

NOVICE NATIONAL CHAMPIONSHIPS – SCHEDULE

Thursday May 24, 2018 Friday May 25, 2018		Open Practice: 6:00 - 7:30 PM (Dryland 4:30-6:00 PM) 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
7:30 AM	Open Practice	Open Practice	Open Practice
8:40 AM	Restricted Practice	Restricted Practice	
9:00 AM	Boys & Girls D	Boys & Girls C	
11:00 PM	Boys & Girls E	Masters	
12:15 PM			Boys & Girls D
2:15 PM	Boys & Girls B	Boys & Girls A	
3:30 PM			Boys & Girls C
5:00 PM		Girls Synchro	
Until 5 PM		Open Practice	
Sunday May 27, 2018	1M	3M	Platform
7:30 AM	Open Practice	Open Practice	Open Practice
8:40 AM	Restricted Practice	Restricted Practice	
9:00 AM	Boys & Girls A	Boys & Girls B	
10:00 AM		Boys & Girls E	
11:30 AM			Boys & Girls B
12:30 PM	Boys & Girls C	Boys & Girls D	
1:30 PM			Boys & Girls A
4:00 PM	Masters	Boys Synchro	

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

**Divers fully qualified for Canadian Age Group Nationals are not eligible to compete.*

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): 100B, 200A, 001D/002D + 2 dives (2 Dir –can include fall in) PLT (5 dives): 100B, 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) PLT (5 dives): 001D, 002D + 3 dives (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) PLT (5 dives): 001D or 002D + 4 dives (4 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) PLT (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) PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)</p> <p style="text-align: center;">SYNCHRO</p> <p>3m (5 dives): 3 with 2.0 d.d. limit, 2 without d.d. limit (4 Dir)</p> <p style="text-align: center;">MASTERS (20-29, 30-49, 50 and over)</p> <p>1m/3m: men 7 dives, women 6 dives, 50+ (men 6, women 5 dives)</p>	<p style="text-align: center;">SPECIAL RULES:</p> <ul style="list-style-type: none"> • DD's: All jumps & fall ins are 1.0 • E's can repeat fall in if in different position • No dives with ½ twist • PLT: All dives on 3m plt are 1.0 All dives 5m are Fina DD. No foot first entries except 404c • Masters: all dives must have different dive numbers, except 70+ can repeat 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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