

NEPEAN OTTAWA DIVING CLUB INVITATIONAL



November 25th, 26th & 27th

2011

Level II National



Contents

Overview.....	1
Schedule Of Events.....	2
Dive Requirements	3
Hotel & Car Information	4
Registration Form	5



Nepean Ottawa Diving Club Invitational November 25th, 26th, & 27th, 2011

Overview

- Venue/Location:** Nepean Sportsplex
1701 Woodroffe Ave, Nepean, ON K2G 1W2
613-580-2424 x41261
- Host Club:** Nepean Ottawa Diving Club | NODC
Phone: 613-228-9270 | Fax: 613-580-2717
E-mail: ottawadiving@rogers.com | Website: www.nodc.ca
- Technical Director:** Fernando Henderson
Meet Director: Jenny McKay
Main Contact: Nina Fowler
- Rules/Eligibility:** DPC (Diving Plongeon Canada) and Dive Ontario rules apply.
NOTE: Meet Specific rules on page 4
- Facilities:** 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Meter Platforms⁵.
- Dive Sheets:** Must be submitted electronically via e-mail at 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.
- Entry Fees:** \$35.00 per diver registration | \$25.00 per diver per event
\$50.00 per diver registration for deck entries | \$25.00 per diver per event for deck entries
***registration fee includes breakfast and lunch during competition*
- Entry Due Date:** **November 17, 2011** *** cut-off date
- Age of Competitor:** Determined by diver's age as of **December 31, 2011**.
- Awards:** Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th.



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SCHEDULE OF EVENTS

Open Practice: 7:30 am – 8:30 am Closed Practice: 8:40 am – 9:00 am
 Coach's Meeting: 8:30 am – 8:40 am Events Begin: 9:00 am

Friday, November 25th, 2011

Time	Event	1M	Event	3M	Event	Platform
9:00	--	--	--	--	1	Girls D
	--	--	--	--	2	Boys D
	3	Girls A	4	Boys A	--	--
	--	--	--	--	5	Girls B
	--	--	--	--	6	Boys B
	7	Boys C	8	Girls C	--	--
	9	Women Open	10	Men Open	--	--

Saturday, November 26th, 2011

Time	Event	1M	Event	3M	Event	Platform
9:00	11	Girls C	12	Boys C	--	--
	13	Boys B	14	Girls B	--	--
	--	--	--	--	15	Girls A
	--	--	--	--	16	Boys A
	17	Girls E	18	Boys E	--	--
	19	Girls D	20	Boys D	--	--
	--	--	--	--	21	Women Open
	--	--	--	--	22	Men Open

Sunday, November 27th, 2011

Time	Event	1M	Event	3M	Event	Platform
9:00	23	Girls B	24	Boys B	--	--
	25	Boys A	26	Girls A	--	--
	--	--	--	--	27	Girls C
	--	--	--	--	28	Boys C
	29	Boys E	30	Girls E	--	--
	31	Boys D	32	Girls D	--	--
	33	Men Open	34	Women Open	--	--



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Dive Requirements

Open and Masters upon request and Registration.

Level I

GROUP A:	1M	5 Compulsory (max DD 9.0) 5 Optional
	3M	5 Compulsory (max DD 9.5) 5 Optional
	PLT	4 Compulsory (max DD 7.6) 5 Optional (Men) 4 (Women)
GROUP B:	1M	5 Compulsory (max DD 9.0) 4 Optional
	3M	5 Compulsory (max DD 9.5) 4 Optional
	PLT	4 Compulsory (max DD 7.6) 4 Optional (Men) 3 (Women)
GROUP C:	1M	5 Compulsory (max DD 9.0) 3 Optional
	3M	5 Compulsory (max DD 9.5) 3 Optional
	PLT	4 Compulsory (max DD 7.6) 3 Optional
GROUP D:	1M	4 Compulsory (max DD 7.2) 3 Optional
	3M	4 Compulsory (max DD 7.6) 3 Optional
	PLT	4 Compulsory (max DD 7.6) 2 Optional
OPEN:	1M	Optional: 6 Dives (Men) 5 Dives (Women)
	3M	Optional: 6 Dives (Men) 5 Dives (Women)
	PLT	Optional: 6 Dives (Men) 5 Dives (Women)

GROUP E DIVE REQUIREMENTS: (BORN IN 2003 OR LATER)

Boys & Girls E 1m

6 dives First 2 dives must be 100 A front jump layout with hurdle
200 A back jump layout
4 additional dives from 3 groups.
All dives are assigned a D.D. of 1.8.

Boys & Girls E 3m

6 dives First 3 dives must be 001 standing forward entry
002 standing backward entry
100B front jump pike with hurdle
3 additional dives from 3 groups.
All dives are assigned a D.D. of 1.9



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Registration Form

This is a fillable form. Please type the information and attach to e-mail.

DIVING CLUB _____ Phone # _____

Attending Coaches _____ E-mail _____

Address _____ **City** _____ **Prov** _____ **Postal Code** _____

	DIVER'S NAME Last, First Name	D.O.B. Y/M/D	M/ F	AGE Group	TIER I	1 M	3 M	PLT	EVENT #
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									

Signature of Head Coach _____

Date: _____

Registration of Divers (X \$35.00) = _____

Number of Events (X \$25.00) = _____

Total Fee: _____

Please make cheques payable to “Nepean Ottawa Diving Club”

PLEASE SUBMIT BY NOVEMBER 17, 2011 | OTTAWADIVING@ROGERS.COM