



2018 NOVICE NATIONAL CHAMPIONSHIPS

May 26 & 27, 2018

LAWSON AQUATIC CENTER
REGINA, SASKATCHEWAN

NOVICE (Tier II) EVENTS

The Facility



The Lawson Aquatic Center is a Class "A" facility, and is home for the Regina Diving Club. The Lawson is equipped with two competition one-meter "Maxiflex" Type B springboards, two three-meter "Maxiflex" Type B springboards, as well as a three-meter, five-meter, seven and a half-meter, and ten-meter platform. The Lawson Aquatic Center has seen many upgrades leading up to the 2005 Jeux du Canada Games including a tiled pool

deck, a re-built five-meter platform, upgraded three-meter, seven and a half-meter and ten-meter platforms, and new water-level sprayer system. Furthermore, the Lawson is outfitted with a bubbler system, and "roughtex" surfaced platforms. The Lawson Aquatic Center is an excellent training facility, in addition to a great competition venue.

Lawson Aquatic Centre
1717 Elphinstone Street
Regina SK.
306-777-7323

Your Competition Hosts

As the Regina Diving Club celebrates its 29TH season in 2018, we welcome visiting teams to our hometown and facility.

Since 1989 thousands of kids have been introduced to the sport of diving, and many have gone on to represent the city of Regina, province of Saskatchewan, and our nation at events both domestically and internationally.

The Regina Diving Club prides itself on its hosting abilities as it showcases many of Canada's Novice divers.



Hotel Information:

FOUR POINTS BY SHERATON REGINA:

306-789-8008

fourpointsregina.com

*2415 Dewdney Avenue

*Restaurant onsite

*1km driving distance and a 12-minute walk to the pool

*walking distance to Starbucks, Subway, The Keg

*20 room block using code – **RE24AA**

*2 Queen bed rooms

*Rate 109\$ (tax included)

*Release date April 24/18

*Heated indoor pool

*Fitness centre

Head Coach & Technical Director:

Laura Desautels

Carol Lunn

Phone: 1.306.596.3615

Head Coach—Regina Diving Club

Technical Director

Email: RDC.diving@hotmail.com

Meet Referee:

TBD

Entry Fees:

\$ 70.00/athlete (Includes hospitality all weekend, Competition T-shirt & Judging fee)

\$ 25.00 per event

Hospitality

The Regina Diving Club always provides an excellent Hospitality Room! **Athletes will have unlimited use of this service and is included in their \$70 registration fee.** The Hospitality Room is also available to coaches and officials at no charge.

Entry Deadline:

Entries may be emailed to RDC.Diving@hotmail.com by **May 2, 2018.**

Entries submitted after the due date will be an additional \$20.00 per athlete.

Dive sheets:

Please submit dive sheets by **May 16, 2018** using the Rezman dive sheet generator.

Email to: RDC.Diving@hotmail.com

Events Procedures:

1. Events will be run simultaneously.
2. Events will be run using 5 judges.
3. There will be a minimum of 20 minutes per event warm up.
4. Technical Director reserves the right to move events no more than one hour ahead of schedule.
5. Competition schedule is subject to change dependent upon competitor registration numbers.
6. Event requirements will be followed as listed below.

Awards:

Medals – Gold, Silver and Bronze

Ribbons – 4th to 8th

Plaque – Top team

Glow Bowling & Pizza Party:

DATE: Saturday May 26, 2018

5:00-6:45 bowling

6:00 pizza

COST: \$20

LOCATION: Golden Mile Plaza

3806 Albert Street, Lower Level

NOVICE NATIONAL CHAMPIONSHIPS - SCHEDULE

Thursday May 24, 2018		Open Practice: 6:00 - 7:30 PM (Dryland 4:30-6:00 PM)	
Friday May 25, 2018		Open Practice: 2:30 - 4:00 PM (Dryland 1:30-2:30 PM) 6:00 - 7:30 PM (Dryland 4:30-6:00 PM)	
Saturday May 26, 2018	1M	3M	Platform
8:00 AM	Open Practice	Open Practice	Open Practice
9:00 AM	Restricted Practice	Restricted Practice	
9:20 AM	Boys E	Girls E	
10:30 AM	Girls D	Boys D	
12:00 PM	Boys C	Girls C	
1:30 PM	Girls B	Boys B	
3:00 PM	Boys A	Girls A	
4:00 PM		Girls Synchro	
Until 5 PM		Open Practice	
Sunday May 27, 2018	1M	3M	Platform
8:00 AM	Open Practice	Open Practice	Open Practice
9:00 AM	Restricted Practice	Restricted Practice	
9:20 AM	Girls E	Boys E	
10:30 AM	Boys D	Girls D	
12:00 AM	Girls C	Boys C	
1:30 PM	Boys B	Girls B	
3:00 PM	Girls A	Boys A	
4:00 PM		Boys Synchro	

**Note: Ages are based on age at the end of the year; on December 31, 2018.*

NOVICE DIVE REQUIREMENTS

<p style="text-align: center;">GROUP E (8 & 9 yrs)</p> <p>1m (5 dives): 100A, 200A, 001B/002A + 2 Dives (2 Dir –can include fall in) 3m (5 dives): 100A, 200A, 001D/002D + 2 dives (2 Dir –can include fall in)</p> <p style="text-align: center;">GROUP D (10 & 11 yrs)</p> <p>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 limit (3 Dir)</p> <p style="text-align: center;">GROUP C (12 & 13 yrs)</p> <p>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)</p> <p style="text-align: center;">GROUP B (14 & 15 yrs)</p> <p>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)</p> <p style="text-align: center;">GROUP A (16-18 yrs)</p> <p>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)</p> <p style="text-align: center;">SYNCHRO</p> <p>3m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Dir)</p>	<p style="text-align: center;">SPECIAL RULES:</p> <ul style="list-style-type: none"> • Diver's fully qualified for Canadian Age Group Nationals are not eligible to compete • DD's: All jumps are 1.0 • E's can repeat fall in if in different position • 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, 002a = 1.1 3m 001c = 1.3, 001b = 1.2, 001a = 1.1 3m 002c = 1.4, 002b = 1.3, 002a = 1.2
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*Ages as of Dec 31, 2018

NOVICE NATIONALS - REGISTRATION FORM

CLUB:
 COACHES:
 ADDRESS:
 PHONE:

ENTRY DEADLINE: May 2nd (Entries received after will be charged an additional late fee of \$20.00/athlete)
Regina Diving Club
 Email: RDC.Diving@hotmail.com

EMAIL:

DIVER'S NAME	Age Group	M	F	1M	3M	Synchro Partner	# Events	Shirt size YS/YM/YL S/M/L	Bowling Party Ticket

Divers Registration Fee: Number of Divers _____ x \$70	=	
Event Registration Fee: Number of Events _____ x \$25	=	
Party Ticket: Number of Tickets _____ x \$20	=	
GRAND TOTAL: \$		