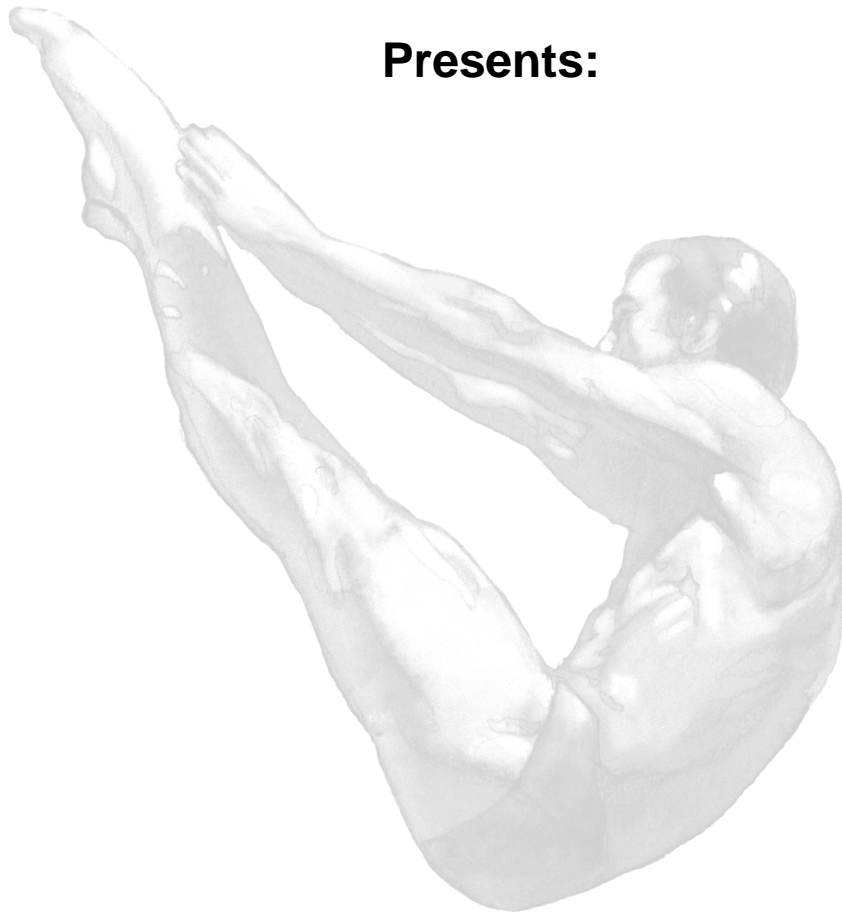


**DPC - Alberta Section**  
**and**  
**The Edmonton Springboard**  
**and Platform Diving Club**

**Presents:**



**The**  
**2014 Alberta Spring**  
**Provincial Diving Championships**

**Jr. Elite & Jr. Developmental/Senior National Qualification Event**

**May 23 - 25, 2014**

# 2014 Alberta Spring Provincial Diving Championships

May 23 – 25, 2014

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:** Steve Flewwelling (780) 444-7301 and fax (780) 444-7301  
e-mail: [espdiver@telusplanet.net](mailto: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:** **National Level**
- 2013-2014 Diving Plongeon Canada rules will apply.
  - Age of competitor will be determined by the diver's age as of Dec. 31, 2014.  
Age Groups:
    - E - Divers born 2005 or later
    - D - Divers born 2003 or later
    - C - Divers born 2001 or 2002
    - B - Divers born 1999 or 2000
    - A - Divers born 1996 to 1998
    - Open - All Ages
  - All events will be a straight final (no cuts).
  - Age Group events will run in accordance to Age Group National rules. Lists must be performed with dives with limit followed by dives without limit.
  - Senior event divers must meet the minimum DD requirement (see below)
  - 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.

## Provincial Level

- We will be running Provincial level events! Please see dive requirements
- Entry fees will be the same as National level divers

**Entries:** Entries must be received no later than 4:00 PM on Thursday May 15<sup>th</sup>, 2014.  
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 - 7301; Fax (780) 444 - 7301  
E-mail address: [espdiver@telusplanet.net](mailto:espdiver@telusplanet.net)

**Entry Fees:** \$25.00 Entry fee per event. (4 events or more = \$100.00)  
\$60.00 Registration/Hospitality Fee - Includes Breakfast, Lunch and snacks during competition days. Also includes \$10.00 officials fee  
\$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](mailto:espdiver@telusplanet.net) no later than Tuesday May 20<sup>th</sup>. 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.

**Training time will be made available as follows:**

Thursday 12:45 pm – 3:15 pm (water 1:45 pm – 3:15 pm)  
Thursday 5:00 pm – 8:00 pm (water from 6:00 pm – 8:00 pm)

**Junior Dive Requirements and Rules** (Please refer to the Diving Plongeon Rule book)

<http://www.diving.ca/en/images/pdf/14rulebook/r-5%20junior%20nationals.pdf>

**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. <i>All dives are assigned a D.D. of 1.8.</i>
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. <i>All dives are assigned a D.D. of 1.9</i>

**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**

**Host Hotel Info:**

- The Coast Edmonton Plaza Hotel (Block of 30 rooms held until April 22, 2014)**

[http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast\\_edmonton/overview](http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast_edmonton/overview)

10155 - 105 Street Edmonton, Alberta	\$ 109.00	Quad occupancy (Comfort Room) 2 Double beds
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1-800-663-1144 toll free for reservations  
(780) 423 – 7540  
(780) 425 - 5882(fax)

**Quote Group Code CEP-GFC13501**

**Schedule - 2014 Alberta Spring Provincials**

**Friday May 23**

<u>Start</u>	<u>Finish</u>	<u>1 Metre</u>	<u>3 Metre</u>	<u>Tower</u>	
7:30 AM	8:30 AM	open practice	open practice	open practice	
8:30 AM	9:00 AM	open practice	open practice	CLOSED practice	
9:00 AM	9:42 AM			Boys/Girls D	0:42
	0:30	CLOSED practice	CLOSED practice	open practice	
10:12 AM	11:04 AM	Girls A	0:52 Boys A	0:29	
	0:30	CLOSED practice	CLOSED practice	open practice	
11:34 AM	12:48 PM	Girls B	1:13 Boys B	0:26	
	0:30	open practice	open practice	open practice	
1:18 PM	0:30	open practice	open practice	CLOSED practice	
1:48 PM	2:45 PM			Boys/Girls C	0:57
	0:30	CLOSED practice	CLOSED practice	open practice	
3:15 PM	3:39 PM	Boys A-B P1	0:24 Girls A-B P1	0:19	
	0:30	CLOSED practice	CLOSED practice	open practice	
4:09 PM	5:08 PM	Womens Open	0:58 Mens Open	0:42	
	0:30	CLOSED practice	CLOSED practice	open practice	
4:09 PM	4:27 PM	Boys E	0:14 Girls E	0:17	
	0:30	CLOSED practice	CLOSED practice	open practice	
4:57 PM	5:19 PM	Boys C-D P1	0:22 Girls C-D P1	0:19	

**Saturday May 24**

<u>Start</u>	<u>Finish</u>	<u>1 Metre</u>	<u>3 Metre</u>	<u>Tower</u>	
7:30 AM	8:30 AM	open practice	open practice	open practice	
8:30 AM	9:00 AM	CLOSED practice	CLOSED practice	open practice	
9:00 AM	9:17 AM	Boys E	0:14 Girls E	0:17	
	0:30	CLOSED practice	CLOSED practice	open practice	
9:47 AM	10:29 AM	Boys C	0:18 Girls C	0:42	
	0:30	open practice	open practice	CLOSED practice	
10:59 AM	11:49 AM			Boys/Girls A	0:50
	0:30	open practice	open practice	open practice	
12:19 PM	0:30	CLOSED practice	CLOSED practice	open practice	
12:49 PM	1:18 PM	Boys D	0:08 Girls D	0:28	
	0:30	open practice	open practice	CLOSED practice	
1:48 PM	2:52 PM			Boys/Girls B	1:04
	0:30	CLOSED practice	CLOSED practice	open practice	
3:22 PM	3:53 PM	Girls C-D P1	0:30 Boys C-D P1	0:15	
	0:30	open practice	open practice	CLOSED practice	
4:23 PM	5:27 PM			Mens/Womens	1:04
	0:30	CLOSED practice	CLOSED practice	open practice	
5:57 PM	6:27 PM	Girls A-B P1	0:29 Boys A-B P1	0:14	
	0:30	open practice	CLOSED practice	open practice	
6:57 PM			Men's & Women's		
	7:44 PM		Syncho	0:47	

**Sunday May 25**

<u>Start</u>	<u>Finish</u>	<u>1 Metre</u>	<u>3 Metre</u>	<u>Tower</u>	
7:30 AM	8:30 AM	open practice	open practice	open practice	
8:30 AM	9:00 AM	CLOSED practice	CLOSED practice	open practice	
9:00 AM	9:26 AM	Boys B	0:26 Boys D	0:08	
	0:30	CLOSED practice	CLOSED practice	open practice	
9:56 AM	10:59 AM	Girls C	0:46 Girls B	1:03	
	0:30	CLOSED practice	CLOSED practice	open practice	
11:29 AM	12:15 PM	Boys A	0:29 Girls A	0:46	
	0:30	CLOSED practice	CLOSED practice	open practice	
12:45 PM	1:18 PM	Girls D	0:32 Boys C	0:14	
	0:30	CLOSED practice	CLOSED practice	open practice	
1:48 PM	2:37 PM	Mens Open	0:49 Womens Open	0:46	

# **ALBERTA PROVINCIAL LEVEL 1 AGE GROUP RULES**

**DAG 1 FINA Rules of competition will apply in all age group competitions.**

## **DAG 2 Age Categories**

All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

## **DAG 3 Diving Events**

### **DAG 3.1 Group A**

**DAG 3.1.1** Age: 16, 17, or 18 years on December 31st of the year of the competition.

**DAG 3.1.2** Competition Format

### **Girls' and Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

### **DAG 3.2 Group B**

**DAG 3.2.1** Age: 14 or 15 years on December 31st of the year of the competition.

**DAG 3.2.2** Competition Format

### **Girls' and Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

### **DAG 3.3 Group C**

**DAG 3.3.1** Age: 12 or 13 years on December 31st of the year of the competition.

**DAG 3.3.2** Competition Format

### **Girls' and Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise seven (7) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

### **DAG 3.3 Group D**

**DAG 3.3.1** Age: 11 years and under on December 31st of the year of the competition.

**DAG 3.3.2** Competition Format

### **Girls' and Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6 for 3 metre events and 7.2 for 1 metre events, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

### **Age group combined**

#### **Girls' and Boys' Synchronised Diving - 3 metre**

This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

## ALBERTA PROVINCIAL LEVEL 1 RULES

<b>GROUP A BOYS &amp; GIRLS</b>	1M	Total number of dives: 9 Dives with D.D. limit: 5 (9.0) Dives without D.D. limit: 4
	3M	Total number of dives: 9 Dives with D.D. limit: 5 (9.5) Dives without D.D. limit: 4
<b>GROUP B BOYS &amp; GIRLS</b>	1M	Total number of dives: 8 Dives with D.D. limit: 5 (9.0) Dives without D.D. limit: 3
	3M	Total number of dives: 8 Dives with D.D. limit: 5 (9.5) Dives without D.D. limit: 3
<b>GROUP C BOYS &amp; GIRLS</b>	1M	Total number of dives: 7 Dives with D.D. limit: 5 (9.0) Dives without D.D. limit: 2
	3M	Total number of dives: 7 Dives with D.D. limit: 5 (9.5) Dives without D.D. limit: 2
<b>GROUP D BOYS &amp; GIRLS</b>	1M	Total number of dives: 6 Dives with D.D. limit: 4 (7.2) Dives without D.D. limit: 2
	3M	Total number of dives: 6 Dives with D.D. limit: 4 (7.6) Dives without D.D. limit: 2

# Edmonton Springboard & Platform Diving Club May 22 - 25, 2014 \$109.00 + tax

Comfort Room with 2 Double Beds  
Based on single/quad occupancy

## Our Amenities Include:

- AEROPLAN Miles
- 24 Hour Elevator Security
- 24 Hour Gated Secured Parking
- Fitness Facility
- Indoor Pool With Hot Tub
- AHAVA Day Spa
- 24 Hour Room Service
- 105<sup>th</sup> Street Café
- Malt's Lounge
- Steps Away From LRT Station

## Complimentary Services Include:

- Hotel Shuttle Van Services within the  
Downtown Shopping Core
- Wireless Internet Access
- Local And 800 Phone Calls
- Daily Newspaper
- In Room Starbucks Coffee & TAZO Tea

To reserve before April 22, 2014:

Call 800.663.1144 or online  
[coasthotels.com/reservations](http://coasthotels.com/reservations)  
Group Code: **CEP-GFC13501**

*refreshingly local™*



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10155 105 Street NW  
Edmonton AB T5J 1E2