

**2023**  
**CANDY CANE**



- Date:** December 2<sup>nd</sup> AND 3<sup>rd</sup> 2023
- Venue:** Walnut Grove Community Centre
- Facility:** 2 X 1meter and 2 X 3meter springboards  
5m platform
- Rules/Eligibility:** LTD Candy Cane rules. See attached  
BC Diving Novice rules will apply. See attached  
Masters Novice (Open) Event See attached  
Divers must dive in either LTD or Novice – not both.
- Entry Fees:** **Registration-** \$50 meet fees include a snack bag and  
one of the following events Learn to Dive, Novice or Masters
- Awards:** Ribbons 1<sup>st</sup> to 8<sup>th</sup> place
- Schedule:** 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. See attached  
tentative schedule.
- Divers will be given a snack and a Candy Cane at the end of their event. Please make  
sure to bring a water bottle.**
- Dive Sheets:** Dive sheets must be handed in at start of competition on Saturday,  
Dec 2<sup>nd</sup> for Learn to Dive and Masters and Sunday December 3<sup>rd</sup>  
for Novice \*\*\* Dive sheets must be printed and filled out clearly.
- Registration:** Register by email  
[fvdmanager@gmail.com](mailto:fvdmanager@gmail.com)
- Deadline:** **Nov 24<sup>th</sup> midnight**  
Payment accepted by cheque or e-transfer to  
[fvdpayment@gmail.com](mailto:fvdpayment@gmail.com)

**Tentative Schedule of Events:****Saturday Learn to Dive (Candy Cane rules) and Masters**

Time	1m and 3m combined
7:30-8:30	Open Practice Learn to Dive
8:45-9:45	Learn to Dive Groups E,F
10:00-11:00	Learn to Dive Group D
11:15-12:15	Learn to Dive Group C
12:30-1:30	Learn to Dive Groups B, A
1:30	Awards Learn to Dive
1:30pm	Open practice Masters
2:00pm	Masters
3:30pm	Awards Masters

**Sunday Novice**

Time	1m	3m
7:30-8:30	Open Practice Novice	
8:30-8:45	Closed practice	
9:00-10:00	Men and Women E,F 1 metre	Men and Women B,A 3 metre
10:15-11:45	Men and Women C 1 metre	Men and Women D 3 metre
12:00-1:00	Men and Women A,B 1 metre	Men and Women E,F 3 metre
1:15-2:30	Men and Women D 1 metre	Men and Women C 3 metre
2:30pm	Awards Novice	

RULES:

**Learn to Dive Events**

This level is intended to be an introduction to competition with a focus on basic skills, fun and participation.

**Rules:**

- Divers will perform dives on 1 metre, followed by 3 metre
- F divers will perform on 1 metre only
- No balks called
- Spotting a diver is permitted
- Hands may be above or below the head on foot first entries
- In all age groups, re-dives will be permitted in place of a failed dive
- Awards will be given to all divers
- **Age groups are based on age as of Dec 31<sup>st</sup> 2024**

**Age Groups:**

Group F	2016 and younger	7 year olds and younger
Group E	2014 and 2015	8 and 9 year olds
Group D	2012 and 2013	10 and 11 year olds
Group C	2010 and 2011	12 and 13 year olds
Group B	2008 and 2009	14 and 15 year olds
Group A	2005, 2006, 2007	16, 17, and 18 year olds

**Dive Requirements:**

Age Group	1m	3m	# of jumps or fall-ins REQUIRED	Total
F	4	0	2	4
E	4	2	3	6
D	3	3	3	6
C	4	3	3	7
A and B	4	3	2	7

**Degree of Difficulty**

Jumps	1.0
Fall-ins	1.5
Dives	2.0

# NOVICE DIVE REQUIREMENTS

<p><b>GROUP F (7 &amp; under)</b>          1m (5 dives): 100A, 001B, 002A, + 2 Dives (2 Groups)          3m (4 dives): 100A, 001D, 200A or 002D, + 1 Dive (1 Group)</p> <p><b>GROUP E (8 &amp; 9 yrs)</b>          1m (5 dives): 100A, 200A, 001B/002A + 2 Dives (2 Groups –can do fall in)          3m (5 dives): 100A, 200A, 001D/002D + 2 dives (2 Groups –can do fall in)</p> <p><b>GROUP D (10 &amp; 11 yrs)</b>          1m (5 dives): 3 Dives with 5.4 d.d. limit, 2 without d.d. limit (3 Groups)          3m (5 dives): 001D or 002D, 2 with 3.8 d.d. limit, 2 without limit (3 Groups)</p> <p><b>GROUP C (12 &amp; 13 yrs)</b>          1m (6 dives): 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Groups)          3m (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Groups)</p> <p><b>GROUP B (14 &amp; 15 yrs)</b>          1m (7 dives): 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Groups)          3m (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Groups)</p> <p><b>GROUP A (16-18 yrs)</b>          1m (8 dives): 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Groups)          3m (7 dives): 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Groups)</p> <p><b>MIXED SYNCHRO</b>          3m (4 dives): 2 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Groups) Mixed teams and mixed genders ok.</p>	<p><b>SPECIAL RULES:</b>          * 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</p> <p>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</p>
--	--

**\*1 substitution dive is permitted per event.  
 A diver may repeat a dive in a different position.**

## Masters (Open) Event Divided into 2 Groups Novice and Competitive

Men	Women
18-49 years	18-49 years
50+	50+
<ul style="list-style-type: none"> <li>All divers to perform 6 dives.</li> <li>Divers can use the 1m, 3m and 5m</li> <li>Dives can be repeated on different boards and/or in different positions.</li> <li>Jumps, fall-ins allowed</li> </ul>	

# Candy Cane Diving Meet

## Fraser Valley Diving Club

Dive Order:

### Learn to Dive Event

Diver's First Name: \_\_\_\_\_

Diver Last Name: \_\_\_\_\_

Club Name: \_\_\_\_\_

Coach's Name: .

Group \_\_\_\_\_

Age as of Dec 31 2024

Female.  Male.

Dive Order	Board	Dive num & position	Judges Scores					Judges total	D.D.	Dive Score	Sub-Total
			1	2	3	4	5				
1	1m										
2	1m										
3	1m										
4	1m										

5	3m										
6	3m										
7	3m										

*\*fill in light grey boxes*

### Dive Requirements

Age Group	1m	3m	# of jumps or fall-ins required	Total
<b>F</b>	3 or 4	1 or 0	2	4
<b>E</b>	4	2	3	6
<b>D</b>	3	3	3	6
<b>C</b>	4	3	3	7
<b>A &amp; B</b>	4	3	2	7

Order of Finish

**DD's**  
**Jumps** 1.0  
**Fall-ins** 1.5  
**Dives** 2.0

Total Points: \_\_\_\_\_

# DIVE SHEET

SEX

DIVING ORDER

Name
Event
Club
Coach
Date

Prelim      Semi      Final

             
           

**1m**      **3m**      **PLT**

             
           

GROUP

Dive Order	Dive Number	A B C D	AWARDS							D.D	TOTAL	POINTS
			1	2	3	4	5	6	7			
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Score



