

Diving Plongeon Canada
and
Saskatoon Diving Club



Present

2010 Summer Senior National Championships

and

The 2010 Commonwealth Games Trials

Saskatoon, SK
June 24-27, 2010



GENERAL INFORMATION

The 2010 Summer Senior National Championships are sanctioned by Diving Plongeon Canada and Dive Sask, and hosted by the Saskatoon Diving Club.

Date: June 24-27, 2010

Facility: Shaw Centre
122 Bowlt Cres.
Saskatoon, Saskatchewan
Canada S7N 0A6

t:1 (306) 975-7744

Host club: Saskatoon Diving Club Inc.
510 Cynthia Street
Saskatoon, SK S7L 7K7
t: (306) 955-3483

<http://www.saskatoondivingclub.ca/>

Co-Meet Managers: Lori Hesselberg lhesselberg@sasktel.net
Morris Markentin mj.markentin@sasktel.net

Technical Chair: Steve Carroll stevecarroll@sasktel.net

EVENTS: Men's and women's 1m, 3m, and 10m platform
Men's and women's 3m & 10m synchro

EQUIPMENT LIST

- 4 one metre Duraflex "B" boards
- 2 three metre Duraflex "B" boards
- Freestanding concrete tower including 3m, 5m, 7.5m. and 10m.
- platforms all with a non-skid, rough-teck surface
- Full sprayer systems are located under all springboards and platforms.
- Bubble machine installed under tower.

RULES

The 2009-2010 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

JUDGING

Refer to 2009-2010 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 and closed toe shoes.

ENTRANCE CRITERIA

Refer to 2009-2010 Diving Plongeon Canada Rule Book.

SENIOR POINT STANDARDS

Refer to 2009-2010 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 Summer 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 electronically when you arrive. Dive sheets can also be submitted at the same time as your entries.

For all dive sheets received through the Dive Sheet Generator, you will receive an 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/2010/EntryFormSSN10.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.. Payment can be made by VISA, Mastercard, cheque or money order. If paying by credit card, an administrative fee of 3% will be added to the total.

Entry Deadline: **June 9th, 2010**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, June 9th, 2010. Entries received after this date will be assessed a \$100.00 late entry fee payable to CADA.

Mail or Fax to:	Diving Plongeon Canada
	2197 Riverside Dr., Suite 403
	Ottawa, ON K1H 7X3
	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 2009-2010 Diving Plongeon Canada Rule Book for further information.

RESULTS

Participating clubs and unattached diver/coach 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 may be conducted at the 2010 Summer Senior 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 to be granted by CCES. TUEs cannot be issued retroactively, **so must be approved by CCES at least 21 days before the Summer Nationals.**

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: This does not apply to Registered Testing Pool athletes who MUST have TUEs submitted at least 21 days in advance – to FINA – with a copy to CCES. 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 information on banned and permitted substances:

2010 prohibited list: <http://www.diving.ca/english/html/athletesmanual.htm>.
Substance classification booklet: <http://www.cces.ca/files/pdfs/CCES-PUB-SubstanceClassification-E.pdf>
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 and jeans 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 (top male and top female divers – must dive on all three boards)
- National Championship Banner to club that accumulates the most competition points

MEETINGS & HOSPITALITY

Opening Ceremonies

We are planning on holding a short opening ceremony. Being a brand new pool, we would like to showcase some of its attributes, and have a few quick speeches in regards to the pool, event, and city. The ceremony will conclude with the finalists march on for the next event.

On-site Hospitality

The local organizing committee will be providing hospitality to coaches, officials and volunteers on competition days at the pool. During training days, food is available for purchase at the Shaw Centre Cafeteria starting at noon.

Athlete & Spectator Food

Food will be available for purchase at the Shaw Centre Cafeteria for athletes during competition days. Cafeteria will also be open starting at noon on training days.

Wal Mart, Subway, & Tim Horton's are all within a 5 minute drive from the Shaw Centre.

Media Open House:

Wednesday June 23rd, 10h00 to 12h00, Shaw Centre

Coaches Meeting:

Wednesday June 23rd, 19h00, Shaw Centre

Officials Meetings:

Thursday, June 24th, 08h00 at Hotel Restaurant

Sunday evening:

A closing awards presentation will commence right after the last final on Sunday evening. At this point, the Beverley Boys Awards and National Championship Banner will be presented.

Additionally, a team photograph of all athletes and coaches selected for the Commonwealth Games will take place. All athletes and coaches selected for the Commonwealth Games Team are expected to be in attendance.

HOTEL INFORMATION

Travelodge – Saskatoon
106 Circle Drive West
Saskatoon, Saskatchewan
Canada S7L 4L6

Phone: (306) 242-8881
Toll Free: 1-888-278-4209
Fax: (306) 665-7378

GROUP CODE: CG155C



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At the Travelodge Saskatoon we provide a unique, fun and unforgettable experience through our commitment to exceptional hospitality. We are conveniently located at Circle Drive West and Idywyld Drive North; the junction of two main traffic arteries linking the city and all major highways. We are 10 minutes from the Shaw Centre and 7 minutes from Downtown. For reservations please refer to the Group Block:CG155C, please book by 24th May 2010.

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www.travelodgesaskatoon.com

CAR RENTALS



Car and Truck Rental

801 45 Street East

Saskatoon, SK S7L 5X2

306-244-7925

Booking Reference Code: SKDIVE

Vehicle Type	Daily	Weekly
Compact Size Car	\$37.00	\$222.00
Intermediate Size Car	\$39.00	\$234.00
Full Size Car	\$42.00	\$252.00
15 Passenger Van	\$110.00	\$660.00
Mini Van	\$79.00	\$474.00
Small SUV	\$79.00	\$474.00
Large SUV	\$99.00	\$594.00

- Rates include unlimited km's if vehicles are driven within western Canada.
- Above rates do not include collision coverage, fuel or taxes.
- Loss Damage Waiver (LDW) is available to provide a zero deductible for \$21.00/day per vehicle, personal accident insurance is \$5.95/day.
- Rates valid for pick up from any in-city location.
- Optional coverages, fuel and all applicable taxes are extra.
- No charge for company employees or spouse listed as additional drivers. All other additional drivers \$12.00 per day.
- Travel to the United States subject to \$30.00 cross border charge.
- All rentals subject to \$2.19 per day Vehicle License Fee.
- Airport rentals subject to 13.25% Airport PLF fee.
- Cleaning charges will apply for any vehicles that are excessively dirty when they are returned.

TRAINING SCHEDULE

Monday June 21 st to Wednesday June 23 rd		
Entraînement à sec	8h30	Dry-land Training
Pratique libre	9h00	Open practice
Piscine fermé	17h00	Pool Closed

COMPETITION SCHEDULE

Jeudi 24 juin 2010 / Thursday June 24th		
Entraînement à sec	7h00	Dry-land Training
Pratique libre	8h00	Open practice
Pratique réservée	9h30	Restricted practice
Femmes – 1m Préliminaires	10h00	Women – 1M Prelim
Pratique réservée	11h30	Restricted practice
Hommes – 3m Préliminaires	12h00	Men - 3M Prelim
Pratique réservée	14h00	Restricted practice
Femmes – 10m Préliminaires	14h30	Women 10M Prelim
Pratique réservée	15h30	Restricted practice
Cérémonies d'ouverture	16h00	Opening Ceremonies
Hommes – 3m Synchro Finales	16h30	Men 3M Synchro Final
Pratique réservée	16h45	Restricted practice
Femmes – 1m Finale	17h15	Women 1M Final
Pratique libre	18h00	Open practice
Piscine fermé	19h00	Pool Closed
Vendredi 25 juin 2010 / Friday June 25th		
Entraînement à sec	7h00	Dry-land Training
Pratique libre	8h00	Open practice
Pratique réservée	9h30	Restricted practice
Hommes – 1m Préliminaires	10h00	Men – 1M Prelim
Pratique réservée	11h45	Restricted practice
Femmes – 3m Préliminaires	12h15	Women - 3M Prelim
Pratique réservée	14h00	Restricted practice
Hommes – 10m Préliminaires	14h30	Men 10M Prelim
Pratique réservée	15h30	Restricted practice
Femmes – 3m Synchro Finales	16h00	Women 3M Synchro Final
Pratique réservée	16h15	Restricted practice
Hommes – 1m Finale	16h45	Men 1M Final
Pratique libre	17h45	Open practice
Piscine fermé	18h45	Pool Closed
Samedi 26 juin 2010 / Saturday June 26th		
Entraînement à sec	8h30	Dry-land Training
Pratique libre	9h30	Open practice
Pratique réservée	11h30	Restricted practice
Hommes – 10m Synchro Finales	12h00	Men – 10M Synchro Final
Pratique réservée	12h15	Restricted practice
Femmes – 10m Finale	13h00	Women – 10M Final
Pratique réservée	13h45	Restricted practice
Hommes – 3m Finale	14h15	Men - 3M Final
Pratique libre	15h15	Open practice
Piscine fermé	16h15	Pool Closed
Dimanche 27 juin 2010 / Sunday June 27th		
Entraînement à sec	8h30	Dry-land Training
Pratique libre	9h30	Open practice
Pratique réservée	11h30	Restricted practice
Femmes – 10m Synchro Finales	12h00	Women – 10M Synchro Final
Pratique réservée	12h15	Restricted practice
Hommes – 10m Finale	13h00	Men – 10M Final
Pratique réservée	14h00	Restricted practice
Femmes – 3m Finale	14h30	Women - 3M Final
Remise des prix et photo de l'équipe	15h30	Awards & CW Team Photo

MEDICAL SERVICES

Sport Physiotherapy

Craven Sport Services
#3 – 630 2nd Ave. N
Saskatoon, SK
Ph. #: 934-2011

Treatment is at a cost of \$45/session.

Massage/Chiropractic Treatments

Confederation Chiropractic Clinic
209 Fairmont Drive
Saskatoon, SK
Ph. #: 978-7788

Chiropractic treatment cost is;

- \$25/session (possible new patient fee).

Massage treatments are;

- \$41 per 30-minute session
- \$51 per 45 minute session
- \$61 per 1 hour session



DIVING PLONGEON CANADA
ENTRY FORM / FORMULAIRE D'INSCRIPTION
2010 Summer National Championships / Les championnats nationaux senior d'été 2010

Membership # / # de membre	Name of Competitor / Nom de l'athlète	Coach / Entraîneur NCCP level / Niveau PNCE	Sexe	Individual Events / Épreuves individuelles			Synchro Events / Épreuves Synchro		Qualification standard – date/location/meet
				1M	3M	10M	M	Partner	

All competitors must have qualified to enter / Tous les compétiteurs doivent se qualifier pour être admissibles

Club: _____ E-mail: _____ Tel: _____ Fax: _____

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

Amount enclosed:

Cheque \$ _____
 Credit Card (Add 3% Admin fee) \$ _____

Visa _____ MasterCard _____ Expiry Date _____

Credit Card # _____

Authorized Signature _____

Return completed Entry Form and payment to / Retournez le formulaire et paiement à:

Diving Plongeon Canada
 403-2197 Riverside Drive
 Ottawa ON K1H 7X3
 Fax: 613-736-0409
 E-mail: jeff@diving.ca

DUE JUNE 9, 2010/ DATE-LIMITE 10 JUIN 2010

Cheques & money orders should be made payable to the *Canadian Amateur Diving Association Inc.* Les chèques et les mandats-poste doivent être payables à l'ordre de : *Association canadienne du plongeon amateur Inc.*

I hereby agree to adhere to the Code of Conduct, and all my divers have been advised of this Code. / J'accepte par les présentes de respecter le code de conduite, et tous mes plongeurs et plongeuses ont été avisés de ce code de conduite.

Signature of Coach/ Signature de l'entraîneur :

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.