



**BC DIVING**  
presents

**2014 BRITISH COLUMBIA  
WINTER PROVINCIAL DIVING  
CHAMPIONSHIPS**

January 17-19, 2014  
Vancouver Aquatic Centre  
Vancouver, BC  
CANADA

**Meet Manager** Jayne McDonald/Lisa Breure  
Phone: (604)531-5576 Fax (604)542-0387 Email:jayne@bcdiving.ca

**Dates** Friday, Jan. 17, Sat. Jan. 18, & Sunday, Jan. 19, 2014

**Host & Venue** BC Diving - Vancouver Aquatic Centre  
1050 Beach Ave.  
Vancouver, British Columbia  
604-531-5576 Fax. 604-542-0387

**Technical:  
Facility** Bev Boys Email: boys.bev@gmail.com  
Two 1 metre springboards  
Two 3 metre springboards  
Full platform complex with 5, 7.5, and 10 metre platforms

**Sanctioned by:** Diving Plongeon Canada/BC Diving  
2014 National Jr. Qualifier, 2014 Sr. National Qualifier

**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 2005 or later  
D - Divers born in 2003 or later  
C - Divers born in 2001 or 2002  
B - Divers born in 1999 or 2000  
A - Divers born in 1996, 1997 or 1998  
OPEN - Any age

There will be no cuts. Group A & B will have Prelims consisting of a full list of dives, and Finals which will be optionals only on the 1 & 3 metre only. The score from the Preliminary first 5 compulsories will be added to the final optional dives. 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.

NOTE: CADA, and Novice entries must be done on separate forms, indicating Novice or CADA, thanks.

Each club, please bring registration fees and signed dive sheets to registration on Friday.

### Entries

All entries and fees must be received no later than **Monday, Jan. 6, 2014**. Entries may be faxed or e-mailed to:

BC Diving  
Email: jayne@bcdiving.ca  
Fax: (604)542-0387

### Entry Fees

**\$30.00** Cdn Diver Registration Fee (includes \$5 official's fee)

**\$20.00** Cdn Event Fee per event.

Deck Entries are \$25.00 Cdn per event per diver. Deck entries will be accepted up until three hours prior to the beginning of the event.

### Dive Sheets

All dive sheets must be submitted electronically using **Dive Sheet Generator**. **Submit as if it were two separate meets Tier 1 & Novice (DPC ) and Tier 2**. 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](http://www.integratedsports.net/diving/ds_download_diver_canada.html).

Once you arrive in Vancouver 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.

### Awards Banquet

BC Diving will be hosting the annual BC Diving Awards Night. The event will take place in the VAC lobby. Dinner will be served and the 2013 BC outstanding divers and officials will be recognized.

Please indicate how many team members will be in attendance on the registration form. Banquet will be immediately following the final event on Saturday, Jan. 18, 2014. Cost is \$10/person.

## Hotel

The Quality Hotel Vancouver – the “Inn at False Creek” is offering a “**Package**” rate of only **\$95/night (double occupancy) and \$115/night (quad occupancy)** to you and your team. **Your Package will include the following:**

- Overnight accommodation in a king, queen or double hotel room
- Hot Canadian Breakfast daily
- Overnight hotel parking
- Complimentary high speed wireless Internet access
- Complimentary in-room coffee & Tea
- Complimentary daily newspaper
- Free unlimited access to “ Steve Nash Fitness World”
- 250 Bonus Aeroplan miles per stay

We also offer a very competitive “Room Only” rate of only \$75, for those who do not require parking or breakfast. This rate will also include the complimentary WIFI, unlimited access to Steve Nash Fitness World and the 250 Aeroplan miles. **“BC Diving Provincial Championships” at time of booking**  
(Valid Dates: January 16 – January 20, 2014)

## **“JUNIOR NATIONAL QUALIFICATION” AGE GROUP EVENT DIVE REQUIREMENTS**

- **All divers entered in Age Group events that are National Qualifiers must use lists that meet the 2014 Diving Canada Junior Dive Requirements as follows or see DPC 2014 rule book pages R-32 to R-39**

### Regulations for all Age Categories

#### **Compulsories (Dives with limited D.D)**

- All compulsories must be head first
  - Exception - Group C & D divers will be allowed feet first entries on twisting compulsory only
- In group C & D, the back and reverse dives will be only performed in tuck &/or pike

FORWARD SPINNING - refers to Group 1 & 4

BACK SPINNING - refers to Group 2 & 3

#### Special DD's 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
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### Special D.D's for All Age Groups

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

## DIVE REQUIREMENTS

### Group D Boys & Girls

<b>1 metre</b>	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>D.D. limit 7.0</li> <li>201 and 301 mandatory - C or B position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>One of the three optionals must be back spinning</li> <li>Only one of the three options can be foot first</li> </ul>
<b>3 metre</b>	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>D.D. limit 7.6</li> <li>201 and 301 mandatory - c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>One of the three optional must be back spinning</li> <li>Foot first entry only allowed on 404</li> </ul>
Platform 5m & 7.5m	6 dives	MUST cover 5 groups <ul style="list-style-type: none"> <li>Must perform a dive from Group 6</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>D.D. limit 7.6</li> </ul>
	2 Optionals	2 groups covered <ul style="list-style-type: none"> <li>One of the two optional must be back spinning</li> <li>Foot first entries only allowed on 404</li> </ul>

### Group C Boys & Girls

<b>1 metre</b>	8 dives	MUST cover 5 groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>DD limit 7.0</li> <li>201 &amp; 301 mandatory - C or B position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>One of the three optional must be forward spinning</li> <li>One of the three optional must be back spinning</li> <li>Feet first entries only allowed on <ul style="list-style-type: none"> <li>Forward spinning with a minimum of 2 SS</li> <li>Dives from Group 5</li> </ul> </li> </ul>
<b>3 metre</b>	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>DD limit of 9.5</li> <li>201 &amp; 301 mandatory - C or B position only</li> </ul>
	3 optionals	3 groups covered

		<ul style="list-style-type: none"> <li>• One of the three optionals must be forward spinning</li> <li>• One of the three optionals must be back spinning</li> <li>• Feet first entries only allowed on Group 4 spinning dives with a minimum of 2 SS</li> </ul>
<b>Platform 5m &amp; 7.5 m</b>	7 dives	MUST cover 5 groups <ul style="list-style-type: none"> <li>• Must perform a dive from Group 6</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit of 7.6</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optional must be back spinning</li> <li>• Foot first entries only allowed on 404</li> </ul>

### Group B Boys

<b>1 metre</b>	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit of 9.0</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.2</li> <li>• One of the 4 optionals must be from group 3</li> </ul>
<b>3 metre</b>	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit of 9.5</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.9</li> <li>• One of the 4 optionals must be back spinning with a minimum of 2 ½ SS</li> </ul>
<b>Platform 5m, 7.5m and 10m</b>	8 dives	MUST cover 6 groups <ul style="list-style-type: none"> <li>• 2 of 8 dives performed on 10 m</li> <li>• No foot first entries</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.5</li> <li>• 201 &amp; 301 cannot be used as an optional</li> <li>• Two of the 4 optionals must be back spinning</li> <li>-One of the back spinning must be from Group 3</li> </ul>

### Group B Girls

<b>1 metre</b>	9 dives	
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit of 9.0</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• DD minimum 8.5</li> <li>• One of the four optional must be from Group 3</li> </ul>

		<ul style="list-style-type: none"> <li>• Foot first entries allowed only on <ul style="list-style-type: none"> <li>- Dives from Group 1 with minimum of 2 SS</li> <li>- Dives from Group 5</li> </ul> </li> </ul>
<b>3 metre</b>	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit of 9.5</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• DD minimum 9.4</li> <li>• One of the four optional must be from Group 3</li> </ul>
<b>Platform 5m,7.5m and 10m</b>	7 dives	MUST cover 5 groups 2 of 7 dives performed on 10 m No feet first entries
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 7.2</li> <li>• 201 &amp; 301 cannot be used as an optional</li> <li>• One of the three optional must be back spinning</li> </ul>

### Group A Boys

<b>1 metre</b>	10 dives	MUST cover 5 groups No feet first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit of 9.0</li> </ul>
	5 optionals	5 groups covered <ul style="list-style-type: none"> <li>• Minimum DD of 12.2</li> </ul>
<b>3 metre</b>	10 dives	5 groups covered <ul style="list-style-type: none"> <li>• No feet first entries</li> </ul>
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit of 9.5</li> </ul>
	5 optionals	5 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 13.5</li> <li>• Group 2,3,4 must be minimum of 2 ½ SS</li> </ul>
<b>Platform 5m,7.5m and 10m</b>	9 dives	MUST cover 6 groups 7 of 9 dives performed on 10m or 5 optionals performed on 10m
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD of 7.6</li> </ul>
	5 optionals	5 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 12.5</li> <li>• 201 &amp; 301 cannot be used as an optional</li> <li>• 2 of the 5 optionals must be back spinning <ul style="list-style-type: none"> <li>- One must be from the 10 m</li> </ul> </li> <li>• 1 of the 5 optionals must be from Group 6</li> </ul>

### Group A Girls

<b>1 metre</b>	10 dives	MUST cover 5 groups
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		No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.0</li> </ul>
	5 optionals	5 groups covered <ul style="list-style-type: none"> <li>• DD minimum of 11.4</li> <li>• Foot first entries only allowed in Group 5</li> </ul>
3 metre	10 dives	MUST cover 5 groups No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.5</li> </ul>
	5 optionals	5 groups covered <ul style="list-style-type: none"> <li>• DD minimum 13.1</li> </ul>
Platform 5m, 7.5m, and 10m	8 dives	MUST cover 5 groups 6 of 8 dives performed on 10m or 4 optionals performed on 10m No foot first entries
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit of 7.6</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.8</li> <li>• 201 &amp; 301 cannot be used as an optional</li> <li>• One of the four optional must be back spinning</li> </ul>

### “NOVICE” AGE GROUP EVENT DIVE REQUIREMENTS

- Novice events are open to divers from all provinces and countries. Divers may enter both Novice events and National Qualifier Events on different boards, but divers may not compete on the same board in both the Novice Event and the National Qualification Event.

#### Group E:

##### Boys & Girls E 1m

6 dives: First 2 dives must be: 100A, Front jump layout with hurdle  
200 A, Back jump layout  
4 additional dives from 3 groups  
All dives assigned a D.D. of 1.8

##### Boys & Girls E 3m

6 dives: First 3 dives must be: 001B, standing forward entry pike  
002A, standing backward entry layout  
100B, front jump pike with hurdle  
3 additional dives from 3 groups

All dives assigned a D.D. of 1.9



<b>Boys &amp; Girls D</b>	<b># Dives</b>	<b># Dives w/limit</b>	<b>DD limit</b>	<b># Dives w/o limit</b>
1 metre	7	4	7.2	3
3 metre	7	4	7.6	3
Platform	6	4	7.6	2

<b>Boys &amp; Girls C</b>	<b># Dives</b>	<b># Dives w/limit</b>	<b>DD limit</b>	<b># Dives w/o limit</b>
1 metre	8	5	9.0	3
3 metre	8	5	9.5	3
Platform	7	4	7.6	3

<b>Girls B</b>	<b># Dives</b>	<b># Dives w/limit</b>	<b>DD limit</b>	<b># Dives w/o limit</b>
1 metre	9	5	9.0	4
3 metre	9	5	9.5	4
Platform	7	4	7.6	3

<b>Boys B</b>	<b># Dives</b>	<b># Dives w/limit</b>	<b>DD limit</b>	<b># Dives w/o limit</b>
1 metre	9	5	9.0	4
3 metre	9	5	9.5	4
Platform	8	4	7.6	4

<b>Girls A</b>	<b># Dives</b>	<b># Dives w/limit</b>	<b>DD limit</b>	<b># Dives w/o limit</b>
1 metre	10	5	9.0	5
3 metre	10	5	9.5	5
Platform	8	4	7.6	4

<b>Boys A</b>	<b># Dives</b>	<b># Dives w/limit</b>	<b>DD limit</b>	<b># Dives w/o limit</b>
1 metre	10	5	9.0	5
3 metre	10	5	9.5	5
Platform	9	4	7.6	5

### **“SENIOR NATIONAL QUALIFICATION: OPEN EVENT DIVE REQUIREMENTS**

#### Women’s Open 1m, 3m & Platform

5 dives: 5 optional dives (no D.D. limit, from 5 different groups)

#### Men’s Open 1m, 3m, & Platform

6 dives: 6 optional dives (no D.D. limit, from 5 different groups 1m, 3m)  
(6 different groups for platform)

## 2014 BC WINTER PROVINCIALS PROPOSED SCHEDULE OF EVENTS

“DPC” - Junior Qualification Event

“N” - Novice Provincial Event

There will be a 30 minute warm-up for both DPC & Novice before each event, and then a 5 minute warm-up for the following Novice event.  
20 minute warm-up before the Finals of a DPC event.

### FRIDAY

10:30 - 11:30 AM Dryland practice
11:30am - 12:30 pm Open practice
Closed practice 12:30-1:00 pm, Event begins at 1:00 pm (DPC & Novice)
Boys & Girls B Platform prelims (DPC)
Boys & Girls B Platform (N)
Boys & Girls A Platform prelims (DPC)
Boys & Girls A platform (N)
Boys & Girls D platform (DPC)
Boys & Girls D Platform (N)
Boys & Girls C Platform (DPC)
Boys & Girls C Platform - (N)
Mens & Womens Open Platform

### SATURDAY

7:00-7:30 AM - Dryland Practice	
7:30-8:40 am Open Practice	
Closed Practice 8:40-9:00 am, Event begins at 9:00 am	
Boys & Girls E 1 metre	
Boys B 1m prelims - (DPC)	Boys A 3m prelims - (DPC)
Boys B 1m - (N)	Boys A 3m - (N)
Girls A 1m Prelims - (DPC)	Girls B 3m Prelims - (DPC)
Girls A 1m - (N)	Girls B 3m - (N)
Boys D 1 m - (DPC)	Girls D 3 m - (DPC)
Boys D 1m - (N)	Girls D 3m - (N)
Boys C 1m - (DPC)	Girls C 3m - (DPC)
Boys B 1m - Final - (DPC)	Boys A 3m Final - (DPC)
Girls A 1m Final - (DPC)	Girls B 3m Final - (DPC)
Women's Open 1 m	Men's Open 3m
Tier 2 Boys 1m	Tier 2 Girls 3m

## SUNDAY

7:30-8:00 AM - Dryland Practice	
8:00 -8:40 AM - Open Practice	
Closed Practice 8:40-9:00 AM, Event begins at 9:00 am	
Tier 2 Boys 1m	Tier 2 Girls 3m
Boys & Girls E 3m	
Boys A 1m Prelims - (DPC)	Boys B 3m Prelims - (DPC)
Boys A 1m - (N)	Boys B 3m - (N)
Girls B 1m Prelims - (DPC)	Girls A 3m Prelims - (DPC)
Girls B 1m - (N)	Girls A 3m - (N)
Girls D 1m - (DPC)	Boys D 3m - (DPC)
Girls D 1m - (N)	Boys D 3m - (N)
Girls C 1m - (DPC)	Boys C 3m - (DPC)
Girls C 1m - (N)	Boys C 3m - (N)
Boys A 1m Final - (DPC)	Boys B 3m Final - (DPC)
Girls B 1m Final - (DPC)	Girls A 3m Final - (DPC)
Men's Open 1m	Women's Open 3m