**

Synchronized diving events will be conducted as per FINA rules (D3.7)



## 2010 Vaughan Baird Polar Bear Classic Pam-Am Invitational Diving Competition

### Open Men's and Women's Qualification

In order to participate in the Open Men's and Open Women's events at the Polar Bear Classic, the following D.D. requirements must be met:

Men	1M	14.3		Women	1M	11.2
	3M	15.9			3M	12.5
	Plat.	15.9			Plat.	12.6

Senior events with more than 16 divers will have a prelim and final. There will be a 15 minute break between these events

Platform open events will consist of a full list of dives . **For 2010 two dives from 205,305,405 or 624 may be done from the 5 meter.**



## **2010 Vaughan Baird Polar Bear Classic Pam-Am Invitational Diving Competition**

### **Hospitality**

The Pan Am Diving Club always offers a Hospitality service of exceptional quality, which will include hot lunches and breakfast foods. Athletes have unlimited use of this service with their \$50.00 registration fee. Hospitality services for Coaches will be available at no charge in the Coaches Lounge as well as at the Hospitality Booth. Parents and other guests traveling with the teams are welcome to order a Hospitality Pass for \$60.00, which will provide them access to the Hospitality Booth for the duration of the meet.

The Hospitality Booth is located on the track behind the stands on the 3M side of the pool. Parent / Guest passes can be purchased there.

### **Registration**

All entries must be sent to John Webster, Meet Director at:

**Mail:** Pan Am Diving Club  
Box 61048 RPO Grant Park  
Winnipeg, Manitoba R3M 3X8

**Fax:** 204-453-6350

**Email:** Head Coach [jimlambie@yahoo.com](mailto:jimlambie@yahoo.com)  
Meet Manager [jlwebster@manrex.com](mailto:jlwebster@manrex.com)

For updates, please visit our meet website at [www.panamdiving.com](http://www.panamdiving.com)

All springboard events will be run simultaneously. There will be cuts in open events with more than 16 divers. All age group events will be a straight final.

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

**Events may run up to 1 hour ahead of the posted schedule.**

A schedule outline follows, however the Technical Director reserves the right to amend the schedule upon receipt of entries. Based on entries some events may be combined

***\*minimum D.D. requirements for all Open events. Please see page 8***





**2010 Vaughan Baird Polar Bear Classic  
Pam-Am Invitational Diving Competition**

**Vaughn Baird Polar Bear Classic**  
**REGISTRATION FORM**  
**January 15-17, 2010**

NOTE: See separate sheet



## 2010 Vaughan Baird Polar Bear Classic Pan-Am Invitational Diving Competition

### Hotels

#### **Clarion Hotel**

1445 Portage Avenue  
Winnipeg, Manitoba, Canada  
Toll Free: 1-800-4-CHOICE  
Telephone: (204) 774-5110  
Website: [www.clarionhotelwinnipeg.com](http://www.clarionhotelwinnipeg.com)  
15 Minute Drive to the Pan-Am Pool



Located on the site of Winnipeg's largest indoor shopping mall, featuring an extensive food court and a Silver City Cinema the Clarion is Winnipeg's premier family hotel. Also on site within a two minute walk are Joey's Restaurant, Earl's Restaurant, Moxy's Restaurant, Olive Garden and Red Lobster so planning team dinners is easy.

The Hotel also has a pool and water slide, so it is ideal for sports teams and families.

\*\* Mention the Polar Bear Classic when booking to get the group rate.

#### **Quality Inn and Suites**

635 Pembina Hwy.  
Winnipeg, Manitoba, Canada  
Toll Free: 1-800-228-5151  
Telephone: (204) 453-8247  
5 Minutes Drive to Pool  
Website: [www.qualityhotelwinnipeg.com](http://www.qualityhotelwinnipeg.com)



Located on the corner of Pembina Hwy and Grant Avenue the Quality Inn is the closest available hotel to the Pan-Am Pool. Located across the road from a McDonalds, Joey's Fish and Chips, and a Tim Horton's as well being only a block away from an Appleby's and a Pizza Place, the Quality Inn is a great option for teams that want a short ride to the pool.

\*\* Mention the Polar Bear Classic when booking to get the group rate.