

You are invited to attend the

# Kitchener-Waterloo Diving Club Spring Classic



k|w diving club



**Name of Event**                    **Kitchener Waterloo Spring Classic**  
**Date of Event**                    **March 24<sup>th</sup>-25<sup>th</sup>,2018**  
**Place of Event**                    **Kitchener-Waterloo, Ontario**

**Meet Manager:**            **Name:**            Joel McCradden  
**Email:**                    [jt.mccradden@gmail.com](mailto:jt.mccradden@gmail.com)

**Meet Referee:**            **Name:**            Janice Moore

**Technical Director:** **Name:**            **Roland Lipki**  
**Email:**                    [rolipki@gmail.com](mailto:rolipki@gmail.com)  
**Name:**                    Joel McCradden  
**Email:**                    [jt.mccradden@gmail.com](mailto:jt.mccradden@gmail.com)

**Age Group:**                    Determined by diver's age as of December 31<sup>st</sup>, 2018

**Eligibility:**                    Open to all DPC registered divers.  
Dive Ontario rules will apply  
Please note Aspire I & Aspire II dive requirements (included)

**Entry Fees:**                    \$50 per diver for registration fee (\$10 to Dive Ontario)  
\$35 per event capped at 4 events (\$10 to Dive Ontario)  
\$20 per athlete for the meal plan to cover meals and snacks for both days

**Entry Deadline:**            **March 9<sup>th</sup>, 2018 by 11:59 pm**  
**All registrations should be sent to** [kwdivingregister@gmail.com](mailto:kwdivingregister@gmail.com)  
**A \$25/diver late fee will apply to all late registrations.**

**Dive Sheets:**                    Please submit dive sheets by March 22<sup>nd</sup> to [jt.mccradden@gmail.com](mailto:jt.mccradden@gmail.com)  
Dive sheets received after that date are subject to late fees. Dive Sheets must be created using the latest version of the Coaches Dive Sheet Generator.  
[\(DS\\_CanDiver161.msi\)](#)  
Please submit Aspire II divers as 'Group "X" Tier II' and Aspire I divers as 'Group "X"' (without any designation). Similarly, masters diver designation for age group 49 and under, use the "Other Tier II" and for age group 50 and over, use the "Open Tier II" categories. (see attachment)

**Facility:**                            Three 1m springboards  
Two 3m springboards  
5m platform  
**\* Please note there is no 3m platform**

**Awards:**                            Medals: Gold, Silver, & Bronze  
Ribbons: 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>

**Fun Stuff:**                            Warm swirl pool will be open to divers mid-day  
A Dive Demonstration will take place mid-day on the Saturday

**SCHEDULE OF EVENTS**  
**(subject to change based on registrations)**

**Saturday March 24<sup>th</sup>**

Open Practice 7:30-8:30

Coaches Meeting 8:30-8:45

Opening Ceremonies 8:45-8:50

Closed Practice 8:50-9:10

<b>FLIGHT 1</b>			
<b>One Metre</b>		<b>Three Metre</b>	
Event		Event	
1	Aspire II Girls E	2	Aspire II Boys E
3	Aspire II Girls D	4	Aspire II Boys D
5	Aspire II Girls C	6	Aspire II Boys C
7	Aspire II Girls B	8	Aspire II Boys B
9	Aspire II Girls A	10	Aspire II Boys A
<b>FLIGHT 2</b>			
		<b>Platform (5 m)</b>	
		Event	
		11	Aspire II Boys E
		12	Aspire II Boys D
		13	Aspire II Boys C
		14	Aspire II Boys B
		15	Aspire II Boys A
<b>FLIGHT 3</b>			
<b>One Metre</b>		<b>Three Metre</b>	
Event		Event	
16	Aspire I Boys D	17	Aspire I Girls D
18	Aspire I Boys C	19	Aspire I Girls C
20	Aspire I Boys B	21	Aspire I Girls B
22	Aspire I Boys A	23	Aspire I Girls A

**Sunday March 25<sup>th</sup>**

Open Practice 7:30-8:30

Coaches Meeting 8:30-8:45

Closed Practice 8:50-9:10

<b>FLIGHT 4</b>			
<b>One Metre</b>		<b>Three Metre</b>	
Event		Event	
24	Aspire II Boys E	25	Aspire II Girls E
26	Aspire II Boys D	27	Aspire II Girls D
28	Aspire II Boys C	29	Aspire II Girls C
30	Aspire II Boys B	31	Aspire II Girls B
32	Aspire II Boys A	33	Aspire II Girls A
34	Masters - Men	35	Masters - Women
<b>FLIGHT 5</b>			
		<b>Platform (5 m)</b>	
		Event	
		36	Aspire II Girls E
		37	Aspire II Girls D
		38	Aspire II Girls C
		39	Aspire II Girls B
		40	Aspire II Girls A
		41	Masters – Men and Women
<b>FLIGHT 6</b>			
<b>One Metre</b>		<b>Three Metre</b>	
Event		Event	
42	Aspire I Girls D	43	Aspire I Boys D
44	Aspire I Girls C	45	Aspire I Boys C
46	Aspire I Girls B	47	Aspire I Boys B
48	Aspire I Girls A	49	Aspire I Boys A
50	Masters - Women	51	Masters – Men

One metre and three metre events will run simultaneously

Events will be combined depending on the number of registrants

Each event will have a 20 minute closed practice

Award Ceremony will follow each event

**Masters Events will only run if there are at least 3 participants – dive requirements listed below**

PLEASE NOTE – THIS SCHEDULE IS SUBJECT TO CHANGE BASED ON REGISTRATIONS.

We will change the events to consider the most optimal practice and board time for the divers.

\* REVISED EVENT SCHEDULE WILL BE SENT TO ALL REGISTERED CLUBS

**DIVE REQUIREMENTS :**

<b>Aspire II - Group E Boys and Girls</b>		
<b>1m: 4 dives</b>		
	2 dives (each assigned DD of 1.8)	2 groups covered Choose from; <ul style="list-style-type: none"> <li>•101c or 101b</li> <li>•401c or 401b</li> <li>•201c</li> <li>•301c</li> </ul>
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>•101c or 101b</li> <li>•401c or 401b</li> <li>•201c</li> <li>•301c</li> <li>•102c or 102b</li> <li>•103c</li> <li>•202c</li> <li>•302c</li> <li>•402c</li> </ul>
<b>3m: 4 dives</b>		
	2 dives (each assigned DD of 1.9)	2 groups covered Choose from; <ul style="list-style-type: none"> <li>•101c or 101b</li> <li>•401c or 401b</li> <li>•201c</li> <li>•301c</li> </ul>
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>•101c or 101b</li> <li>•401c or 401b</li> <li>•201c</li> <li>•301c</li> <li>•103c or 103b</li> <li>•203c</li> <li>•403c</li> </ul>

**ASPIRE II - Group D Boys and Girls****1m: 5 dives**

	3 dives (each assigned DD of 1.8)	3 groups covered Choose from; •101c or 101b •401c or 401b •201c •301c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; •101c or 101b •401c or 401b •201c •301c •102c or 102b •103c or 103b •202c •302c •402c •5221d •5122d

**3m: 5 dives**

	3 dives (each assigned DD of 1.9)	3 groups covered Choose from; •101c or 101b •401c or 401b •201c •301c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; •101c or 101b •401c or 401b •201c •301c •103c or 103b •203c •303c •403c •5231d •5132d

**Aspire II - Group C Boys and Girls****1m: 6 dives**

	3 dives (DD limit of 5.4)	3 groups covered Choose from same dives as below
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"><li>•101c or 101b</li><li>•401c or 401b</li><li>•201c</li><li>•301c</li><li>•102c</li><li>•103c or 103b</li><li>•104c</li><li>•202c or 202b</li><li>•203c</li><li>•302c</li><li>•402c</li><li>•403c</li><li>•5221d</li><li>•5122d</li></ul>

**3m: 6 dives**

	3 dives (DD limit of 5.7)	3 groups covered Choose from same dive list as below
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"><li>•101c or 101b</li><li>•401c or 401b</li><li>•201c</li><li>•301c</li><li>•103c or 103b</li><li>•105c,</li><li>•203c</li><li>•303c</li><li>•403c</li><li>•404c</li><li>•5231d</li><li>•5132d</li></ul>

**Aspire II - Group B Boys and Girls****1m: 7 dives**

	4 dives (DD limit of 7.2)	4 groups covered <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single dive with ½ twist to be used</li><li>• no 5121, 5131, 5222, 5322, 5421 to be used</li></ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single dive with ½ twist to be used</li><li>• no 5121, 5131, 5222, 5322, 5421 to be used</li></ul>

**3m: 7 dives**

	4 dives (DD limit of 7.6)	4 groups covered <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single dive with ½ twist to be used</li><li>• no 512x, 5131, 5151, 522x, 532x, 542x to be used</li></ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single dive with ½ twist to be used</li><li>• no 512x, 5131, 5151, 522x, 532x, 542x to be used</li></ul>



**Aspire II - Group A Boys and Girls****1m: 8 dives**

	5 dives (DD limit of 9.0)	5 groups covered <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single dive with ½ twist to be used</li><li>• no 5121, 5131, 5222, 5322, 5421 to be used</li></ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single dive with ½ twist to be used</li><li>• no 5121, 5131, 5222, 5322, 5421 to be used</li></ul>

**3m: 7 dives**

	4 dives (DD limit of 7.6)	4 groups covered <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single ss to be used including gr. 5</li><li>• no single dive with ½ twist to be used</li><li>• no 5131, 5151 to be used</li></ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"><li>• no position 'a' to be used</li><li>• no single ss to be used including gr. 5</li><li>• no single dive with ½ twist to be used</li><li>• no 5131, 5151 to be used</li></ul>

**Aspire II - Group E Boys & Girls Platform: 4 dives**

**5m** dives will have a dd of 1.9, except fall-ins (001C, 001B, 002A, 002C) will have a DD of 1.0

No dive # can be repeated

(Example: May not compete 001C & 001B in the same list)

Choose from:	001C, 001B 002C, 002A 101C, 101B 201C 301C 401C, 401B 103C, 103B 612C, 612B
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**Aspire II - Group D Boys & Girls Platform: 4 dives**

**5m** dives have a dd of 1.9, except fall-ins (001C, 001B, 002A, 002C) will have a DD of 1.0

No dive # can be repeated

(Example: May not compete 001C & 001B in the same list)

Choose from:	001C, 001B 002C, 002A, 101C, 101B 201C 301C 401C, 401B, 103C, 103B, 612C, 612B
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**Aspire II - Group C Boys & Girls Platform: 5 dives**

FINA dd is used for **5m** dives

Fall-ins (001C, 001B, 002A, 002C) will have a dd of 1.0

May only compete only **ONE OF** 001C, 001B, 002C, or 002A

Choose from:	001C, 001B 002C, 002A 101C, 101B 103C, 103B 201C, 201B, 203C 301C, 301B, 303C 401C, 401B, 403C, 403B 5231D, 5132D 612C, 612B, 622C, 622B
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<b>Aspire II - Group B Boys &amp; Girls Platform: 6 dives (3 + 3)</b>	
FINA dd is used for <b>5m</b> dives No dive # can be repeated	
3 dives	3 groups covered Choose from: 101C, 101B 201C, 201B 301C, 301B 401C, 401B 612C, 612B, 622C, 622B
3 dives (without DD limit)	3 groups covered: <ul style="list-style-type: none"> <li>• No foot-first entry (except 404C)</li> <li>• No dive with ½ twist</li> <li>• No position 'a' used</li> </ul>

<b>Aspire II - Group A Boys &amp; Girls Platform: 6 dives (3 + 3)</b>	
FINA dd is used for <b>5m</b> dives No dive # can be repeated	
3 dives	3 groups covered: Choose from: 101C, 101B 201C, 201B 301C, 301B 401C, 401B 612C, 612B, 622C, 622B
3 dives (without DD limit)	3 groups covered <ul style="list-style-type: none"> <li>• No foot-first entry (except 404C)</li> <li>• No dive with ½ twist</li> <li>• No position 'a' used</li> </ul>

### **ASPIRE I**

No dives performed in layout or straight position (A) for all age groups

#### **Aspire I - Group D Boys and Girls**

<b>1 meter: 4 dives</b>	
Must cover 3 groups No dives repeated	
2 Compulsories	dd limit: 3.7 2 groups covered FINA dd used
2 Options	2 groups covered
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit: 3.7 FINA dd used
2 Options	2 groups covered FINA dd used

**Aspire I - Group C Boys and Girls**

<b>1 meter: 5 dives</b>	
No dives repeated	
3 Compulsories	3 groups covered dd limit: 5.4 FINA dd used
2 Optional dives	2 groups covered FINA dd used.
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit: 3.7 FINA dd used.
2 Optional dives	2 groups covered FINA dd used.

**Aspire I - Group B Boys and Girls**

<b>1 meter: 6 dives</b>	
No dives repeated	
4 Compulsories	4 groups covered dd limit: 7.6 FINA dd used.
2 Optional dives	2 groups covered FINA dd used.
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit: 3.7 FINA dd used.
2 Optional dives	2 groups. FINA dd used.

**Aspire I - Group A Boys and Girls**

<b>1 meter: 6 dives</b>	
No dives repeated	
4 Compulsories	4 groups covered dd limit 7.6 FINA dd used.
2 Optional dives	2 groups covered FINA dd used.
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit 3.7 FINA dd used.
2 Optional dives	2 groups covered FINA dd used.

## **MASTERS DIVE REQUIREMENTS**

The age categories are 25 - 49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- a) All dives performed must have a different dive number
- b) No minimum number of groups need be represented (a competitive list may consist of all twisting dives).

Special rules for 50 & over:

- a) Dives performed from 10 meter must be foot-first dives.
- b) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

### **Age Category 25-49**

	Men	Women
One meter	7 different dives	6 different dives
Three meter	7 different dives	6 different dives
Platform	6 different dives	6 different dives

### **Age Category 50 & over**

	Men	Women
One meter	6 different dives	5 different dives
Three meter	6 different dives	5 different dives
Platform	5 different dives	5 different dives

For reference: [http://www.fina.org/project/index.php?option=com\\_content&task=view&id=50&Itemid=119](http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119)

### **Hospitality:**

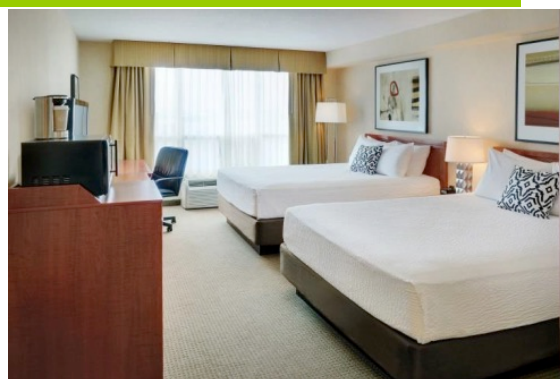
Breakfast and lunch and snacks will be provided to all coaches and officials.



## The Radisson Hotel Kitchener Waterloo Welcomes guests of the KW Diving Club

Preferred Group rate starting from  
**\$124.99**

- ✓ 2 Queen Beds/1 King Bed
- ✓ Rate includes Full Hot Breakfast (max 4 per room)
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Or email reservations at  
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[www.radisson.com/kitchenerca](http://www.radisson.com/kitchenerca)

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