

# ***2010 Ontario Provincial Championships***

National Level 1

*May 28<sup>th</sup> – 30<sup>th</sup>, 2010*





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- 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](mailto:ottawadiving@rogers.com) website: [www.ottawadivingclub.com](http://www.ottawadivingclub.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](mailto: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; \$25.00 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 May 13th, 2010)



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**TIER I**

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	3	G - 190 & B - 190
	4 (7.6) - 3 metre	3	G - 200 & B - 200
	4 (7.6) - plt	2	G - 175 & B - 175
Boys & Girls C- born in 1997 or 1998	5 (9.0) - 1 metre	3	G - 245 & B - 230
	5 (9.5) - 3 metre	3	G - 255 & B - 240
	4 (7.6) - platform	3	G - 225 & B - 225
Girls B- born in 1995 or 1996	5 (9.0) - 1 metre	4	300
	5 (9.5) - 3 metre	4	315
	Girls - 4 (7.6) - plt	3	245
Boys B- born in 1995 or 1996	5 (9.0) - 1 metre	4	280
	5 (9.5) - 3 metre	4	290
	Boys - 4 (7.6) - plt	4	265
Girls A- born in 1992,1993 or 1994	5 (9.0) - 1 metre (Full)	5	355
	5 (9.5) - 3 metre (Full)	5	380
	4 (7.6) - plt	4	300
Boys A- born in 1992,1993 or 1994	5 (9.0) - 1 metre (Full)	5	345
	5 (9.5) - 3 metre (Full)	5	365
	4 (7.6) - plt	5	315
Women's Open	1 metre (Opts)	5	210
	3 metre (Opts)	5	235
	Platform (Opts)	5	220
Men's Open	1 metre (Opts)	6	260
	3 metre (Opts)	6	275
	Platform (Opts)	6	270

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





## 2010 Ontario Provincial Championships Schedule of Events

### Friday, May 28<sup>th</sup>, 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 Women's & 12 Men's Synchro	

### Saturday, May 29<sup>th</sup>, 2010

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

9:00 a.m. Events Begin

Time	1m	3m	Platform
9:00	13 Girls C	14 Boys C	
	<b>Welcoming Ceremony</b>		
	15 Boys B	16 Girls B	
			17 Girls A / 18 Boys A
	19 Girls E	20 Boys E	
	21 Girls D	22 Boys D	
			23 Women's Open 24 Men's Open

### Sunday, May 30<sup>th</sup>, 2010

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

9:00 a.m. Events Begin

Time	1m	3m	Platform
9:00	25 Girls B	26 Boys B	
			27 Girls C / 28 Boys C
	29 Boys A	30 Girls A	
	31 Boys E	32 Girls E	
	33 Boys D	34 Girls D	
	35 Men's Open	36 Women's Open	



## *2010 Ontario Provincial Championships*

### **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](mailto:reservations@daysinnottawawest.com)  
[www.daysinnottawawest.com](http://www.daysinnottawawest.com)

### **Group Name:**

2010 Ontario Provincial Championships

### **Arrival Date:**

Thursday May 27<sup>th</sup>, 2010

### **Departure Date:**

Sunday May 30<sup>th</sup>, 2010

### **Room Type:**

non-smoking double bed rooms

### **Rate:**

\$118 plus taxes

### **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 May 3<sup>rd</sup>,

### **Rooming List:**

Will call in individually

### **Payment Details:**

Each individual responsible for payment of own

### **Cancellation Policy:**

By 4PM on date of arrival