

Diving Plongeon Canada
and
Forest City Diving Club



Present the

**2011 Winter Senior National
Championships**

and

FINA Diving Grand Prix Trials

London, ON
February 3-6, 2011

GENERAL INFORMATION

The 2011 Winter Senior National Championships are sanctioned by Diving Plongeon Canada and Dive Ontario, and hosted by Forest City Diving Club.

Date: February 3rd to 6th, 2011

Facility: Canada Games Aquatic Centre
1045 Wonderland Road North
London, ON N6G 2Y9
T: 519-661-4455
F: 519-661-2622

Host club: Forest City Diving Club
c/o Canada Games Aquatic Centre
1045 Wonderland Road North
London, ON N6G 2Y9
T:(519) 872-9799
<http://www.forestcitydiving.com>

Meet Manager: Bernie Olanski - bernie@lexcor.ca

Technical Chair: Ioana Marinescu - ioana@live.ca

EVENTS: Men's and women's 3m springboard and 10m platform
Men's and women's 3m synchro and 10m synchro

Event Format:

3M and Platform events – there will be a preliminary, a semi-final and a final. The top 12 divers in the preliminary will advance to the semi-final. The top 8 divers in the semi-final will advance to the final. For each segment of the competition, the divers score will start at "0" points.

3M and Platform Synchro events – will be a straight final.

EQUIPMENT LIST

- (2) one metre Maxiflex "B" boards – competition standard
- (2) three metre Maxiflex "B" boards
- Freestanding concrete tower including 3m, 5m, 7.5m.and 10m.
- 10m tower is 2m wide and not to FINA Synchro diving standards.
- Rough tex surface on towers
- Full bubbler system is located under the platforms.

RULES

The 2010-2011 FINA and Diving Plongeon Canada Rules shall be the official rules for this event. If there are any inconsistencies between this package and the Rule Book, the Rule Book shall prevail. Any decisions made at this championship by the Jury of Appeal shall be final. The Rule book is also available at www.diving.ca

For the 3m and 10 trials events, cuts will be to 12 for semi-finals and to 8 for the finals (as noted above).

For club points, senior qualification scores and junior qualification scores, diver scores and rankings used will be based on 1st to 8th place in the finals and 9th to 12th place in the semi-finals. Rule H.1. in Chapter R-2 of the Hand Book and Rule book will apply to any non-Canadian divers in the events, however with cuts to 12 and 8 respectively for semi-finals and finals.

JUDGING

Refer to 2010-2011 Diving Plongeon Canada Rule Book. Dress code is in effect. All judges will be required to wear white shirts and black bottoms. For finals black pants is mandatory.

ENTRANCE CRITERIA

Refer to 2010-2011 Diving Plongeon Canada Rule Book.

SENIOR POINT STANDARDS

Refer to 2010-2011 Diving Plongeon Canada Rule Book.

COACH CERTIFICATION REQUIREMENTS FOR NATIONAL CHAMPIONSHIPS

To attend a Diving National Championship, coaches must be fully certified Level 2 in the old system or at the Competition-Introduction Level. Coaches not having full certification may attend provided they are with a coach from their club who is fully certified at Level 2 or Competition-Introduction or at a higher level

ENTRY FEES AND ENTRY DEADLINE

We ask that you enter and submit your lists for individual and synchro events for the Winter Senior Nationals using the Dive Sheet Generator. www.rezman.net

If you are unable to submit your lists over the internet, you will be able to fill in your dive sheets when you arrive. Dive sheets can be submitted at the same time as your entries.

For all dive sheets received through the Dive Sheet Generator, you will receive e-mail notification confirming receipt. Should you not receive this confirmation, please contact us.

Entry forms are also available for downloading on the Diving Plongeon Canada web site; (<http://www.diving.ca/pdf/competition/2011/EntryFormWSN2011.pdf>)

Registration Fee:	\$50.00 per diver
Entry Fee:	\$50.00 per diver per individual event
	\$50.00 per synchro team/ per event

All fees are payable to the Canadian Amateur Diving Association Inc. **Due to recent complications with Diving Canada's credit card payment system. We request that all payments be made via cheque for the 2011 Winter Senior Nationals.**

Entry Deadline: **Wednesday January 19th, 2011**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, January 19th, 2011. Entries received after this date will be assessed a \$100.00 late entry fee payable to CADA.

Mail to: Diving Plongeon Canada
700 Industrial Ave., Suite 312
Ottawa, ON K1G 0Y9
Fax: (613) 736-0409
E-mail: jeff@diving.ca

Diving Canada will verify the results on the database. The club will be contacted if results sheets are required.

Refer to 2010-2011 Diving Plongeon Canada Rule Book for further information.

RESULTS

Participating clubs and unattached divers/coachs will be able to download the full results booklet from www.diving.ca the week following the event.

Diving Plongeon Canada will be providing live internet results and video throughout the competition. Results can be accessed through www.diving.ca or through www.rezman.net.

Live internet video will be broadcasted for the entire event. Please promote this feature to family and friends of athletes.

DOPING

Doping tests will be conducted at the Winter National Championships.

A Therapeutic Use Exemption (TUE) application is required to be submitted by divers who need to take a substance that is banned. Exemptions are granted by CCES.

Within Canada, TUEs are not required for glucocorticosteroids or beta-2 agonists, but must be declared at the time a doping test is undertaken, and TUEs submitted retroactively. A complete medical review will be required.

NOTE: Registered Testing Pool athletes MUST have TUEs submitted at least 21 days in advance –to FINA. RTP athletes cannot apply TUEs retroactively.

AS WELL: Divers who are selected for international competitions, including Canada Cup, must obtain exemptions from FINA (with a copy to CCES) a minimum of 21 days prior to the application international competition. TUEs cannot be applied retroactively for international competitions.

For information on banned and permitted substances:

2011 prohibited list: <http://www.diving.ca/english/html/athletesmanual.htm>.
Drug Information Database: http://www.didglobal.com/page/didengs/choose_country
CCES substanceinquiries@cces.ca
CCES toll-free 1-800-672-7775 (all inquiries are treated confidentially)

AWARDS AND MEDALS

Note: We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshalling and towels are not permitted. Appropriate time will be provided between the final event and the award ceremonies.

Awards to be given:

- Top 3 overall in individual events
- Top 3 synchro teams
- Beverley Boys Outstanding Diver Trophy (Overall top male and top female divers)

MEETINGS & HOSPITALITY

On-site Hospitality

The local organizing committee will be providing hospitality to coaches, officials and volunteers on competition days at the pool.

Athlete Food:

Food is available in close proximity to the pool, however, no concession stands are located at the Canada Games Aquatic Centre.

Sherwood Forest Mall and Tim Hortons are located with 5 minutes of the pool (walking distance).

Media Open House:

Wednesday, February 2nd at the Canada Games Aquatic Centre; 10am to Noon, Pool Deck

Coaches Meeting:

Wednesday, February 2nd at the pool; 6:00PM, Main Level Multi-Purpose Room

Officials Meetings:

Breakfast Meeting - Thursday, February 3rd at 7:30AM. Holiday Inn Lobby Restaurant
Officials Round Table Discussion – Post events on either Thursday the 3rd or Friday the 4th.

Post-event on Sunday:

Awards will be presented after the final event on Sunday afternoon.

- Bev Boys Awards
- Club Points Championship Banner.

HOTELS

Preferred rates have been arranged through CSTT. Follow the following link to view and book rooms... http://secure.cstt.com/Tournaments/HotelList_Results.php?eventid=4949



Canadian Winter Senior National Championship
Feb 3 - 6, 2011
London Aquatic Centre

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





[Complex and Hotel Map](#)

Phone Toll Free: 1-800-304-6346 CSTT Contact: Irene Foster **Rooms & rates not guaranteed after Jan 2, 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 style="text-align: center;"><u>More Details</u></p>	<ul style="list-style-type: none"> • QQ N/S \$109.00 • King N/S \$109.00 • K Mini Ste+Dp/o \$129.00 • rate plus \$10 for Fri/Sat <p style="text-align: center; font-size: small;">Room Request Form</p>		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 style="text-align: center;"><u>More Details</u></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 <p style="text-align: center; font-size: small;">Room Request Form</p>		Available
<p><u>Station Park All Suite Hotel</u> 242 Pall Mall Street London, ON Canada</p>	<p style="text-align: center;"><u>More Details</u></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 <p style="text-align: center; font-size: small;">Room Request Form</p>		Available

TRAINING SCHEDULE*

Monday – January 31st	11h30 – 15h30	Open Training
Tuesday – February 1st	08h00 – 16h00	Open Training
Wednesday – February 2nd	08h00 – 16h00	Open Training

COMPETITION SCHEDULE*

Thursday – February 3rd	10h00 – 11h00	Open Training
	11h00 – 11h45	Restricted Training
	11h45 – 13h45	Men – 3m – Prelim
	13h45 – 14h15	Restricted Training
	14h15 – 15h15	Women – 10m – Prelim
	15h15 – 15h45	Restricted Training
	15h45 – 16h00	Men – 3m Synchro - Final
	16h00 – 17h00	Open Training
Friday – February 4th	10h00 – 11h00	Open Training
	11h00 – 11h45	Restricted Training
	11h45 – 13h45	Women – 3m – Prelim
	13h45 – 14h15	Restricted Training
	14h15 – 15h15	Men – 10m – Prelim
	15h15 – 15h45	Restricted Training
	15h45 – 16h00	Women – 3m Synchro - Final
	16h00 – 17h00	Open Training
Saturday – February 5th	09h00 – 10h00	Open Training
	10h00 – 10h30	Restricted Training
	10h30 – 11h15	Men – 3m – Semi-Final
	11h15 – 11h45	Restricted Training
	11h45 – 12h30	Women – 10m – Semi-Final
	12h30 – 13h00	Restricted Training
	13h00 – 13h30	Men – 10m Synchro – Final
	13h30 – 14h00	Open Training
	14h00 – 14h30	Restricted Training
	14h30 – 15h00	Men – 3m – Final
	15h00 – 15h30	Restricted Training
	15h30 – 16h00	Women – 10m - Final
	16h00 – 17h00	Open Training
Sunday – February 6th	09h00 – 10h00	Open Training
	10h00 – 10h30	Restricted Training
	10h30 – 11h15	Women – 3m – Semi-Final
	11h15 – 11h45	Restricted Training
	11h45 – 12h30	Men – 10m – Semi-Final
	12h30 – 13h00	Restricted Training
	13h00 – 13h30	Women – 10 Synchro Final
	13h30 – 14h00	Open Training
	14h00 – 14h30	Restricted Training
	14h30 – 15h00	Women – 3m Final
	15h00 – 15h30	Restricted Training
	15h30 – 16h00	Men – 10m - Final

*Subject to change

CAR RENTALS

Enterprise Rental Car

Reservations: 1-800-261-7331

Online: <http://www.enterprise.com>

DPC Corporate Account Number: LC30142

PIN number: DIV

Corporate deal includes;

- A 5% discount at all home-city locations and a 10% discount at all Airport locations in Canada
- No additional driver fee charge (\$5 per day, per driver value)
- No under age renter fee charge (\$10 per day, per driver value)
- Free Out of Town benefit where you may use our services outside the local area
- Free pick up and ride back service to the customer
- Free 24 hour roadside assistance
- 40 different makes and models to choose from

MEDICAL SERVICES

Fowler Kennedy Sports Medicine Clinic

3M Centre

University of Western Ontario

London, Ontario

N6A 3K7

Main Telephone: 519- 661-3011

Main Fax line: 519-661-3379

<http://www.fowlerkennedy.com/>

- Physiotherapy
- Sport Medicine
- No referrals required

University Hospital

339 Windermere Road

London, Ontario

N6A 5A5

Main Telephone:519-663-3197

- Emergency Services

BULLETIN FROM OFFICIALS TO COACHES

2010/2011 Competitive Season

After reviewing issues that have arisen throughout the 2009/2010 competition year, the following are decisions that have been made by the Officials Committee so that we maintain consistency in the application of the rules across the country.

1. Balks – At all qualification meets and the National Championships, a balk will be called if a diver steps in after a balance has been shown
 - Once they have shown they have reached their starting position, they must not step in – even if they have not initiated the arm swing or the press, if they step forward, a balk will be called.
2. At all qualification meets and the National Championships, divers must wait at the fulcrum for the signal from the Referee – whistle or other form of signal
 - While standing at the fulcrum, the divers should look at the dive number board to confirm the dive they are doing
 - **If they do not wait for the signal, the referee will call the diver back,** make sure that they have viewed the number board and then will give the signal
3. It is highly recommended that the coaches teach the divers what the dive number is, where the dive number board is, that they should look at the dive number board to confirm their dive and then look at the Referee and wait for the signal
4. It is highly recommended that divers be taught good posture position be shown when standing at the fulcrum – presenting themselves to the Judges.
5. At all qualification meets, Coaches are asked to make sure that their diver is ready at the back of the diving board when the diver before them is on the board. They are to get on the board as soon as the previous diver leaves the board and be ready by the time their name is announced.
6. At all qualification meets, when a diver receives assistance during the execution of a dive (eg. Calling the diver out of a dive) there will be a fail dive ruling. When assistance is given prior to the execution of the dive but after the referee's signal, the penalty will be the same as a balk, 2 points deduction from each judge's score. This includes telling the diver they are preparing to do the wrong dive and notifying them when they are on the wrong platform.

DIVING CANADA CODE OF CONDUCT

Diving Canada is committed to providing an environment in which all individuals are treated with respect. Further, Diving Canada supports equal opportunity and prohibits discriminatory practices. Members are expected to conduct themselves at all times in a manner consistent with the values of Diving Canada that include fairness, integrity, open communication and mutual respect. Irresponsible behaviour by members can do severe damage to the sport of diving and to the support that all levels of divers have worked so hard to achieve. Conduct that violates these values may be subject to sanctions pursuant to Diving Canada's Discipline Policy.

In addition to the above, the following specific behaviours will be subject to sanction pursuant to Diving Canada's Discipline Policy.

1. not complying with the by-laws, rules, regulations or policies of Diving Canada, as adopted and amended from time to time;
2. verbally or physically abusing team mates, opponents, officials, coaches, spectators or sponsors;
3. showing disrespect to officials, including the use of foul language and obscene or offensive gestures;
4. abusing aquatic facilities or equipment or any other properties which Diving Canada has contracted;
5. failing to comply with the conditions of entry of a diving meet including any rules with regard to clothing or advertising;
6. failing to be available to meet reasonable requests for interviews by the media;
7. any other unreasonable conduct which brings the sport of diving into disrepute, including but not limited to , abusive use of alcohol, non-medical use of drugs, use of alcohol and cigarettes by minors.

The Diving Canada Discipline Code of Conduct shall govern all disciplinary matters to the extent that it conflicts with or augments to Code of Conduct of any provincial/territorial diving association.

CODE DE CONDUITE DE PLONGEON CANADA

Plongeon Canada s'engage à offrir un environnement dans lequel tout individu est traité avec respect. En outre, Plongeon Canada appuie l'égalité des chances et interdit les pratiques discriminatoires. Les membres sont censés se comporter à tous moments d'une manière qui est compatible avec les valeurs de Plongeon Canada qui incluent l'équité, l'intégrité, la communication ouverte, et le respect mutuel. Un comportement irresponsable de la part des membres peut faire du tort au sport de plongeon ainsi qu'à l'appui que les plongeurs et plongeuses de tous les niveaux se sont évertués à obtenir. Une conduite qui ne respecte pas ces valeurs peut être sujette à une sanction, conformément à la politique en matière de discipline de Plongeon Canada.

En plus de ce qui précède, les comportements suivants en particulier seront sujets à une sanction, conformément à la politique en matière de discipline de Plongeon Canada.

1. Défaut de se conformer aux statuts, au règlement, aux règles, ou aux politiques de Plongeon Canada, tels qu'ils auront été adoptés ou amendés de temps à autre;
2. L'abus verbal ou physique de ses coéquipiers ou coéquipières, ses adversaires, les officiels ou officielles, les entraîneurs ou entraîneuses, les spectateurs ou spectatrices, ou les commanditaires;
3. Manquer de respect envers les officiel(le)s, incluant injurier quelqu'un et utiliser des gestes obscènes ou offensifs;
4. L'abus d'installations ou d'équipement aquatiques ou de tous autres biens pour lesquels Plongeon Canada s'est engagée par contrat;
5. Ne pas observer les conditions de participation à une compétition de plongeon y compris les règles ayant trait à l'habillement ou à la publicité;
6. Ne pas être disponible pour répondre aux demandes raisonnables d'interviews de la part des médias;
7. Toute autre conduite qui fait tomber le sport de plongeon dans le discrédit, y compris, mais sans toutefois limitée à, l'abus d'alcool, l'usage non médical des drogues, et la consommation de boisson alcoolisée ou l'usage du tabac par les mineur(e)s.

La politique en matière de discipline et le Code de conduite de Plongeon Canada détermineront toutes questions de discipline en cas de conflit avec ou d'augmentation du code de conduite d'une association provinciale ou territoriale quelconque.