

Diving Plongeon Canada
and
Etobicoke Diving Club



Present the

2010 Winter Senior National Championships

and

FINA Diving Grand Prix Trials

Toronto, ON
January 28-31, 2010

GENERAL INFORMATION

The 2010 Winter Senior National Championships are sanctioned by Diving Plongeon Canada and Dive Ontario, and hosted by Etobicoke Diving Club.

Date: January 28th to 31st, 2010

Facility: Etobicoke Olympium
590 Rathburn Road
Etobicoke, Ontario
M9C 3T3
T: 416-394-8810
http://www.toronto.ca/parks/parks_gardens/centennial_sports.htm#olympium

Host club: Etobicoke Diving Club
590 Rathburn Road
Etobicoke, Ontario
M9C 3T3
T:(416) 622 - 6001
info@etobicokediving.org
www.etobicokediving.org

Meet Manager: Shelley Unterlander - shrik@rogers.com

Technical Chair: Misha Kordyukov - info@etobicokediving.org

EVENTS: Men's and women's 3m springboard and 10m platform
Men's and women's 3m synchro and 10m synchro

Event Format:

3M and Platform events – there will be a preliminary, a semi-final and a final. The top 12 divers in the preliminary will advance to the semi-final. The top 8 divers in the semi-final will advance to the final. For each segment of the competition, the divers score will start at “0” points.

3M and Platform Synchro events – will be a straight final.

EQUIPMENT LIST

- (2) one metre Maxiflex "C" boards
- (2) three metre Maxiflex "C" boards
- Freestanding concrete tower including 3m, 5m, 7.5m.and 10m.
- Full bubbler system is located under the platforms.

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

For the 3m and 10 trials events, cuts will be to 12 for semi-finals and to 8 for the finals (as noted above).

For club points, senior qualification scores and junior qualification scores, diver scores and rankings used will be based on 1st to 8th place in the finals and 9th to 12th place in the semi-finals. Rule H.1. in Chapter R-2 of the Hand Book and Rule book will apply to any non-Canadian divers in the events, however with cuts to 12 and 8 respectively for semi-finals and finals.

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.

ENTRANCE CRITERIA

Refer to 2009-2010 Diving Plongeon Canada Rule Book.

SENIOR POINT STANDARDS

Refer to 2009-10 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 Winter 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 when you arrive. Dive sheets can be submitted at the same time as your entries.

For all dive sheets received through the Dive Sheet Generator, you will receive 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/2009/EntryFormWSN2010.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: **January 13th, 2010**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, January 13th, 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 703
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 club 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 will be conducted at the Winter 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 granted by CCES.

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: Registered Testing Pool athletes MUST have TUEs submitted at least 21 days in advance –to FINA. 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 international competitions.

For information on banned and permitted substances:

2010 prohibited list: <http://www.diving.ca/english/html/athletesmanual.htm>.
Drug Information Database: http://www.didglobal.com/page/didengs/choose_country_substanceinquiries@cces.ca
CCES
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 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 (Overall top male and top female divers)

MEETINGS & HOSPITALITY

On-site Hospitality

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

Athlete Food: A selection of meals and snacks will be available for purchase during competition days at the pool cafeteria (run by Etobicoke Diving Club). During training days, healthy snacks will be available on pool deck, but meals will not be served.

Press Conference:

Wednesday, January 27th at the Etobicoke Olympium; 11am, Room TBD

Coaches Meeting:

Wednesday, January 27th at the Etobicoke Olympium; 7pm, Room TBD.

Officials Meetings:

Breakfast meeting - Thursday, January 28th at 7:30 am. Location TBD

Officials Round Table Discussion – Post events on either Thursday the 28th or Friday the 29th.

Sunday evening:

A social is being planned for Sunday night. Details will be communicated at a later date. Awards to be presented at this social will be Bev Boys Awards, and Club Points Championship Banner.

HOTEL INFORMATION

Courtyard Marriott Mississauga Airport Corporate Centre West

5050 Creebank Rd, Mississauga, Ontario, L4W 5R2

Phone: 905-625-3555

Fax: (905) 625-3630

Reservations: 1-866-321-2211

Residence Inn Marriott Mississauga Airport Corporate Centre West

5070 Creebank Rd, Mississauga, Ontario, L4W 5R2

Phone: 905-602-7777 Reservations: 1-866-806-4242

Hotel Rates:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Date	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
Courtyard Marriott	\$129/ room	\$129/ room	\$129/ room	\$129/ room	\$89/ room	\$89/ room	\$89/ room	\$89/ room
Residence Inn	\$129/ room	\$129/ room	\$129/ room	\$129/ room	\$105/ room	\$105/ room	\$105/ room	\$105/ room

Group Name: Etobicoke Diving Club – 2010 Senior Nationals

Reservation Procedure:

Reservations for the Event will be made by individual call-in. Reservations must be made by January 8th, 2010

Special Notes:

Hotel is able to provide complimentary shuttle service to the pool and airport.

CAR RENTALS

Enterprise Rental Car

Reservations: 1-800-261-7331

Online: <http://www.enterprise.com>

DPC Corporate Account Number: LC30142

PIN number: DIV

Corporate deal includes;

- A 5% discount at all home-city locations and a 10% discount at all Airport locations in Canada
- No additional driver fee charge (\$5 per day, per driver value)
- No under age renter fee charge (\$10 per day, per driver value)
- Free Out of Town benefit where you may use our services outside the local area
- Free pick up and ride back service to the customer
- Free 24 hour roadside assistance
- 40 different makes and models to choose from

TRAINING SCHEDULE

Date	Time	Event
Monday – Jan 25th	12:00 – 16:00	Open Practice
Tuesday – Jan 26th	09:00 – 13:00 15:30 – 19:30	Open Practice Open Practice
Wednesday – Jan 27th	08:00 – 12:00 14:30 – 18:30	Open Practice Open Practice

*Subject to change

*COMPETITION SCHEDULE

Date	Time	Event
Thursday – Jan 28 th	10:00	Open Practice
	11:00	Restricted Practice
	12:00	Men's 3m Prelims
	13:45	Restricted Practice
	14:30	Women's 10m Prelims
	15:30	Restricted Practice
	16:00	Men's 3m Synchro Finals
	16:30	Open Practice
	17:30	End of Practice
	Friday – Jan 29 th	10:00
11:00		Restricted Practice
12:00		Women's 3m Prelims
13:45		Restricted Practice
14:30		Men's 10m Prelims
15:30		Restricted Practice
16:00		Women's 3m Synchro Finals
16:30		Open Practice
17:30		End of Practice
Saturday – Jan 30 th		09:00
	10:00	Restricted Practice
	10:45	Men's 3m Semi Final (12)
	11:35	Restricted Practice
	12:20	Women's 10m Semi Final (12)
	13:00	Open Practice
	14:00	End of Practice
		Break
	16:00	Open Practice
	16:30	Restricted Practice
	17:00	Men's 10m Synchro Final
	17:15	Restricted Practice
	18:00	Women's 10m Final (8)
	18:30	Restricted practice
	19:15	Men's 3m Final (8)
	20:00	Open Practice
21:00	End of practice	
Sunday – Jan 31 st	09:00	Open Practice
	10:00	Restricted Practice
	10:45	Women's 3m Semi Final (12)
	11:30	Restricted Practice
	12:15	Men's 10m Semi Final (12)
	13:00	Open Practice
	14:00	End of Practice
		Break
	16:00	Open Practice
	16:30	Restricted Practice
	17:00	Women's 10m Synchro Final
	17:15	Restricted Practice
	18:00	Men's 10m Final (8)
	18:30	Restricted practice
19:15	Women's 3m Final (8)	

*Subject to change based on participant numbers

MEDICAL SERVICES

Hospitals:

Trillium Health Centre – Mississauga (Emergency Services)

100 Queensway West
Mississauga, ON L5B 1B8
Telephone #: 905.848.7100

Trillium Health Centre - West Toronto (Walk in services)

150 Sherway Drive
Toronto, ON M9C 1A5
Telephone #: 416.259.6671

Physio & Massage Services:

AIM Health Group

Dr. Stephanie Anisko
6400 Millcreek Drive, Unit #9
Mississauga, ON
L5N 3E7
905-812-0644

Institute of Sports Medicine & Wellness Centre Inc.

230 Browns Line
Etobicoke ON M8W 3T4
Phone: 416-620-6861
Fax: 416-620-9774



Courtyard & Residence by Marriott Mississauga Airport Corporate Centre West



Senior Winter Nationals January 28-31, 2009

Courtyard Marriott Mississauga Airport Corporate Centre West

5050 Creekbank Rd, Mississauga, Ontario, L4W 5R2

Hotel Phone: 905-625-3555 Reservations: 1-866-321-2211

- Free High Speed & Wireless internet in all rooms
- Complimentary Airport Shuttle
- Free Parking
- Courtyard Café, Lounge, Bar
- Pool, Hot Tub, Exercise Room
- **2009-2010 Diving Participant Rate \$89.00 per night**



Residence Inn Marriott Mississauga Airport Corporate Centre West

5070 Creekbank Rd, Mississauga, Ontario, L4W 5R2

Phone: 905-602-7777 Reservations: 1-866-806-4242

- Complimentary Breakfast Everyday
- Free High Speed & Wireless internet in all rooms
- Complimentary Airport Shuttle
- Free Parking
- All Suite Property, Full Kitchen, with Fridge, Stove, Microwave,
- Pool, Hot Tub, Exercise Room
- **2009-2010 Diving Participant Rate \$105.00 per night**



**For Reservations Contact Hotel Directly
Group Block Setup Under
“Senior Winter Nationals”**

For participants arriving prior to Jan 28th rate of \$129 available

