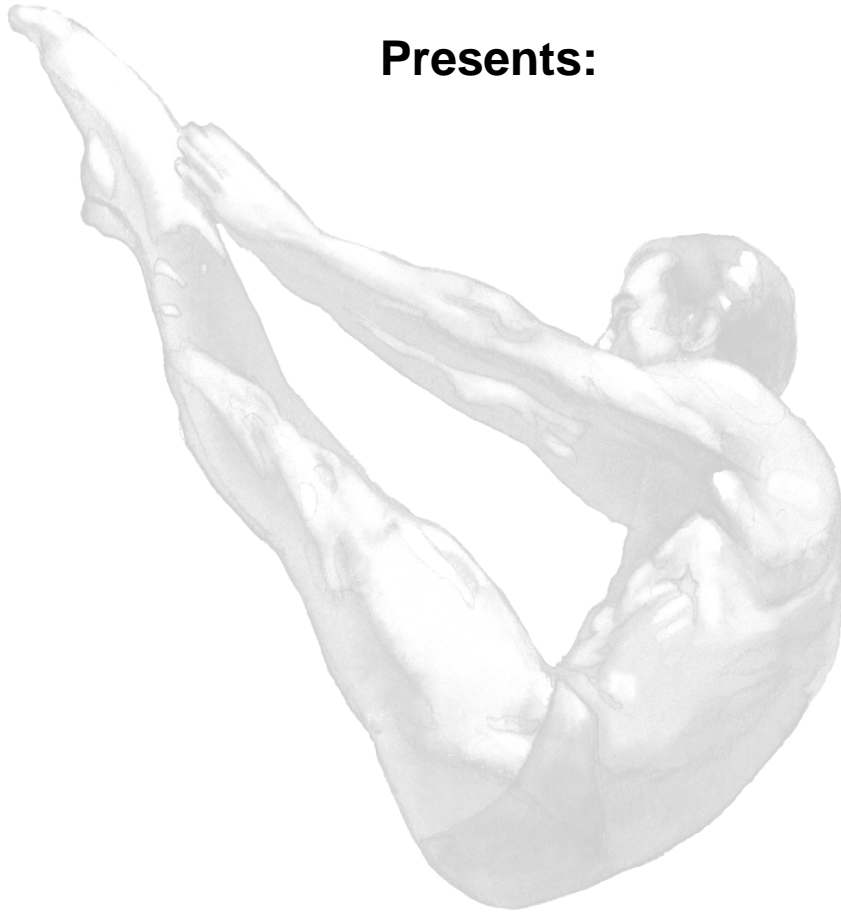


DPC - Alberta Section
and
The Edmonton Springboard
and Platform Diving Club

Presents:



The
2013 Alberta Winter
Provincial Diving Championships

Jr. Elite & Jr. Developmental/Senior National Qualification Event
and
Selection Trials - Canada Games Training Camp (Team Alberta)

January 11-13, 2013

2013 Alberta Winter Provincial Diving Championships

January 11-13, 2013

Sanctioned by Diving Plongeon Canada and DPC Alberta Section as a National Qualification Event

- Host club:** Edmonton Springboard & Platform Diving Club
- Location:** Kinsmen Aquatic Centre
9100 Walterdale Hill
Edmonton, Alberta
(780) 944-7400, fax (780) 496-7333
- Technical Director:** David Flewwelling (780) 444-7300 and fax (780) 444-7301
e-mail: espdiver@telusplanet.net
- Equipment:** 6 type "C" one metre maxiflex springboards
4 type "C" three metre maxiflex springboards
3, 5, 7.5, 10 metre platforms with bubble machine
6 trampolines, 9 dryland springboards
Bubble machine under all platforms and 3 metre springboard
Choice of a built-in sprayer system under each diving board or use of the bubble machine "water agitator".
4 "Video Replay" stations
- Eligibility:** All Diving Plongeon Canada (DPC) and U.S. Diving registered divers may attend.
- Rules:**
- 2012-2013 Diving Plongeon Canada rules will apply.
 - Age of competitor will be determined by the diver's age as of Dec. 31, 2013.
Age Groups:
 - E - Divers born 2004 or later
 - D - Divers born 2002 or later
 - C - Divers born 2000 or 2001
 - B - Divers born 1998 or 1999
 - A - Divers born 1995 to 1997
 - Open - All Ages
 - All events will be a straight final (no cuts).
 - Age Group events will run in accordance to "New" Age Group National rules. Lists must be performed with dives with limit followed by dives without limit.
 - We will be running Synchronized Diving events on 3 metre only.
 - Dive sheet changes will be allowed up until 1 hour before the scheduled time for each event.
 - 1-metre events will run on the east side of the pool (opposite the platforms). North and South 1 metre boards will be available for warm-up only.
 - A revised schedule with updated times will be e-mailed out 2 - 3 days after the registration deadline as well as handed out upon arrival if needed.

Entries: Entries must be received no later than 4:00 PM on Thursday January 3rd, 2013.
Entries may be mailed, faxed or e-mailed to:

E.S.P. Diving Club
7 River Heights Drive N.W.
Edmonton, Alberta
T6M - 2R1
Telephone (780) 444 - 7300; Fax (780) 444 - 7301
E-mail address: espdiver@telusplanet.net

Entry Fees: \$25.00 Entry fee per event. (4 events or more = \$100.00)
\$50.00 Registration/Hospitality Fee - Includes Breakfast, Lunch and snacks during competition days.
\$25.00 per team – Synchronized event

Scoring: We will be using the Rezman scoring system. We are asking that clubs prepare their athletes lists using the "Dive Sheet Generator" and submitting them by e-mail to espdiver@telusplanet.net no later than Tuesday January 8th. As this is the first age group meet of the year the dive sheets will be needed to be checked thoroughly for proper dive requirements. Please refer to the Diving Plongeon Canada rule book regarding dive sheet submissions (Pages R-7 and R-8). Dive lists must be submitted electronically at least 24 hours before the start of the event or a late entry fee of \$25.00 per late dive sheet entry to a maximum of \$100.00 per day per club will be assessed.

A computer will be available on the pool deck for late entries and/or to enter last minute changes.

"NEW" Junior Dive Requirements and Rules (with exception to "E Group" divers)

Compulsories (Dives with limited D.D.)

- **Must be head first**
 - **Exception - Group C and Group D divers will be allowed feet-first entries on twisting compulsory only**
 - **In group C and D, the back and reverse dives will be only performed in tuck and/or pike position**

Forward Spinning Dives

- **Refers to somersaulting dives from group 1 and group 4**

Back Spinning Dives

- **Refers to somersaulting dives from group 2, group 3, group 62x and group 63x**
 - **A minimum of 2 somersaults required for 62x and 63x to be considered as back spinning**
- **All back spinning dives must be performed in a tuck or a pike position**

Twisting Dives

- **Group 1 and 4 twisting dives must have a minimum of 1 somersault and 1 twist**
The amount of twist must be an even number
- **Group 2 and 3 twisting dives must have a minimum of 1 somersault and ½ twist**
The amount of twist must be an odd number

Special DDs for Groups C and D

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
201	C and B	1.5	1.7	1.6	1.8
301	C and B	1.6	1.8	1.7	1.9

Special DD for All Age Groups

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
404	C			2.4	

GROUP E

Boys & Girls E 1m 6 dives 100 A front jump layout with hurdle
 200 A back jump layout
 4 additional dives from 3 groups.
All dives are assigned a D.D. of 1.8.

Boys & Girls E 3m 6 dives 001 B standing forward entry
 002 A standing backward entry
 100 B front jump pike with hurdle
 3 additional dives from 3 groups.
All dives are assigned a D.D. of 1.9

Group D Boys and Girls

1 metre	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • DD limit 7.0 • 201 and 301 mandatory – c or b position only
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optionals must be back spinning • Only one of the three options can be foot first
3 metre	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • DD limit 7.6 • 201 and 301 mandatory – c or b position only
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optionals must be back spinning. • Foot first entry only allowed on 404
Platform 5m and 7.5m	6 dives	MUST cover 5 groups <input type="checkbox"/> Must perform a dive from Group 6
	4 compulsories	4 groups covered <ul style="list-style-type: none"> • DD limit 7.6
	2 optionals	2 groups covered <ul style="list-style-type: none"> • One of the two optionals must be back spinning • Foot first entries only allowed on 404

Group C Boys and Girls

1 metre	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> • DD limit 9.0 • 201 and 301 mandatory – c or b position only
	3 optionals	3 groups covered <ul style="list-style-type: none"> • One of the three optionals must be forward spinning • One of the three optionals must be back spinning • Feet first entries only allowed on <ul style="list-style-type: none"> ○ Forward spinning with a minimum of 2 ss ○ Dives from Group 5

3 metre	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered • DD limit 9.5 • 201 and 301 mandatory – c or b position only
	3 optionals	3 groups covered • One of the three optionals must be forward spinning • One of the three optionals must be back spinning • Feet first entries only allowed on group 4 spinning dives with a minimum of 2 somersaults
Platform 5m and 7.5m	7 dives	MUST cover 5 groups <input type="checkbox"/> Must perform a dive from Group 6
	4 compulsories	4 groups covered • DD limit 7.6
	3 optionals	3 groups covered • One of the three optionals must be back spinning • Foot first entries only allowed on 404

Group B Boys

1 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	4 optionals	4 groups covered • Minimum DD 9.2 • One of the four optionals must be from group 3
3 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	4 optionals	4 groups covered • Minimum DD 9.9 • One of the four optionals must be back spinning with minimum of 2 ½ ss
Platform 5m, 7.5, and 10m	8 dives	MUST cover 6 groups 2 of 8 dives performed on 10 meters No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	4 optionals	4 groups covered • Minimum DD 9.5 • 201 and 301 cannot be used as an optional • Two of the 4 optionals must be back spinning ○ One of the back spinning must be from group 3

Group B Girls

1 metre	9 dives	
	5 compulsories	5 groups covered • DD limit 9.0
	4 optionals	4 groups covered • DD minimum 8.5 • One of the four optionals must be from group 3 • Foot first entries allowed only on ○ dives from Group 1 with minimum of 2 ss ○ dives from Group 5

3 metre	9 dives	No Foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	4 optionals	4 groups covered • DD minimum 9.4 • One of the four optionals must be from group 3
Platform 5m, 7.5m, and 10m	7 dives	MUST cover 5 groups 2 of 7 dives performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	3 optionals	3 groups covered • Minimum DD 7.2 • 201 and 301 cannot be used as an optional • One of the three optionals must be back spinning

Group A Boys

1 metre	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	5 optionals	5 groups covered • Minimum DD 12.2
3 metre	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	5 optionals	5 groups covered • Minimum DD 13.5 • Group 2, 3 and 4 must be a minimum of 2 ½ ss
Platform 5m, 7.5m, and 10m	9 dives	MUST cover 6 groups 7 of 9 dives performed on 10 metre or 5 optionals performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	5 optionals	5 groups covered • Minimum DD 12.5 • 201 and 301 cannot be used as an
		optional • Two of the 5 optionals must be back spinning ○ One must be from 10 metre • One of 5 optionals must be from group 6

Group A Girls

1 metre	10 dives	MUST cover 5 Groups No Foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	5 optionals	5 groups covered • DD minimum 11.4 • Foot first entries allowed only in Group 5

3 metre	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	5 optionals	5 groups covered • DD minimum 13.1
Platform 5m, 7.5m, and 10m	8 dives	MUST cover 5 groups 6 of 8 dives performed on 10 metre or 4 optionals performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	4 optionals	4 groups covered • Minimum DD 9.8 • 201 and 301 cannot be used as an optional • One of the four optionals must be back spinning

Junior Qualifying Competitions

- **All sanctioned qualifiers must be monitored by a DPC assigned meet referee.**
- **There must be a minimum of 2 National level judges (not including the meet referee) on each judging panel.**
- **Only divers using lists adhering to the junior national dive requirements will be eligible to compete in the qualification meets.**

<u>Senior Rules</u>	<u>Number of optional dives</u>	<u>Minimum DD</u>
Womens Open 1m	5 optional dives	11.0 Minimum
Womens Open 3m	5 optional dives	11.4 Minimum
Womens Open Platform	5 optional dives	11.6 Minimum
Mens Open 1m	6 optional dives	13.7 Minimum
Mens Open 3m	6 optional dives	14.4 Minimum
Mens Open Platform	6 optional dives	13.7 Minimum

Synchronized Diving Events (Please see FINA Rule Book D3.7)

D 3.7.3 Every competition for women on 3m springboard and platform shall comprise five (5) rounds of dives from five (5) different groups. Two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and three (3) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

D 3.7.4 Every competition for men on 3m springboard and platform shall comprise six (6) rounds of dives from five (5) different groups: Two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

Minimum DD of 11.0 on 5 dives for the Women
Minimum DD of 13.4 on 6 dives for the Men

Hotel Info:

1. **The Coast Edmonton Plaza Hotel (Block of 20 rooms held until December 11, 2012)**

http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast_edmonton/overview

10155 - 105 Street Edmonton, Alberta	\$ 99.00	Quad occupancy (Comfort Room) 2 Double beds
	\$ 114.00	Quad occupancy (Superior Room) 2 Double beds

1-800-663-1144 toll free for reservations
(780) 423 – 7540
(780) 425 - 5882(fax)

2. **Coast Edmonton House (Block of 25 rooms held until December 11, 2012)**

http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast_edmonton_house/overview

The Coast Edmonton House is centrally located in downtown Edmonton's arts, business and shopping district. The hotel features spacious one and two bedroom suites with the finest in travel amenities, including fully equipped kitchens, separate living rooms with dining areas and private balconies for your enjoyment.

10205 – 100 Avenue
Edmonton, Alberta

\$ 109.00 per night (includes 2 double beds and a sofa pull out)

Contact – Dustin Bell (sales manager) **Booking code CEH-GFC3306**

1-800-663-1144 toll free for reservations
Tel: 780-420-4353
Fax: 780-420-4364

2013 Alberta Winter Provincial Diving Championships

Schedule of Events

THURSDAY – January 10th

Open Practice 5:30 pm – 8:30 pm

FRIDAY – January 11th

1 METRE

3METRE

PLATFORM

Open Practice 7:30 am - 9:00 am (towers will be restricted from 8:30 am – 9:00 am)

9:00 am			Boys/Girls C combined
10:45 am	Girls B	Boys B	
12:00 pm – 1:00 pm	Lunch Break (<i>½ hour open practice + ½ hour restricted on springboards</i>)		
1:00 pm	Girls A	Boys A	
2:30 pm			Boys/Girls D combined
4:00 pm	Women's Open	Men's Open	

Finish time approx. 5:00 pm

Open Practice Until 6:00 pm

SATURDAY – January 12th

1 METRE

3 METRE

PLATFORM

Open Practice 7:30 am - 8:40 am

9:00 am	Boys C	Girls C	
10:30 am			Boys/Girls B combined
11:45 pm	Girls E	Boys E	
12:30 pm - 1:30 pm	Lunch Break (<i>½ hour open practice + ½ hour restricted on springboards</i>)		
1:30 pm	Boys A	Girls A	
3:00 pm	Girls D	Boys D	
4:30 pm	Men's Open	Women's Open	
6:00 pm		Men's & Women's Synchro 3 Metre	

Finish time approx. 6:30 pm

SUNDAY – January 13th

1 METRE

3 METRE

PLATFORM

Open Practice 7:30 am - 8:40 am

9:00 am	Girls C	Boys C	
10:30 am			Boys/Girls A
12:00 pm	Boys E	Girls E	
1:00 pm	Boys B	Girls B	
2:15 pm	Boys D	Girls D	
3:45 pm			Men's/Women's Open (Combined)

Finish time approx. 4:30 pm

There will be at least 20 and up to 30 minutes of restricted practice time prior to the start of each event. (Depending on entries) A revised schedule will be handed out the week of the competition.