



BOARDWORKS
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presents the

2025 MARC LEPOOLE STING

Victoria, BC

February 28th – March 2nd, 2025

boardworksacademy.ca

2025 MARC LEPOOLE'S STING INVITATIONAL
FEBRUARY 28 – MARCH 2, VICTORIA, BC

MEET MANAGER	Kim Batalla
TECHNICAL DIRECTOR	Tommy McLeod
DATES	Friday, February 28 – Sunday, March 2, 2025
VENUE	Saanich Commonwealth Place 4636 Elk Lake Drive Victoria, BC, V8Z 5M1 Canada
FACILITY	Two 1 metre springboards Two 3 metre springboards One 1 metre platform Full platform complex with 3, 5, 7.5, and 10 metre platforms
SANCTIONED BY	Diving Plongeon Canada / BC Diving 2025 National Jr. Qualifier, 2025 Sr. National Qualifier
ELIGIBILITY & RULES	<p>All Diving Plongeon Canada, USA Diving or other registered members of Federations affiliated with FINA divers may attend. (Per FINA Rule GR 3.1, all entries received from outside Canada must be a member of a FINA-affiliated organization. This applies to athletes, coaches, officials and any other team members).</p> <p>Age-group determination is the diver's age as of December 31st, 2025.</p> <p>Diving Plongeon Canada rules will apply to all events. Please see below for a summary of the rules for all events. This is a Junior & Senior National Qualifying event.</p> <p>Events may run up to 1 hour ahead of the scheduled and posted times. A revised final schedule will be distributed upon the arrival of the teams.</p>

Divers may only dive one age group with the following exceptions:
E group divers may compete in D springboard and platform events.

Each club must ensure dive sheets are sent in electronically prior to Friday, February.26. If not possible – all dive sheets must be handed to secretary on the Thursday, February. 27, 2025.

ENTRIES

All entries and fees must be received no later than Friday, February 14, 2025. Entries may be emailed to:

boardworksdivingacademy@gmail.com

ENTRY FEES

CA\$75.00 diver registration fee
CA\$55.00 event fee per event (NQ & SC events count as one event)

Deck entries are CA\$80.00 per event per diver. Deck entries will be accepted up to one hour prior to the scheduled start of the event.

Divers competing in both Group C or Group D NQ events as well as SC events pay only one event fee per board.

Payment may be made by cheque (payable to “Boardworks Diving Academy”) or by e-transfer to boardworksdivingacademy@gmail.com (please use password “sting”).

DIVE SHEETS

All dive sheets must be submitted electronically using Dive Sheet Generator. Dive sheets must be submitted 24 hours prior to the event. Computers will be available on deck to enter dive sheets. To download a copy of Dive Sheet Generator, please visit:

https://www.integratedsports.net/iss_mms_diving_download.asp

AWARDS

A \$100 Sting Cash Scholarship will be awarded to the winners of the Open 3m and Platform (male & female) events.

Medals for the top three finishers in all SC events. Ribbons for 4th to 6th place in all SC events.

Special prizes to “STUNG” divers (those achieving the “Sting Standard”) in the Sting Championship events

COMPETITION RULES

The 2025 Marc LePoole's Sting Invitational will follow the 2025 Canadian Junior and Senior National Dive Requirements for Groups A, B, C & D & Open. The Preliminary events in Groups C1/C2 & D1/D2 will be the National Qualifying event (NQ). Only divers who meet all the requirements may enter their respective age group preliminary event. There will also be a final for Groups C & D which will be the Sting Championship event (SC). The SC will follow the National Final rules for Groups C & D with the exception that all divers are eligible for the events including those divers not able to compete in Preliminary C & D events.

Group A & B will follow the Junior National Dive Requirements. A & B groups will be a straight final.

*All 1m events (except possibly Groups E & F age group) will be held on the 1m competition boards on beneath the Canada flag.

See link below for Groups D, C, B, A age group rules for 2025.

<https://d.docs.live.net/4e1d9ddf413c91a6/Documents/Admin%20BC%20Diving/Competitions/Rules/2024-25%20rules/CDAG%202025%20Age%20Group%20Dive%20Requirements%20Nov%2030%20EN.pdf>

BOYS & GIRLS GROUP E & F 'NOVICE' EVENTS

Age: 9 years and under on December 31st of the year of the competition. Age specification: born 2016 or later.

Depending on participant count, E & F age group events will all be held at various corners of the pool. This event will run at the same time as the Men's & Women's C1 & C2 event.

E & F – Poolside Block			E & F – 1 Metre Springboard		
Order	Dive	DD	Order	Dive	DD
1	101 A	1.0	1	100 B	1.2
2	101 C	1.2	2	Arm swing 200 B – (pike jump)	1.2
3	200 C	1.0	3	001 B	1.2
4a	Either back pike sit (arm swing) Or	1.4	4	002 A	1.2
4b	Back pike roll (start standing arms up – bend to pike – roll to sit pike)	1.0	5a	101 A (E only) Or	1.2
			5b	101 C (E only)	1.4

Note: Substitutions will be allowed on any dive. DD for any substitution will be 1.0.

E & F – 3 Metre Springboard		
Order	Dive	DD
1	100 A, B, or C	1.2
2	200 A, B, or C	1.2
3	001 A or B	1.2
4	001 C	1.2
5	002 A or C (E only)	1.2

STING STANDARDS

	1 Metre	3 Metre	Platform
Girls D	179.20	170.10	167.35
Girls C	188.60	181.50	190.20
Girls B	357.60	386.55	298.85
Girls A	421.40	441.25	354.05
Women Open	247.38	319.45	318.75
Boys D	167.75	181.85	170.95
Boys C	183.70	192.10	164.85
Boys B	321.45	354.10	346.75
Boys A	508.11	586.65	445.20
Men Open	345.95	417.45	423.38

ACCOMMODATION

ELK LAKE INN – IHG HOTELS & RESORTS

4670 Elk Lake Drive

Victoria, BC

www.elklakeinn.com

Located Next Door to the Pool!

Guest room accommodations

Date Feb 26 to March 1	Room Type	Rate	Number of rooms
	Standard (2 queens)	\$159	20
	Queen bedroom suite	\$159	7
	King Standard	\$159	3

The guest room tax is 15% per night.

CUT-OFF DATE: All reservations and payments must be received by 31st January, 2025 and 12:00 PM.

Reservation requests received after the cut-off date and time will be subject to space availability and prevailing rates.

ACCENT INN

3233 Maple Street

Victoria, BC

www.accentinns.com

6 minute drive to the pool, located near restaurants and Mayfair Shopping Mall

Unable to secure a group rate due to limited room availability.

2025 MARC LEPOOLE'S STING INVITATIONAL

SCHEDULE OF EVENTS

		1 Metre	3 Metre	Platform
Wednesday, February 26, 2025				
Open practice 11:15 AM - 1:00 PM and 4:00 PM - 7:00 PM (dryland available 1 hour earlier)				
Thursday, February 27, 2025				
Open practice 11:15 AM - 1:00 PM and 4:00 PM - 7:00 PM (dryland available 1 hour earlier)				
Friday, February 28, 2025				
7:30 AM	8:30 AM	Open practice (dryland available at 7:00 AM)		
8:30 AM	8:55 AM	Close practice for first event		
9:00 AM				Men's & Women's D1 & D2 ?
		Boys & Girls E & F 'Novice'		
		Men's & Women's C1 & C2 ?		
		Men's A ?	Women's A ?	
				Men's & Women's D ?
		Men's & Women's C ?		
		Men's B ?	Women's B ?	
		Men's Open ?	Women's Open ?	
Saturday, March 1, 2025				
7:30 AM	8:30 AM	Open practice (dryland available at 7:00 AM)		
8:30 AM	8:55 AM	Close practice for first event		
9:00 AM		Men's & Women's D1 & D2 ?	Men's & Women's C1 & C2 ?	
				Men's & Women's A ?
		Men's & Women's D ?	Men's & Women's C ?	
				Men's & Women's B ?
				Men's & Women's Open ?
Sunday, March 2, 2025				
7:30 AM	8:30 AM	Open practice (dryland available at 7:00 AM)		
8:30 AM	8:55 AM	Close practice for first event		
9:00 AM				Men's & Women's C1 & C2 ?
			Men's & Women's D1 & D2 ?	
		Women's A ?	Men's A ?	
				Men's & Women's C ?
			Men's & Women's D ?	
		Women's B ?	Men's B ?	
		Women's Open ?	Men's Open ?	
4:30 PM	4:45 PM	Masters ?		