



k|w diving club

**KW Diving Club**

Welcomes you to the

***2010 Ontario Tier II  
Provincial Championships***

**June 19<sup>th</sup> and 20<sup>th</sup>, 2010**



# 2010 Ontario Tier II Provincial Championships

- Location:** Waterloo Memorial Recreation Complex  
(Waterloo Swimplex)  
  
101 Father David Bauer Dr.  
Waterloo ON Canada N2J 4A8  
Phone: (519)886-3844
- Host Club:** **Kitchener-Waterloo Diving Club,**  
5 Manitou Drive unit 102A  
Kitchener, Ontario N2C 2J6  
Fax: (519)579-2894  
Email: [kw.divingclub@sympatico.ca](mailto:kw.divingclub@sympatico.ca)  
Website: [www.kwdivingclub.org](http://www.kwdivingclub.org)
- Facilities:** 3 One Meter Maxiflex Model B Springboards  
2 Three Meter Maxiflex Model B Springboards  
5 Meter Platform  
Water Depth: 4.5 meters (14' 9")
- Technical Director:** Roland Lipki ([kw.divingclub@sympatico.ca](mailto:kw.divingclub@sympatico.ca))
- Meet Director:** Ross Dolson [rwdolson@gmail.com](mailto:rwdolson@gmail.com)
- Meet Referee:** Janice Moore
- Sanction:** Dive Ontario
- Rules:** FINA/CADA rules and regulations apply.
- Eligibility:** Must meet requirements as outlined in Dive Ontario REGULATION II, ADMINISTRATIVE & TECHNICAL POLICIES rev January 2005, Section B Technical Policies; subsection b1, Tier II Provincial Championships.



**Age of Competitor:** Determined by the divers age at December 31, 2010  
Masters - see the tech regs for requirements  
Group A - born 1994, or earlier  
Group B - born in 1995 or 1996  
Group C - born in 1997 or 1998  
Group D - born in 1999 or later

**Fees:** **\$30.00\* per diver registration;**  
**\$15.00 per diver per event**

**Master Fee:** **\$0 for registration - \$20 per event**  
\*the registration fee includes breakfast and lunch during the meet.

**Registration:** **Entry Deadline:** All registration forms must be received by June 4, 2010, otherwise late registration fee applies. (\$25 per diver)  
Late meet registration will be accepted on the deck, and late fee applies.

**Mail:** KW Diving Club  
5 Manitou Drive Unit 102A,  
Kitchener, ON, N2C 2J6

**Fax:** (519)579-2894  
**e-mail** [c.j.m@sympatico.ca](mailto:c.j.m@sympatico.ca)

**Dive sheets:** Please prepare dive sheets using the Dive Sheet Generator and submit by e-mail to [rwdolson@gmail.com](mailto:rwdolson@gmail.com) Dive sheets are due **24 hours** before the posted start time of the meet. Changes will be permitted up to 1 hour before the start of the event.

**Awards:** Medals 1<sup>st</sup> - 3<sup>rd</sup> and ribbons 4<sup>th</sup> - 6<sup>th</sup>



## DIVE REQUIREMENTS

<b>LEVEL II</b>		
GROUP A:	1 METRE 3 METRE	5 COMPULSORY (9.0), 4 OPTIONAL 4 COMPULSORY (7.6), 4 OPTIONAL *5 groups must be used throughout the list
GROUP B:	1 METRE 3 METRE	5 COMPULSORY (9.0), 3 OPTIONAL 4 COMPULSORY (7.6), 3 OPTIONAL
GROUP C:	1 METRE 3 METRE	4 COMPULSORY (7.6), 2 OPTIONAL 3 COMPULSORY (5.4), 3 OPTIONAL
GROUP D:	1 METRE 3 METRE	3 COMPULSORY (5.4), 2 OPTIONAL 3 COMPULSORY (5.4), 2 OPTIONAL
<b>LEVEL III</b>		
GROUP A:	1 METRE	4 COMPULSORY (7.6), 3 OPTIONAL
GROUP B:	1 METRE	4 COMPULSORY (7.6), 2 OPTIONAL
GROUP C:	1 METRE	3 COMPULSORY (5.4), 2 OPTIONAL
GROUP D:	1 METRE	2 COMPULSORY (3.7), 2 OPTIONAL** (**FROM 3 DIFFERENT GROUPS)
ALL AGES	3 METRE	001, 002, 100B WITH APPROACH (D.D. is 1.0) PLUS 3 DIVES: FROM DIFFERENT GROUPS (D.D. is 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



## Schedule of Events:

### **Notes:**

1. Depending on the number of participants the host club may combine some of the events
2. There will be a minimum of 20 minutes warm up before each event. Only the 1<sup>st</sup> closed practice is shown in the schedule.

<b>Saturday June 19<sup>th</sup>, 2010</b>				
7:00 to 8:30	Open Practice			
8:30 – 8:40	Coaches meeting			
8:40 – 9:00	1 <sup>st</sup> Closed Practice 1M		1 <sup>st</sup> Closed Practice 3M	
	<b>Event #</b>	<b>1 meter</b>	<b>Event #</b>	<b>3 meter</b>
9:05 AM	1.	Group D – Level III	2.	Group D – Level II
	3.	Group C – Level III	4.	Group C – Level II
	<b>Opening Ceremony</b>			
	Awards for Events 1-4			
PM	5.	Group B – Level III	6.	Group B – Level II
	7.	Group A – Level III	8.	Group A – Level II
	9.	Masters		
	Awards for Events 5-9			

<b>Sunday June 20<sup>th</sup>, 2010</b>				
7:00 to 8:30	Open Practice			
8:30 – 8:40	Coaches meeting			
8:40 – 9:00	1 <sup>st</sup> Closed Practice 1M		1 <sup>st</sup> Closed Practice 3M	
	<b>Event #</b>	<b>1 meter</b>	<b>Event #</b>	<b>3 meter</b>
9:05 AM	10.	Group D – Level II	11.	Group B – Level III
	12.	Group C – Level II	13.	Group A – Level III
	Awards for Events 10-13			
PM	14.	Group B – Level II	15.	Group D – Level III
	16.	Group A – Level II	17.	Group C – Level III
			18.	Masters
	Awards for Events 14-18 and outstanding divers and coaches			

## Tier II Provincial Championships Registration Form

Club Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Telephone: \_\_\_\_\_

Number of Divers: \_\_\_\_\_ X \$30.00 = \$ \_\_\_\_\_

Number of Events: \_\_\_\_\_ X \$15.00 = \$ \_\_\_\_\_

Total Fee: \_\_\_\_\_ \$ \_\_\_\_\_

	<b>Divers Name</b> Last Name, First Name	<b>Birth date</b> (MM/DD/YY)	<b>Sex</b>	<b>Age Group</b>	<b>Tier II, III</b>	<b>1M Event #</b>	<b>3M Event #</b>
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Registration form is **due June 4, 2010**  
Fax (519)579-2894; e-mail c.j.m@sympatico.ca

Cheques are payable to KW Diving Club



## Hotels in the area

### [Holiday Inn Hotel Kitchener-Waterloo Conf. Ctr.](#)

30 Fairway Road South At Hwy 8, Kitchener, ON N2A2N2 - (519) 893-1211

### [Howard Johnson Hotel Kitchener](#)

1333 Weber Street East, Kitchener, ON N2A 1C2 - (519) 893-1234

### [Waterloo Hotel](#)

2 King Street North, Waterloo, ON N2J 2W6 - (519) 885-2626 (closest hotel to the pool)

### [Waterloo Inn](#)

475 King Street North, Waterloo, ON N2J 2Z5 - (519) 884-0220

### [Comfort Inn](#)

190 Weber Street North, Waterloo, ON N2J 3H4 - (519) 747-940

### [Best Western St. Jacobs Country Inn-](#)

50 Benjamin Road, Waterloo, ON N2V 2J9 - (519) 884-9295

