**2023**

**CANDY CANE**



**Date: December 2nd AND 3rd 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 and Open Event See attached.

**Entry Fees: Registration-** $50 meet fees include a snack bag and one of the following events Learn to Dive, Novice, Masters or Open

**Awards:** Ribbons 1st to 8th 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 2nd for Learn to Dive and Masters and Open

 Sunday, December 3rd for Novice

 \*\*\* Dive sheets must be printed and filled out clearly.

**Registration:** Register by email

**fvdmanager@gmail.com**

**Deadline: Nov 24th midnight Clubs to register all their divers**

Payment accepted by cheque or e-transfer to fvdpayment@gmail.com (clubs will be invoiced after the event)

**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 for Masters and Open |
| 2:00pm | Masters and Open |
| 3:30pm | Awards Masters and OPEN |

**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,B1 metre | Men and Women E,F3 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 31st 2024.**

**Age Groups:**

Group F 2017 and younger 7 years old and younger

Group E 2016 and 2015 8 and 9 years old

Group D 2014 and 2013 10 and 11 years old

Group C 2012 and 2011 12 and 13 years old

Group B 2010 and 2009 14 and 15 years old

Group A 2008, 2007, 2006 16, 17, and 18 years old

**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 EVENTS**

**Age groups are based on age as of Dec 31st 2024.**

**Age Groups:**

Group F 2017 and younger 7 years old and younger

Group E 2016 and 2015 8 and 9 years old

Group D 2014 and 2013 10 and 11 years old

Group C 2012 and 2011 12 and 13 years old

Group B 2010 and 2009 14 and 15 years old

Group A 2008, 2007, 2006 16, 17, and 18 years old

NOVICE DIVE REQUIREMENTS

|  |  |
| --- | --- |
| **GROUP F (7 & under)** 1m (5 dives): 100A, 001B, 002A, + 2 Dives (2 Groups) 3m (4 dives): 100A, 001D, 200A or 002D, + 1 Dive (1 Group)**GROUP E (8 & 9 yrs)** 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)**GROUP D (10 & 11 yrs)** 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)**GROUP C (12 & 13 yrs)** 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)**GROUP B (14 & 15 yrs)** 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)**GROUP A (16-18 yrs)** 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)**MIXED SYNCHRO** 3m (4 dives): 2 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Groups) Mixed teams and mixed genders ok.  | **SPECIAL RULES:**\* 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 positionD.D. Changes:1m: 201c = 1.7, 201b = 1.6, 201a = 1.51m 301c = 1.8, 301b = 1.7, 301a = 1.63m 201c = 1.9, 201b = 1.8, 201a = 1.73m 301c = 2.0, 301b = 1.9, 301a = 1.81m 001b = 1.1, 002a = 1.13m 001c = 1.3, 001b = 1.2, 001a = 1.13m 002c = 1.4, 002b = 1.3, 002a = 1.2 |

**\*1 substitution dive is permitted per event.**

**A diver may repeat a dive in a different position.**

**MASTERS AND OPEN EVENTS**

**Age groups are based on age as of Dec 31st 2024.**

**Age Groups:**

Group A-F 2024 - 2006 18 years old and younger

Masters 2005 - 1975 19-49 years old

Masters 1974 – and older 50+ years old

**MASTERS and OPEN Event**

**Masters Divided into 2 Groups Novice and Competitive**

**National Qualified groups A-F one event**

**FINA DD’S**

|  |  |
| --- | --- |
| Men | Women |
| Group A-F | Group A-F |
| 18-49 years Novice | 18-49 years Novice |
| 18-49 years Competitive | 18-49 years Competitive |
| 50+ Novice | 50+ Novice |
| 50+ Competitive | 50+ Competitive |
| * All divers to perform 6 dives.
* Divers can use the 1m, 3m and 5m
* Dives can be repeated max 2x on different boards and/or in different positions.
* Jumps, fall-ins allowed
 |

\*\* Athletes in Open must have qualified for the 2023 age group nationals in one event. This is meant to be a demonstration or practice for our provincial level athletes.





**2023**

**CANDY CANE**

**Club Registration Form**

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

**Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Learn to Dive Event:**

|  |  |  |
| --- | --- | --- |
| **Athlete Name** | **Sex** | **Group** |
| Example: Candi Kane | F | C |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Novice Event:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Athlete Name** | **Sex** | **Group** | **1m** | **3m** |
| Example: Candi Kane | F | A | X | X |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Masters and Open Event:**

|  |  |  |
| --- | --- | --- |
| **Athlete Name** | **Sex** | **Group** |
| Example: Candi Kane | F | 50+ Novice |
| Example: Kris Cringle | M | OPEN |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |