



**BC Diving presents:  
2013 IRENE MACDONALD MEMORIAL COMPETITION  
Tier 1,2 & Masters**

**June 22-23 – Vancouver Aquatic Centre**

**Meet Director:** Jayne McDonald

**Venue:** **Vancouver Aquatic Centre**  
1050 Beach Avenue  
Vancouver, BC Canada  
604-665-3424

**Facility:** Class "A" Facility  
2 X 1 meter and 2 X 3 meter springboards  
5, 7, and 10 meter platforms

**Rules/Eligibility:** [DPC](#) (Diving Plongeon Canada) and [FINA rules](#) will apply

**Entry Fees:** **Registration-** \$20 Meet Registration  
**Event-** \$15 Per Event

**Awards:** Medals: Gold, Silver, Bronze and ribbons to 6<sup>th</sup> place

**Schedule:**

Time/Date	1metre	3metre
<b>Friday, June 21</b>		
<b>4-6 pm</b>	<b>General practice</b>	
<b>Saturday, June 22</b>		
<b>7-8 am</b>	<b>General Practice</b>	
<b>8am</b>	<b>Tier 2 Boys &amp; Girls D,E,F</b>	<b>Tier 2 Boys &amp; Girls C,B,A</b>
	<b>DPC Boys &amp; Girls C &amp; D</b>	<b>DPC Boys &amp; Girls A &amp; B</b>
<b>11 am</b>	<b>Open Practice</b>	
<b>Masters –</b>	<b>Mens/Womens 1 metre</b>	
		<b>Novice Masters 3m</b>
	<b>Masters M/W Platform</b>	
<b>Sunday, June 23</b>		
<b>7-8 am</b>	<b>General Practice</b>	
<b>8 am</b>	<b>Tier 2 Boys &amp; Girls C,B,A</b>	<b>Tier 2 Boys &amp; Girls D,E,F</b>
	<b>DPC Boys &amp; Girls A &amp; B</b>	<b>DPC Boys &amp; Girls C &amp; D</b>
<b>11 am</b>	<b>Open Practice</b>	
<b>Masters</b>		<b>Mens &amp; Womens 3 metre</b>
	<b>Novice Masters 1 metre</b>	

*\*There will be a minimum 15 minute warm-up per event and the springboard events may be run simultaneously. Events will be combined if numbers are small and will be separated if numbers are larger than anticipated.*

- Dive Sheets:** Dive sheets may be submitted on June 21 during practice.
- Registration:** Register by email  
[jayne@bcdiving.ca](mailto:jayne@bcdiving.ca)  
**Deadline: June 14, 2013**  
Payment accepted by VISA or cheque (\$US taken at par)
- Host Hotels:**
- Sunset Inn & Suites**  
Studio and 1 bedroom Suites  
\$150 + tax – (all rooms- best room available)  
Email: [mdesrocher@braidwood.ca](mailto:mdesrocher@braidwood.ca)  
604-688-2474  
[www.sunsetinn.com](http://www.sunsetinn.com)
- Quality Inn**  
1335 Howe St., Vancouver, BC V6Z 1R7  
Phone: 604-682-0229  
Located 4 blocks from the Aquatic Center  
Offering rooms for divers at \$139/night  
(This price is only available until May 25)  
Mention **Irene MacDonald** Invitational when reserving  
[Click here for weblink](#)
- Transportation:** Getting Here:
- Vancouver International Airport**  
20 minutes from downtown by car (\$30 taxi ride)  
Skytrain available direct from airport to downtown  
[Click here for weblink to skytrain info](#) (see Canada Line)
- Bellingham International Airport**  
Located in Washington State, approx 90 min by car  
Quick shuttle available from airport to Vancouver  
[Click here for weblink](#) to Quick Shuttle site
- Staying Here:
- Most attractions within the city are within walking distance from the host hotels; however, see [Translink website](#) for bus, skytrain, and sea bus info
- See [Tourism Vancouver](#) for things to see and do in Vancouver

**Rules:** [Diving Canada/Fina Rules](#) for all Masters Events

Agegroup	1m & 3m		Platform	
	Women	Men	Women	Men
18-24	6 dives	7 dives	6 dives	6 dives
25-29				
30-39				
40-49				
50-59	5 dives	6 dives	5 dives	5 dives
60-69	4 dives	5 dives	4 dives	4 dives
70-79				
80+				

1) 10 m limitation. Only feet first entry allowed.

### Novice Masters

Age Group	Women (1m&3m)	Men (1m & 3m)	Platform (5m only)
18-29	4 dives	4 dives	4 dives
30-49	"	"	"
50+	"	"	"
May use 100 & 200 as well as 001 & 002.			
Maximum rotation of 1.5 rotations			
Max. D.D. 2.0			

**Tier 1** events are a practice event for the athletes going to National Championships. The divers will do complete lists with the New DPC Rules. Divers not qualified for Nationals can compete in the Tier 2 events.

**TIER II RULES:**

<b>Age Groups:</b> (Age as of Dec. 31 <sup>st</sup> of current year)	<b><u>Canadian Tier II Championships</u></b>
<b>Group F</b> 7 & Under	1m (5 Dives) ☐ 100A, 001B, 002A, + 2 Dives (2 directions) 3m (5 Dives) ☐ 100A, 001D, 200A or 002D, + 2 Dives (2 Directions)
<b>Group E</b> 8 - 9	1m (6 dives) ☐ 100A, 001B, 002A + 3 Dives (2 Dir., no limit) 3m (5 dives) ☐ 100A, 001D, 200A or 002D, + 2 dives (2 Dir., no limit)
<b>Group D</b> 10 - 11	1m (5 dives) ☐ 3 Dives with 5.4 d.d. limit, 2 without d.d. limit (3 Dir) 3m (5 dives) ☐ 001D or 002D, 2 with 3.8 d.d. limit, 2 without d.d. limit (3 Dir)
<b>Group C</b> 12-13	1m (6 dives) ☐ 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Dir) 3m (5 dives) ☐ 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Dir)
<b>Group B</b> 14-15	1m (7 dives) ☐ 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Dir) 3m (6 dives) ☐ 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)
<b>Group A</b> 16-18	1m (8 dives) ☐ 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Dir) 3m (7 dives) ☐ 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Dir)
<b>Notes:</b>	<ul style="list-style-type: none"> <li>• Divers fully qualified for the Junior National Championships on any board are not eligible to compete at the Tier II Championships.</li> <li>• All Jumps are D.D. 1.0</li> <li>• D.D. Changes: 1m 201c = 1.7 201b = 1.6 201a = 1.5                      1m 301c = 1.8 301b = 1.7 301a = 1.6                      3m 201c = 1.9 201b = 1.8 201a = 1.7                      3m 301c = 2.0 301b = 1.9 301a = 1.8                      1m 001b = 1.1                      1m 002a = 1.1                      3m 001c = 1.3 001b = 1.2 001a = 1.1                      3m 002c = 1.4 002b = 1.3 002a = 1.2</li> </ul>

001 = Front fall-in

002 = Back Fall-in

D = choice of position, must be specified

