

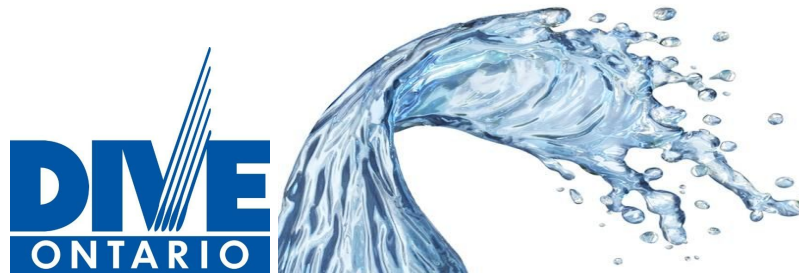
CAPITOL CITY DIVING CLUB INVITATIONAL

FEBRUARY 11TH & 12TH, 2017

Hosted by



In association with





Capitol City Diving Club Invitational

February 11th & 12th, 2017



Overview

- Venue/Location:** Nepean Sportsplex
1701 Woodroffe Ave, Nepean, ON K2G 1W2
613-580-2424 x41261
- Host Club:** Capitol City Diving Club | CCDC
Phone: 613-228-9270 | Fax: 613-580-2717
E-mail: ottawadiving@rogers.com | Website: www.nodc.ca
- Technical Director:** Fernando Henderson (ottawadiving@rogers.com)
Meet Director: Mark Hearn (hearnmark71@gmail.com)
- Rules/Eligibility:** Open to all DPC registered divers.
Dive Ontario rules will apply
Take note Tier II / III dive requirements in this meet package
- Facilities:** 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Meter Platforms
- Dive Sheets:** Must be submitted electronically via e-mail at ottawadiving@rogers.com or as per DPC rules book, in hands of the Meet Office **24 hours** before the posted start time of the event
Changes will be permitted up to 1 hour before the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario.
- Entry Fees:** \$50 Registration fee per diver (Includes \$15.00 to Dive Ontario) | \$25 per diver per event to a max of \$100
*Additional \$15.00 for meal plan will be added to the registration fee to cover Breakfasts, lunches and snacks during competition.
- Entry Due Date:** **January 27th, 2017** *** cut-off date
Late registration: \$25 late filing penalty -All registration fees are non-refundable
- Age of Competitor:** Determined by diver's age as of **December 31st, 2017**.
- Awards:** Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th.



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SCHEDULE OF EVENTS

Open Practice: 8:30am - 9:30am Coaches Meeting: 9:30am - 9:45am
 Opening Ceremonies: 9:45am - 9:50am Closed Practice: 9:50am - 10:10am

Saturday, February 11th, 2017

Time
10:10

	1 Meter
Event	Flight 1
1	Tier II Girls E
2	Tier II Girls D
3	Tier II Girls C
4	Tier II Girls B
5	Tier II Girls A

	3 Meter
Event	Flight 1
6	Tier II Boys E
7	Tier II Boys D
8	Tier II Boys C
9	Tier II Boys B
10	Tier II Boys A

	1 Meter
Event	Flight 2
11	Tier III Girls D
12	Tier III Girls C
13	Tier III Girls B
14	Tier III Girls A

	3 Meter
Event	Flight 2
15	Tier III Boys D
16	Tier III Boys C
17	Tier III Boys B
18	Tier III Boys A

Time

Event	Platform (3M & 5M)
Event	Flight 3
19	Tier II Boys E
20	Tier II Boys D
21	Tier II Boys C
22	Tier II Boys B
23	Tier II Boys A



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SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am Coaches Meeting: 9:00am - 9:10am
 Closed Practice: 9:10am – 9:30am

Sunday, February 12th, 2017

Time	1 Meter		3 Meter	
	Event	Flight 4	Event	Flight 4
9:30	24	Tier II Boys E	30	Tier II Girls E
	25	Tier II Boys D	31	Tier II Girls D
	26	Tier II Boys C	32	Tier II Girls C
	27	Tier II Boys B	33	Tier II Girls B
	28	Tier II Boys A	34	Tier II Girls A
	29	Masters – Women	35	Masters – Men

1 Meter		3 Meter	
Event	Flight 5	Event	Flight 5
36	Tier III Boys D	41	Tier III Girls D
37	Tier III Boys C	42	Tier III Girls C
38	Tier III Boys B	43	Tier III Girls B
39	Tier III Boys A	44	Tier III Girls A
40	Masters - Men	45	Masters - Women

Time	Event	Platform (3M & 5M)
	Event	Flight 6
	46	Tier II Girls E
	47	Tier II Girls D
	48	Tier II Girls C
	49	Tier II Girls B
	50	Tier II Girls A
	51	Masters – Men and Women



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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
Awards will follow each event
Masters events will follow DPC & FINA Rules- **Masters Events will only run if there are at least 3 participants**

1.1 LEVEL II DIVE REQUIREMENTS

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



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	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
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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



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	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
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Group C Boys and Girls		
1m		
6 dives		
	3 dives (DD limit of 5.4)	3 groups covered
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; 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



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	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; 101c or 101b 401c or 401b 201c 301c 103c or 103b 105c, 203c 303c 403c 404c 5231d 5132d
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Group B Boys and Girls		
1m		
7 dives		
	4 dives (DD limit of 7.2)	4 groups covered
	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
	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

Group A Boys and Girls		
1m		
8 dives		
	5 dives (DD limit of 9.0)	5 groups covered
	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		

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	4 dives (DD limit of 7.6)	5 groups covered
	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 group 5 • no single dive with ½ twist to be used • no 5131, 5151 to be used

Platform Rules:

- The 3m platform will be allowed for all age groups where facilities exist
- All dives across all age groups performed from 3m will have a DD of 1.0
- For age groups E and D, dives performed on 5m will have a DD of 1.9
- For all age groups, fall-ins (001C, 001B, 002A, 002C) will have a DD of 1.0 on both 3m & 5m.
- For age groups C, B, and A, dives performed on 5m will use their FINA DD.
- There is no restriction on the number of groups that must be performed.
- No dive # can be repeated.

Group E Boys and Girls

Platform: 4 dives in total.	
Complete list 4 dives	The 3m and 5m platforms can be used. Dives performed from 3m will have a dd of 1.0. Dives performed from 5m will have a dd of 1.9
Choose from dive list	001C, 001B, 002C, 002A, 101C, 101B, 201C, 201B, 301C, 301B, 401C, 401B, 103C, 103B, 612C, 612B

Group D Boys and Girls

Platform: 4 dives in total.	
Complete list 4 dives	The 3m and 5m platforms can be used. Dives performed from 3m will have a dd of 1.0. Dives performed from 5m will have a dd of 1.9
Choose from dive list	001C, 001B, 002C, 002A, 101C, 101B, 201C, 201B, 301C, 301B, 401C, 401B, 103C, 103B, 612C, 612B



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Group C Boys and Girls

Platform: 5 dives in total.	
Complete list 5 dives	The 3m and 5m platforms can be used. Dives performed from 3m will have a dd of 1.0. FINA dd is used.
Choose from dive list	001C, 001B, 002C, 002A, 101C, 101B, 103C, 103B, 201C, 201B, 203C 301C, 301B, 303C, 401C, 401B, 403C, 403B, 5231D, 5132D, 612C, 612B

Group B Boys and Girls

Platform: 6 dives (3 + 3)	
3m and 5m 3m dives have a dd of 1.0. FINA dd is used for 5m dives Fall-ins (001C, 001B, 002A, 002C) from both 3m & 5m will have a dd of 1.0 No dive # can be repeated	
3 dives	3 groups covered Choose from: 001C, 001B, 002C, 002A 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"> • No foot-first entry (except 404C) • No dive with ½ twist • No position 'a' used

Group A Boys and Girls

Platform: 6 dives (3 + 3)	
3m and 5m 3m dives have a dd of 1.0. FINA dd is used for 5m dives No dive # can be repeated	
3 dives	3 groups covered: Choose from:



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	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">• No foot-first entry (except 404C)• No dive with ½ twist• No position 'a' used

1.4 LEVEL III DIVE REQUIREMENTS

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

Group D Boys and Girls (ages 11 and under as of Dec. 31st)

One meter: 4 dives in total (must cover at least 3 different groups of dives).	
Compulsories 2 dives	maximum dd: 3.7 FINA dd used. Cover two different groups.
Options 2 dives	Cover two different groups. FINA dd used.
Three meter: 4 dives in total.	
Compulsories 2 dives	maximum dd: 3.7 FINA dd used. Cover two different groups.
Options 2 dives	Cover two different groups. FINA dd used.

Group C Boys and Girls (ages 12-13 as of Dec. 31st)

One meter: 5 dives in total.	
Compulsories 3 dives	maximum dd: 5.4 FINA dd used. Cover three different groups.
Options 2 dives	Cover two different groups. FINA dd used.
Three meter: 4 dives in total.	
Compulsories 2 dives	maximum dd: 3.7 FINA dd used. Cover two different groups.
Options 2 dives	Cover two different groups. FINA dd used.

Group B Boys and Girls (ages 14-15 as of Dec. 31st)

One meter: 6 dives in total.	
Compulsories 4 dives	minimum dd: 7.6 FINA dd used. Cover four different groups.
Options 2 dives	Cover two different groups. FINA dd used.
Three meter: 4 dives in total.	
Compulsories 2 dives	minimum dd: 3.7 FINA dd used. Cover two different groups.
Options	Cover two different groups.

2 dives	FINA dd used.
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Group A Boys and Girls (ages 16-25 as of Dec. 31st)

One meter: 6 dives in total.	
Compulsories 4 dives	minimum dd: 7.6 FINA dd used. Cover four different groups.
Options 2 dives	Cover two different groups. FINA dd used.
Three meter: 4 dives in total.	
Compulsories 2 dives	minimum dd: 3.7 FINA dd used. Cover two different groups.
Options 2 dives	Cover two different groups. FINA dd used.

1.5 MASTERS DIVE REQUIREMENTS

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

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

Special rules for 50 & over:

- Dives performed from 10 meter must be foot-first dives.
- 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:



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http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119

Hospitality:

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

Hotel & Car Information

CAR RENTALS

Avis	1-800-879-2847	Budget	1-800-268-8900
Discount	1-800-263-2355	Hertz	1-800-263-0600
Tilden	1-800-387-4747	Enterprise	1-800-736-8222 613-228-8206

GROUP RESERVATION

Hotel: **Days Inn Ottawa West**
350 Moodie Drive,
Ottawa Ontario, K2H-8G3

Phone: 1-800-616-7719 | 613-726-1717

Contact: General Manager

E-mail: reservations@daysinnottawawest.com

Website: www.daysinnottawawest.com

Amenities: High speed internet Refrigerators/room Local phone calls Parking
Onsite laundry service

****D'Arcy McGee's Irish Pub on site****

Hotel: **Days Inn Ottawa Airport**



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366 Hunt Club Road
Ottawa Ontario, K1V-1C1
(866)468-4442 | 613)739-7555
(613)739-7005-Fax

www.daysinnottawa.com

Ramada Ottawa on the Rideau

2259 Prince of Wales Dr,
Ottawa, ON K2E 6Z
(613) 288-3500



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Please make cheques payable to “**Capitol City Diving Club**”