

Welcome to the

GEORGE A. TINNEMAN ASPIRE INVITATIONAL

APRIL 28 & 29

HOSTED BY



Name of Event **GEORGE A. TINNEMAN ASPIRE INVITATIONAL**
Date of Event **APRIL 28 & 29, 2018**
Place of Event **Burlington Centennial Pool**
 5151 New Street
 BURLINGTON, ONTARIO

Meet Manager: **Name:** Kim O'Hara
 Email: kimohara72@gmail.com

Technical Director: **Name:** Paul Wouters
 Email: growingdimensions@yahoo.ca

Age Group: Determined by diver's age as of December 31st, 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: **April 13, 2018 by 11:59 pm**
 All registrations should be sent to kimohara72@gmail.com
 A \$25/diver late fee will apply to all late registrations.

Dive Sheets: Please submit dive sheets by April 26th to kimohara72@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).

Facility: One 1m springboard
 One 3m springboard

Awards: Medals: Gold, Silver, & Bronze
 Ribbons: 4th, 5th, & 6th

SCHEDULE OF EVENTS
(subject to change based on registrations)

Saturday April 28th

***PLEASE NOTE DUE TO THE LACK OF SPACE AND NUMBER OF BOARDS, THERE WILL NOT BE AN "OPEN" PRACTICE. INSTEAD, THERE WILL BE ADDED TIME TO EACH CLOSED PRACTICE FOR INDIVIDUAL EVENTS.**

Closed Practice for **Events 1 through 4:** 7am. – 7:45am

Coaches Meeting 7:45am – 7:55am

Opening Ceremonies 7:55am – 8:00am

FLIGHT 1			
One Metre		Three Metre	
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
FLIGHT 2			
One Metre		Three Metre	
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 April 29th

Closed Practice **Events 24 – 27**: 7:00am -7:45am

Coaches Meeting 7:45am – 7:55am

FLIGHT 4			
One Metre		Three Metre	
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

FLIGHT 5			
One Metre		Three Metre	
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

One metre and three metre events will **not** run simultaneously
Events will be combined depending on the number of registrants
Each event will have a 20 minute minimum closed practice and will be adjusted according to number of registrants for the event.

PLEASE NOTE – SCHEDULE IS SUBJECT TO CHANGE BASED ON REGISTRATIONS. The meet manager reserves the right to change or combine events to optimize practice and board time for the divers.

* REVISED EVENT SCHEDULE WILL BE SENT TO ALL REGISTERED CLUBS

DIVE REQUIREMENTS:

Aspire II - Group E Boys and Girls		
1m: 4 dives		
	2 dives (each assigned DD of 1.8)	2 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 •202c •302c •402c
3m: 4 dives		
	2 dives (each assigned DD of 1.9)	2 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 •403c

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">•101c or 101b•401c or 401b•201c•301c•102c•103c or 103b•104c•202c or 202b•203c•302c•402c•403c•5221d•5122d

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">•101c or 101b•401c or 401b•201c•301c•103c or 103b•105c,•203c•303c•403c•404c•5231d•5132d

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

3m: 7 dives

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

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

3m: 7 dives

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

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
--------------	--

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
--------------	---

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
--------------	--

Aspire I - Group C Boys and Girls

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

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

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