



Junior & Senior
DRAGON
Provincial Championships

Organized by
Pointe-Claire Diving Club

April 15-17, 2011





Junior & Senior DRAGON Provincial Championships – April 15-17, 2011

Pointe-Claire Diving Club Head Coach Message

It is with great pleasure that I invite you to the **Junior & Senior DRAGON Provincial Championships** on April 15-17, 2011. This provincial junior and senior championship is the first diving competition hosted in our brand new facility at the Malcolm-Knox Aquatic Center. Since our original pool's opening in 1967, Pointe-Claire has enjoyed a long history of hosting great events.

Today, we are excited to usher in a new era of greatness in our modern new pool featuring a full diving complex. In the spirit of new ventures, we have decided to name our first provincial level competition in the new facility the **DRAGON Championships**. We are hoping for this event to become an ongoing tradition for all to participate in for years to come.

We are also very proud to be hosting the 2011 Speedo Junior National Championships. We invite all diving clubs from across the country to join us at the **Junior & Senior DRAGON Provincial Championships** and take this opportunity to come and try out the equipment before Jr. Nationals.

Looking forward to an outstanding competition!

Yihua Li
Head Coach
Pointe-Claire Diving Club

Junior & Senior DRAGON Provincial Championships

Event date:	April 15 th – 17 th , 2011
Location:	Malcolm-Knox Aquatic Centre 98, Douglas-Shand Pointe-Claire (Qc) H9R 2A8 Tel.: 514-630-1202
Hosting Club:	Pointe-Claire Diving Club
Inquiries:	If you have any questions, please email us at pcdiving.committee@gmail.com .
Facilities and equipment:	3m, 5m, 7.5m and 10m platforms 1m springboard (2) 3m springboard (2)
Technical Director:	Luc Fillion
Referee: Assistant Referee	Evelyne Boisvert JudithFyfe
Entry deadline:	<u>Thursday, March 31st, 2011</u> . Please send your registration form to Plongeon Québec by fax at 514-235-3094 or by email at info@plongeon.qc.ca .

Late entries, as indicated by the postmark, email or fax date, will be accepted upon payment of a \$15 penalty fee per business day of being late, up to a maximum of \$150. The hosting committee shall keep the full amount of penalty fees for late entries. If the hosting committee cannot establish that the application was sent late, the relevant team will not be subject to the penalty fee. However, if an athlete must be added to the list after the deadline, the late entry may be added upon payment of a \$5 penalty fee per athlete.

Entry and event fees must be paid to the hosting club before the end of the events. Failure to do so will result in a \$20 penalty fee per team payable to the hosting club or organization.


****Dive Sheets:**

To facilitate the hosting committee's work, fully completed dive sheets must be submitted electronically by **Tuesday April 12th, 2011**, at the latest via Rezman. On the morning of the competition, a hard copy of all the dive sheets for each athlete must be delivered to the diving secretary.

Please note that according to Regulation Q12 from Plongeon Quebec, dive sheets that are not submitted at least 24 hours prior to the beginning of the events will only be accepted with a \$25 penalty fee, payable to the hosting club.

A diver is allowed to make one or more changes to its dive sheet up to 1 hour prior to either the beginning of the event or the scheduled/announced beginning time of the event, whichever comes first.

Junior & Senior DRAGON Provincial Championships
April 15th – 17th, 2011

- Entry fees:** \$30.00 per Junior athlete (registration)
\$30.00 per Senior athlete (registration)
\$20.00 per event
- Payment:** Please make cheques payable to the City of Pointe-Claire
- Rules and regulations:** FINA, Diving Canada and Plongeon Québec Handbooks and Rule Books
- Awards:** Medals – Gold, Silver and Bronze
Ribbons – 4th to 6th positions
Plaque for best male athlete and best female athlete - Junior and Senior
Plaque for the best team of the Championships
- Competition Schedule:** See Schedule A
- Accommodations:** **See advertising on Schedule B**
- Holiday Inn
6700, TransCanada Highway
Pointe-Claire (Quebec)
H9R 1C2
Tel. : 514-693-7110
Fax : 514-697-4145
Email : administration@holidayinnpc.ca
- Food:** Our partner Subway will have a kiosk with healthy food choices available on site.
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- Parking:** Parking at the Malcolm-Knox Aquatic Center is free.

Junior & Senior DRAGON Provincial Championships

Schedule A

Schedule of events

Friday, April 15th, 2011

Pool opens at 7:00 am
 Open practice at 7:00 am
 Officials' and Coaches' meeting at 8:30 am
 Reserved practice at 8:45 am
 Events begin at 9:00 am

* There will be a 30 minute break for lunch each day around noon or 1:00 pm.

	1m	Platform	3m
Event 1		Girls and Boys D	
Event 2	Boys A		Boys B
Event 3	Girls B		Girls A
Event 4		Girls and Boys C	
Event 5	Men's Open		Women's Open

Saturday, April 16th, 2011

Pool opens at 7:00 am
 Open practice at 7:00 am
 Officials' and Coaches' meeting at 8:30 am
 Reserved practice at 8:45 am
 Events begin at 9:00 am

	1m	Platform	3m
Event 6		Girls and Boys B	
Event 7	Boys C		Girls C
Event 8		Girls and Boys A	
Event 9	Girls D		Boys D
Event 10	Women's Open		Men's Open
Event 11			Synchro

Sunday, April 17th, 2011

Pool opens at 7:00 am
 Open practice at 7:00 am
 Officials' and Coaches' meeting at 8:30 am
 Reserved practice at 8:45 am
 Events begin at 9:00 am

	1m	Platform	3m
Event 12	Girls A		Girls B
Event 13	Boys B		Boys A
Event 14	Boys D		Girls D
Event 15		Men's and Women's Open	
Event 16	Girls C		Boys C
Event 17		Synchro	

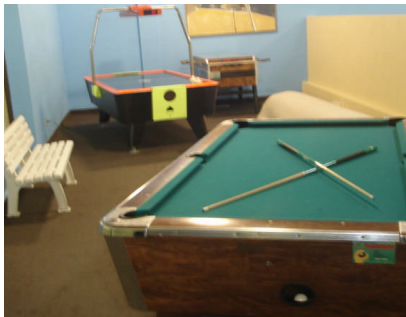
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*Closest hotel to the Pointe-Claire Pool
(only 5 minutes away)*

Schedule B



POINTE-CLAIRE



RATE \$99.00 *

** Rate is net, non-commissionable, per room, per night. Single to quadruple occupancy. Subject to a 3.5% lodging tax, 5% GST, and 8.5% PST.
Rate available until March 31st, 2011.*

- 308 magnificent spacious rooms
- Two steps away from Fairview Shopping Centre, arenas, pools, Sports Centres
- Free outdoor parking
- Sports Fitness Centre
- Exercise room open 24 hours
- Large indoor swimming pool / Whirlpool / Saunas
- International-stature squash courts
- Air hockey, pool and soccer tables
- Restaurant Perno / Lounge C'est la Vie / Business Center
- Room service / Group menus
- Free shuttle from/to Airport

CALL **STÉPHANIE** at **514-693-3076**
ADMINISTRATION@HOLIDAYINNPC.CA

TO MAKE YOUR GROUP
RESERVATIONS

6700, TransCanada Highway, Pointe-Claire,
Québec, Canada H9R 1C2

Tel.: 514-697-7110 1-800-375-2680

Fax: 514-697-4145

Email: administration@holidayinnpc.ca