

# **2024 Kamloops Fiesta**

**Presented by:  
KGTC Diving**



**February 17-18, 2024  
Novice Level & Learn to Dive Competition  
Canada Games Aquatic Centre  
Kamloops, BC  
CANADA**

### Contacts:

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### Host & Venue:

KGTC/Diving  
Canada Games Aquatic Centre  
910 McGill Rd  
Kamloops, BC  
250-320-0436

### Facility:

Two 1m springboards  
Two 3m springboards  
One 5m platform

### Eligibility & Rules:

Age-group determination is the diver's age as of December 31st, 2024.

- Group A – Divers born in 2008, 2007 or 2006 (16-18)
- Group B – Divers born in 2010 or 2009 (14-15)
- Group C – Divers born in 2012 or 2011 (12-13)
- Group D – Divers born in 2014 or 2013 (10-11)
- Group E – Divers born in 2016 or 2015 ( 8 – 9 )
- ***Group F – Learn to Dive (LTD) Only - 2017 and younger (7 & under)***

Events may run up to 1 hour ahead of the scheduled and posted times. A revised final schedule will be distributed prior to the arrival of the teams.

### Entries, Fees & Payment:

#### Entries

All entries must be received no later than **Monday, February 5th, 2024.**

Entries may be e-mailed to: [n.barrett@kgtc.ca](mailto:n.barrett@kgtc.ca)

#### Entry Fees

LTD: One **\$50.00** Event Fee Only

Masters: One **\$50.00** Event Fee Only

Novice: **\$50.00** Registration Fee per Diver

+ **\$35.00**/per event participated in

### **Payment**

Each club, please bring registration fees to registration on Saturday or Sunday. Cheques can be made payable to KGTC.

### **Dive Sheets:**

Please bring hard copies of signed dive sheets with you and submit them to the host committee at the Registration Table upon arrival.

**Please use the attached dive sheet templates for consistency.**

**Please mark each sheet clearly as LTD or Novice participant**

### **Awards:**

LTD: Awards for all participants.  
Novice: Medals for the top three.  
Ribbons for 4th to 8th place.

Our fiesta theme will include dressing up during the award ceremonies.

**Medalists will earn an opportunity to take a few swings at a hanging piñata.**

### **Hospitality Room:**

We will be providing a hospitality room for divers, coaches and officials each day of this event. The room is located on the pool deck near the changing rooms.

### **Facility Access:**

All participants must enter and exit the facility through the “Club Access” doors via the upper pool mezzanine in the upper parking lot **NOT** the Main Facility access doors. This is a long glass entryway located by the Sage Clinic. Once on the pool deck the change rooms can be accessed as needed.

### **Local Hotel Info:**

We did not have a chance to negotiate any group rates for this event in 2024. The hotels listed below are affordable and quite close to the pool and many local amenities.

WINGATE BY WYNDHAM 778-471-7708	BEST WESTERN PLUS 250-374-7878
RAMADA BY WYNDHAM 250-374-0358	DAYS INN 250-314-9889
ACCENT INNS KAMLOOPS 250-374-8877	PRESTIGE KAMLOOPS HOTEL 250-372-0987
HAMPTON INN by HILTON 250-571-7897	COAST KAMLOOPS & C.C. 250-828-6660

## **Learn to Dive (LTD) – Combined 1m & 3m Event**

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

### **Learn to Dive Rules:**

- Divers will perform dives on 1 meter, followed by 3 meter.
- 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.
- Entries and jumps can be repeated in a different position.
- Age groups are based on age as of Dec 31<sup>st</sup> 2024.

### **Dive Requirements:**

Age Group	1m	3m	# of Jumps or Fall-ins REQUIRED	Total Dives
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**

All Jumps        1.0  
All Fall-ins     1.5  
All Dives        2.0

- Divers will complete their 1m dives followed by their 3m dives. Coaches, please list skills this way on the dive sheets.

## Novice Events:

### Novice National Rule

<p><b>GROUP E (8 &amp; 9 yrs)</b> 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><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 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><b>GROUP C (12 &amp; 13 yrs)</b> 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><b>GROUP B (14 &amp; 15 yrs)</b> 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><b>GROUP A (16-18 yrs)</b> 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><b>MASTERS (18-29, 30-49, 50 and over)</b> 1m/3m/Plt: men &amp; women 4 dives (may use 100, 200, 001, 002)</p> <p><b>Synchro</b> 1m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (3 Dir) 3m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (3 Dir) PLT (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (3 Dir)</p>	<p><b>SPECIAL RULES:</b> 1. Diver's fully qualified for Canadian Age group nationals are not eligible to compete 2. DD's: All jumps &amp; fall ins are 1.0 3. E's can repeat fall in if in different position 4. PLT: All dives on 3m plt are 1.0 All dives 5m are Fina DD. No foot first entries except 404c 5. Masters: all dives must have different dive numbers, except 70+ can repeat in different position) 6. 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>
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### Additional Novice Rules:

- Age groups are based on age as of Dec 31<sup>st</sup>, 2024.
- **If a diver competed at the 2023 Age Group National Festival you are not eligible for this event.**
- All Novice springboard events will run a simultaneous 1m and 3m session.
- No 3m platform is available for this event. Only a 5m platform.
- Fina DD Sheet will be used for all dives not changed in the special rules section above.
- **One Permitted Dive Substitutions/Event** – If a diver does not have the required number of dive directions, any skill may be substituted for their missing skill but must use a degree of difficulty of 1.0 regardless of what dive is performed for all substitutions. This D.D. penalty reflects their non-conforming list of dives.
- The **combined platform** event will have the younger divers followed by the older ones.

### Masters (Correction):

- 1 Combined event. **6 dives in total.** Dives may be completed off any board. Please specify the age category on your dive sheet.

### Synchro Rules:

- Combined Event - 5 dives, 3 groups covered and can be done on either the 1m or 3m boards.
- No jumps or fall-ins allowed & No 5m platform dives are permitted (too narrow).
- Mixed teams are allowed, **No** dive number can be repeated.
- One pinwheel dive must be included (the dive with the lowest degree of difficulty will be assigned to both dives from the Fina DD Sheet).
- Synchro teams can be comprised of divers from different clubs and age groups.



Saturday February 17 <sup>th</sup> - Novice Level – Day 1			
Time	1m	3m	5M Platform
8:00 – 8:30 am	Dryland & Registration*	Dryland & Registration*	Dryland & Registration*
8:30 – 10:00 am	Open Practice	Open Practice	Open Practice
10:00 – 10:15 am	Closed Practice	Closed Practice	Open Practice
10:15-11:00 am	Girls/Boys E	Girls/Boys D	-----
11:00 - 11:15 am	Closed Practice	Closed Practice	Open Practice
11:15 – 12:15 pm	Girls/Boys C	Girls/Boys A & B	-----
12:15 – 12:45 pm	Open Practice	Open Practice	Platform Practice
12:45 – 1:45 pm	-----	-----	Combined 5M Platform
1:45 – 2:15 pm	Closed Synchro Practice	Closed Synchro Practice	-----
2:15 – 3:15 pm	Combined Synchro	Combined Synchro	-----
3:15 – 3:45 pm	Closed Masters Practice	Closed Masters Practice	Closed Masters Practice
3:45 – 4:30 pm	Combined Masters Event	Combined Masters Event	Combined Masters Event

Sunday February 18 <sup>th</sup> - Novice Level – Day 2			
Time	1m	3m	5M Platform
8:00 – 8:30 am	Dryland Warm-up	Dryland Warm-up	Dryland Warm-up
8:30 – 9:30 am	Open Practice	Open Practice	Open Practice
9:30 – 9:45 am	Closed Practice	Closed Practice	Open Practice
9:45 – 10:30 am	Girls/Boys D	Girls/Boys E	-----
10:30 – 11:00 am	Closed Practice	Closed Practice	Open Practice
11:00 – 12 noon	Girls/Boys A & B	Girls/Boys C	-----
Sunday February 18 <sup>th</sup> - Learn to Dive Events			
10:30 – 12:00 noon	All LTD Groups – Registration* & Warm up (Pool Mezzanine Area)		N/A
12:00 – 1:00 pm	All LTD Groups – Open Practice 1M & 3M		N/A
1:00 – 1:15 pm	Girls/Boys F & E – Closed Practice		N/A
1:15 – 2:00 pm	Girls/Boys F & E - Combined 1m & 3m Event		N/A
2:00 – 2:15 pm	Girls/Boys D & C Closed Practice		N/A
2:15 – 3:00 pm	Girls/Boys D & C - Combined 1m & 3m Event		N/A
3:00 – 3:15 pm	Girls/Boys B & A - Closed Practice		N/A
3:15 – 4:00 pm	Girls/Boys B & A - Combined 1m & 3m		N/A

\* Registration table will be open to drop off dive sheets and payment in the upper mezzanine.

- Events may run up to one hour early.
- Awards will be presented during the closed practice following each event to the best of our ability.