

**Diving Plongeon Canada
and
Edmonton Springboard and
Platform Diving Club**



Present the

**2011 Summer Senior National
Championships**

and 2011 Pan American Games Trials



**Edmonton, AB
June 2-5, 2011**

GENERAL INFORMATION

The 2011 Summer Senior National Championships are sanctioned by Diving Plongeon Canada and Alberta Diving, and hosted by Edmonton Springboard and Platform Diving Club.

Date: June 2-5, 2011

Facility: Kinsmen Sports Centre
9100 Walterdale Hill
780-944-7400

Host Club: Edmonton Springboard and Platform Diving Club
Edmonton, AB
7 River Heights Dr
Edmonton, AB
T6M 2R1
780-444-7300
espdiver@telusplanet.net

Meet Managers: Trevor Palmatier trevorpalmatier@telus.net
Sandy Sehn sandysehn@hotmail.com

Technical Chair: David Flewwelling espdiver@telusplanet.net

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

EQUIPMENT LIST

- 4 x 1-meter springboards – Duraflex
- 4 x 3-meter springboards – Duraflex
- Platform: 3m, 5m, 7.5m & 10m (not stacked)
- Sprinklers/agitators under all springboards and platforms

RULES

The 2010-2011 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 2010-2011 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 and closed toe shoes are mandatory.

ENTRANCE CRITERIA

Refer to 2010-2011 Diving Plongeon Canada Rule Book.

SENIOR POINT STANDARDS

Refer to 2010-2011 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/2011/EntryFormSSN11.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: **May 18th, 2011**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, May 18th, 2011. Entries received after this date will be assessed a \$100.00 late entry fee payable to CADA.

Mail or Fax to:	Diving Plongeon Canada 700 Industrial Ave., Suite 312 Ottawa, ON K1G 0Y9 Fax: (613) 736-0409 E-mail: jeff@diving.ca
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Diving Canada will verify the results on the database. The club will be contacted if results sheets are required.

Refer to 2010-2011 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 2011 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:

2011 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

No opening ceremony is being planned for this competition

On-site Hospitality

The local organizing committee will be providing hospitality to coaches, officials and volunteers on competition days at the pool.

Athlete & Spectator Food

Food will be available for purchase at Moo's Cafeteria at the Kinsmen Sports Centre for athletes and spectators.

Media Open House:

Wednesday June 1st, 10h00 to 12h00, Kinsmen Sports Centre

Coaches Meeting:

Wednesday June 1st, 18h00, Location TBD

Officials Meetings:

Thursday, June 2nd, 07h00 at Location TBD

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.

HOTEL INFORMATION

The Coast Edmonton Plaza Hotel

10155 105 Street Edmonton, AB, T5J 1E2

\$99.00 + tax/ night for a Comfort Double Room

Free Internet in all rooms

Parking is an additional \$15/night

The Coast Edmonton House

10205 – 100 Ave, Edmonton, AB, T5J 4B5

\$119.00 + tax/night for a Comfort Double Room

Free Internet in all rooms

Parking is an additional \$15/night

Reservations:

David Bauer

Code: Canadian Diving Championships

1 (780) 423-7534

d.bauer@coacthotels.com

CAR RENTALS

Edmonton International Airport is serviced by 6 car rental companies, all of which can be accessed by the following link: http://flyeia.com/ground_transportation/car_rentals

Alamo	1-877-222-9075	
Weekly rate	\$177.92	compact
	\$268.65	standard
	\$309.98	minivan
Avis	1-800-879-2847	
Weekly rate	\$189.54	compact
	\$287.79	standard
	\$250.74	minivan
Budget	1-800-661-7027	
Weekly rate	\$169	compact
	\$249	standard
	\$439	minivan
Enterprise	1-800-261-7331	
Weekly rate	\$168.51	compact
	\$240.84	standard
	\$512.41	minivan
Hertz	1-800-263-0600	
Weekly rate	\$223.49	compact
	\$338.49	standard
	sold out	minivan
National	1-800-227-7368	
Weekly rate	\$238.00	compact
	\$260.69	standard
	\$310.00	minivan

MEDICAL SERVICES

Kinsmen Sports Centre Physical Therapy Clinic – (located at the pool)

9100 Walterdale Hill, Edmonton, AB, T6E 2V3
(780) 432-9555 tel. | (780) 439-2965 fax.

Hours of Operation are Monday to Friday, 6:45 am to 6:45 pm.
Latest they will accept new assessments is 6:30 pm
\$110 for assessments, \$60 / treatment

Kinsmen Sports Centre Massage Therapy – (located at the pool)

9100 Walterdale Hill, Edmonton, AB, T6E 2V3
780 / 433-8434 tel.
AurelHamran, RMT, SMT(C), HSc. Dip. S.I.M.
Judy Simon, RMT

TRAINING SCHEDULE

Lundi 30 mai 2011 / Monday, May 30th		
Pratique libre	9-12 and 14-17	Open practice
Mardi 31 mai 2011 / Tuesday, May 31st		
Pratique libre	9h00 – 17h00	Open practice
Mercredi 1 juin 2011 / Wednesday, June 1st		
Pratique libre	9h00 – 17h00	Open practice

COMPETITION SCHEDULE

Jeudi 2 juin 2011 / Thursday June 2nd		
Pratique libre	08h00	Open practice
Pratique reserve 1m	09h15	1m Restricted practice
Femmes – 1m Préliminaires	10h00	Women – 1M Prelim
Pratique reserve 3m	12h00	3m Restricted practice
Hommes – 3m synchro finale	12h30	Men - 3M Synchro Final
Pratique reserve 1m	13h30	1m Restricted practice
Femmes – 1m finale	14h00	Women 1M Final
Pratique reserve 10m	15h00	10m Restricted practice
Femmes – 10m synchro finale	15h30	Women 10M Synchro Final
Pratique libre		Open practice
Vendredi 3 juin 2011 / Friday June 3rd		
Pratique libre	08h00	Open practice
Pratique reserve 1m	09h15	1m Restricted practice
Hommes – 1m Préliminaires	10h00	Men – 1M Prelim
Pratique reserve 3m	12h00	3m Restricted practice
Femmes – 3m synchro finale	12h30	Women - 3M Synchro Final
Pratique reserve 1m	13h30	1m Restricted practice
Hommes – 1m finale	14h00	Men 1M Final
Pratique reserve 10m	15h00	10m Restricted practice
Femmes – 10m synchro finale	15h30	Men 10M Synchro Final
Pratique libre		Open practice
Samedi 4 juin 2011 / Saturday June 4th		
Pratique libre	08h00	Open practice
Pratique reserve 3m	09h15	3m Restricted practice
Femmes – 1m Préliminaires	10h00	Women – 3M Prelims
Pratique reserve 10m	12h00	10m Restricted practice
Hommes – 3m Préliminaires	12h30	Men – 10M Prelims
Pratique reserve 3m	14h00	3m Restricted practice
Femmes – 10m Préliminaires	14h30	Women – 3M Final
Pratique reserve 10m	15h30	10m Restricted practice
Femmes – 10m Préliminaires	16h00	Men – 10M Final
Pratique libre		Open practice
Dimanche 5 juin 2011 / Sunday June 5th		
Pratique libre	08h00	Open practice
Pratique reserve 3m	09h15	3m Restricted practice
Femmes – 1m Préliminaires	10h00	Men – 3M Prelims
Pratique reserve 10m	12h00	10m Restricted practice
Hommes – 3m Préliminaires	12h30	Women – 10M Prelims
Pratique reserve 3m	14h00	3m Restricted practice
Femmes – 10m Préliminaires	14h30	Men – 3M Final
Pratique reserve 10m	15h30	10m Restricted practice
Femmes – 10m Préliminaires	16h00	Women – 10M Final
Remise des prix	16h45	Awards Ceremony

