



BOARDWORKS & BC DIVING
present

**2013 BRITISH COLUMBIA
SUMMER PROVINCIAL DIVING
CHAMPIONSHIPS**

May 31, June 1 & 2, 2013
Saanich Commonwealth Place
Victoria, BC
CANADA

Meet Manager:

Lisa Boog

Dates

Friday, May 31, Saturday, June 1 & Sunday, June 2, 2013.

Venue

Saanich Commonwealth Place
4636 Elk Lake Drive.
Victoria, British Columbia V8Z 5M1
CANADA

Facility

Four 1 metre springboards
Two 3 metre springboards
One 1 metre platform
Full platform complex with 3, 5, 7.5, and 10 metre platforms

Eligibility & Rules

All Diving Plongeon Canada, USA Diving or other registered members of Federations affiliated with FINA divers may attend. (Per FINA Rule GR 3.1, all entries received from outside Canada must be a member of a FINA-affiliated organization. This applies to athletes, coaches, officials and any other team members).

Age-group determination is the diver's age as of December 31st, 2013.

Diving Plongeon Canada rules will apply to all events.

This is a Junior National Qualifying event.

Age Groups: E - Divers born in 2004 or later
D - Divers born in 2002 or later
C - Divers born in 2000 or 2001
B - Divers born in 1998 or 1999
A - Divers born in 1995, 1996 or 1997
OPEN - Any age

There will be no cuts in any event.

Each event will be given at least 30 minutes warm-up prior to the start of the event. Where one side of the pool is finished before the other, that side will be open for quiet warm-up. The Technical Director reserves the right to close down a side for warm-up if he deems it to be too noisy or disruptive to an event on the other side. Springboards will be open during platform warm-up and vice-versa.

Events may run up to 1 hour ahead of the scheduled and posted times.
A revised final schedule will be distributed upon the arrival of the teams.

Divers may only dive one age group with the following exceptions: E group divers may compete in D springboard and platform events.

Entries

All entries and fees must be received no later than **Wednesday, May 22, 2013**. Entries may be mailed, faxed or e-mailed to:

BOARDWORKS 250 - 479 - 0330 tel.
4636 Elk Lake Drive 250 - 744 - 3542 fax.
Victoria, BC V8Z 5M1 boardworksinfo@shaw.ca

Entry Fees

\$25.00 Cdn Diver Registration Fee
\$20.00 Cdn Event Fee per event.
Deck Entries are \$35.00 Cdn per event per diver. Deck entries will be accepted up until one hour prior to the beginning of the event.

Dive Sheets

All dive sheets must be submitted electronically using **Dive Sheet Generator**. Dive sheets must be submitted 24 hours prior to the event. To download a copy of Dive Sheet Generator, please visit http://www.integratedsports.net/diving/ds_download_diver_canada.html.

Once you arrive in Victoria we will give your club a printed copy of your dive lists that needs to be signed and returned to the secretariat office. It is recommended that you bring an electronic copy of the most recent file that you uploaded to the competition. If there are any problems the host committee can transfer the file containing your dive sheets via a USB key.

Awards

Medals for the top three.
Ribbons for 4th to 6th place.
Medals for the top three BC finishers.

General Rules: Groups D, C, B & A

1. Compulsories (Dives with limited D.D.)

1. Must be head first (Exception - Group C and Group D divers will be allowed feet-first entries on twisting compulsory only)
2. In group C and D, the back and reverse dives will be only performed in tuck and/or pike position

2. Forward Spinning Dives

1. Refers to somersaulting dives from group 1 and 4

3. Back Spinning Dives:

1. Refers to somersaulting dives from group 2, group 3, group 62x and group 63x.
2. A minimum of two (2) somersaults required for 62x and 63x to be considered as back spinning
3. All back spinning dives must be performed in a tuck or a pike position

4. Twisting Dives

1. Group 1 and 4 twisting dives must have a minimum of one (1) somersault and one (1) twist
2. The amount of twist must be an even number
3. Group 2 and 3 twisting dives must have a minimum of one (1) somersault and ½ twist
4. The amount of twist must be an odd number

Special DDs: Groups D, C, B & A

For Groups C & D

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
201	C & B	1.5	1.7	1.6	1.8
301	C & B	1.6	1.8	1.7	1.9

For All Age-Groups

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
404	C			2.4	

Dive Requirements by Age Group

Girls & Boys E 1m

6 dives	100A front jump straight with a hurdle 200A back jump straight 4 additional dives from 3 groups	All dives are assigned a DD of 1.8
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Girls & Boys E 3m

6 dives	001 standing forward entry 002 standing backward entry 100B front jump pike with a hurdle 3 additional dives from 3 groups	All dives are assigned a DD of 1.9
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Girls & Boys D 1 metre

Must cover groups 1 through 4. Group 5 may be used.		
7 dives	4 compulsory dives 3 optional dives	DD Limit 7.0 201 or 301 mandatory. C or B position only. 3 groups covered One of the 3 optionals must be back spinning Only one of the 3 optionals can be foot first

Girls & Boys D 3 metre

Must cover groups 1 through 4. Group 5 may be used.		
7 dives	4 compulsory dives 3 optional dives	DD Limit 7.6 201 or 301 mandatory. C or B position only. 3 groups covered One of the 3 optionals must be back spinning Foot first entry only allowed on 404

Girls & Boys D Platform

Only 5m or 7.5m may be used.		
Must cover 5 groups		
Must perform a dive from Group 6		
6 dives	4 compulsory dives 2 optional dives	DD Limit 7.6 2 groups covered One of the 2 optionals must be back spinning Foot first entries only allowed on 404

Girls & Boys C 1 metre

Must cover 5 groups.

8 dives 5 compulsory dives

3 optional dives

5 group covered

DD Limit 9.0

201 or 301 mandatory. C or B position only.

3 groups covered

One of the 3 optionals must be forward spinning

One of the 3 optionals must be back spinning

Feet first entries only allowed on forward spinning with a minimum of 2 ss and dives from Group 5

Girls & Boys C 3 metre

Must cover 5 groups.

8 dives 5 compulsory dives

3 optional dives

5 group covered

DD Limit 9.5

201 or 301 mandatory. C or B position only.

3 groups covered

One of the 3 optionals must be forward spinning

One of the 3 optionals must be back spinning

Foot first entries only allowed on Group 4 spinning with a minimum of 2 ss.

Girls & Boys C Platform

Only 5m or 7.5m may be used.

Must cover 5 groups

Must perform a dive from Group 6

7 dives 4 compulsory dives

3 optional dives

DD Limit 7.6

3 groups covered

One of the 3 optionals must be back spinning

Foot first entries only allowed on 404

Group B Girls 1 metre

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.0

DD minimum 8.5

One of the 4 optionals must be from Group 3

Foot first entries only allowed on Group 4 spinning with a minimum of 2 ss.

Group B Girls 3 metre

No foot first entries

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.5

4 group smust be covered

DD minimum 9.4

One of the 4 optionals must be from Group 3

Group B Girls Platform

5m, 7.5m & 10m may be used

Minimim 2 of 7 dives must be performed on 10 metre

No foot first entries

7 dives

4 compulsory dives

3 optional dives

4 groups covered

DD limit 7.6

3 group smust be covered

DD minimum 7.2

201 & 301 cannot be used as an optional

One of the 3 optionals must be back spinning

Group B Boys 1 metre

No foot first entries

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.0

DD minimum 9.2

One of the 4 optionals must be from Group 3

Group B Boys 3 metre

No foot first entries

9 dives

5 compulsory dives

4 optional dives

5 groups covered

DD limit 9.5

4 group smust be covered

DD minimum 9.9

One of the 4 optionals must be from back spinning with a minimum of 2.5 ss

Group B Boys Platform

5m, 7.5m & 10m may be used

Minimim 2 of 8 dives must be performed on 10 metre

Must cover 6 groups

No foot first entries

8 dives

4 compulsory dives

4 optional dives

4 groups covered

DD limit 7.6

4 group smust be covered

DD minimum 9.5

201 & 301 cannot be used as an optional

Two of the 4 optionals must be back spinning.

One of the back spinning must be from Group 3

Group A Girls 1 metre

10 dives

5 compulsory dives

5 optional dives

5 groups covered

DD limit 9.0

DD minimum 11.4

Must cover 5 groups

Foot first entries only allowed on Group 5

Group A Girls 3 metre

No foot first entries

10 dives

5 compulsory dives

5 optional dives

5 groups covered

DD limit 9.5

5 groups must be covered

DD minimum 13.1

Group A Girls Platform

5m, 7.5m & 10m may be used

Minimum 6 of 8 dives must be performed on 10 metre or 4 optionals on 10 metre

No foot first entries

Must cover 5 groups

8 dives

4 compulsory dives

4 groups covered

DD limit 7.6

4 optional dives

4 groups covered

DD minimum 9.8

201 & 301 cannot be used as an optional

One of the 4 optionals must be back spinning

Group A Boys 1 metre

No foot first entries

10 dives

5 compulsory dives

5 groups covered

DD limit 9.0

5 optional dives

5 groups covered

DD minimum 12.2

Group A Boys 3 metre

No foot first entries

10 dives

5 compulsory dives

5 groups covered

DD limit 9.5

5 optional dives

5 groups must be covered

DD minimum 13.5

Groups 2, 3 & 4 must be a minimum of 2/5 ss

Group A Boys Platform

5m, 7.5m & 10m may be used

Minimum 7 of 9 dives must be performed on 10 metre or 5 optionals on 10 metre

Must cover 6 groups

No foot first entries

9 dives

4 compulsory dives

4 groups covered

DD limit 7.6

5 optional dives

4 groups must be covered

DD minimum 12.5

201 & 301 cannot be used as an optional

Two of the 5 optionals must be back spinning

One of the back spinning must be from 10 metre

One of the 5 optionals must be from Group 6

Women's Open 1m,3m & Platform

5 dives

5 optional dives

Must cover 5 groups

Men's Open 1m,3m & Platform

6 dives

6 optional dives

Must cover 5 groups on springboard & 6 on platform

5 dives

5 optional dives

Must cover 5 groups

**HOTEL
LOCATED NEXT DOOR
TO THE POOL!**



Howard Johnson Hotel and Suites
4670 Elk Lake Drive
Victoria, BC

Reservations: 1-866-300-4656

Or

Sandman Inn
2852 Douglas Street
Victoria, BC

For reservations call:
1-888-388-9787
1-250-388-0788

Accent Inn
3233 Maple Street
Victoria, BC

For reservations call:
250-475-7500



2013 BC SUMMER PROVINCIALS SCHEDULE OF EVENTS

FRIDAY, MAY 31			
7:30am - 8:30am	Open Practice		
8:30am - 9:00am	Closed Practice		
9:00am	Boys B 1-metre Prelim(DPC)	Girls B 3-metre Prelim(DPC)	
	Boys B & Boys A 1-metre (N)	Girls B & Girls A 3-metre (N)	
			Boys & Girls D Platform(DPC)
	Boys A 1-metre Prelim(DPC)	Girls A 3-metre Prelim(DPC)	
			Boys & Girls C Platform(DPC)
	Boys B 1-metre Final(DPC)	Girls B 3-metre Final(DPC)	
	Boys A 1-metre Final(DPC)	Girls A 3-metre Final(DPC)	
	Mens Open 1-metre	Womens Open 3-metre	

SATURDAY, JUNE 1			
7:30am - 8:30am	Open Practice		
8:30am - 9:00am	Closed Practice		
9:00am	Boys & Girls E 1-metre		
	Boys D & Boys C 1-metre(DPC)	Girls D & Girls C 3-metre(DPC)	
	Boys D & Boys C 1-metre(N)	Girls D & Girls C 3-metre(N)	
	Girls A 1-metre Prelim(DPC)	Boys A 3-metre Prelim(DPC)	
			Boys & Girls B Platform(DPC)
	Girls A 1-metre Final(DPC)	Boys A 3-metre Final(DPC)	
	Womens Open 1-metre	Men's Open 3-metre	

SUNDAY, JUNE 2			
7:30am - 8:30am	Open Practice		
8:30am - 9:30am	Closed Practice		
9:00am		Boys & Girls E 3-metre	
	Girls D & Girls C 1-metre(DPC)	Boys D & Boys C 3-metre(DPC)	
	Girls D & Girls C 1-metre(N)	Boys D & Boys C 3-metre(N)	
	Girls B 1-metre Prelim(DPC)	Boys B 3-metre Prelim(DPC)	
	Girls B & Girls A 1-metre(N)	Boys B & Boys A 3-metre(N)	
			Boys & Girls A Platform(DPC)
	Girls B 1-metre Final(DPC)	Boys B 3-metre Final(DPC)	
			Mens & Womens Open Platform

2013 BC SUMMER PROVINCIALS - REGISTRATION

Club:		Coach:					Telephone:				
Address:							E-mail:				
				Age Group Events			Open Events			Fees	\$\$\$
Diver's Name	Age Group	M	F	1m	3m	plat	1m	3m	plat	See fee schedule	TOTAL
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
GRAND TOTAL											

DEADLINE FOR ENTRIES: WEDNESDAY, MAY 22, 2013

**4636 Elk Lake Drive
Victoria, British Columbia
CANADA V8Z 5M1**

**Tel: 250-479-0330
fax: 250-744-3542
e-mail: boardworksinfo@shaw.ca**