

You are invited to attend the

Forest City Diving Club FCDC - Invitational



February 18th -19th, 2017



Welcome to the 2017 FCDC-Invitational in London!

The Forest City Diving Club as well as Dive Ontario welcome you to the FCDC Invitational held February 18th-19th 2017 in London, Ontario.

Please, join us at the Canada Games Aquatic Center, we have 3 one meter Duraflex Springboards, 2 three meter Duraflex springboards as well as a full tower and bubbles.

The FCDC Invitational offers Tier II and Tier III divers the perfect venue to showcase their dive lists at the beginning of the competition season. For athlete comfort, we are offering a diver meal plan that includes breakfast and lunch on both days, Saturday and Sunday.

This year for the first time we are holding a "Take the Plunge" FCDC fundraiser. After the last even on Saturday, adults will have the opportunity to put themselves in the divers' shoes and try out the amazing sport of diving. They will experience first-hand how much fun diving is and how much courage is really required to jump off those boards.

So, please, join us for this fun-filled weekend in London, we are looking forward to seeing you there!

Best regards,

Luda Zakharenko
Head Coach

Name of Event FCDC Invitational

Date of Event February 18th – 19th 2017

Place of Event Canada Games Aquatic Center
1045 Wonderland Road North, London, Ontario
Phone: (519) 641-7946

Meet Manager: Name: Samantha Fung, T: (519) 282-8547
Email Address: forestcitydivingclub@gmail.com

Technical Director: Name: Luda Zakharenko, T: (519) 870-0504
Email Address: luda_zah@hotmail.com

Age Group Determined by diver's age as of December 31st, 2017

Eligibility Open to all DPC registered divers.
Dive Ontario rules will apply
Please note Tier II and Tier III dive requirements in meet package

Entry Fees: \$50 per diver for registration fee
\$25 per event to a maximum of \$100

Entry Deadline: February 3rd 2017

A \$25/diver late fee will apply to all late registrations

Dive Sheets: Please submit dive sheets by **no later than 24 hours prior to start of competition.**

Dive sheets are to be submitted through rezman dive sheet generator as well as forwarded to **luda_zah@hotmail.com**. Please send separate files for Tier II and Tier III events. Please submit Tier II divers as 'Group "X" Tier II' and Tier III divers as 'Group "X"' (with no tier designation).

Facility: 3 – 1 meter Duraflex springboards
2 – 3 meter Duraflex springboards
3, 5, 7.5 & 10 metre platforms
Bubbler
Pool Depth = 5 metres (16'6")

Awards: Medals: Gold, Silver, Bronze
Ribbons: 4th to 6th

Fun Stuff:

Please, come and join in an exciting FCDC fundraising event!
“Take the Plunge”

On Saturday February 18th, after the last event, adults will have the opportunity to learn first-hand how it is to dive, in case of diver parents, put yourself in your children’s shoes and see what your divers are doing! The cost is \$25 per person.

Afterwards, relax and get together for dinner at **Bernie’s Bar and Grill** in Sherwood Forest Mall! All interested, please, contact **Claire Crooks** at ccrooks@uwo.ca !

SCHEDULE OF EVENTS:

Saturday, February 18th 2017

Open Practice 8:30-9:30

Coaches Meeting 9:30-9:45

Opening Ceremonies 9:45-9:50

Closed Practice 9:50-10:10

One Metre		Three Metre	
Event	Flight 1	Event	Flight 1
1	Tier II Girls E	6	Tier II Boys E
2	Tier II Girls D	7	Tier II Boys D
3	Tier II Girls C	8	Tier II Boys C
4	Tier II Girls B	9	Tier II Boys B
5	Tier II Girls A	10	Tier II Boys A

One Metre		Three Metre	
Event	Flight 2	Event	Flight 2
11	Tier III Girls D	15	Tier III Boys D
12	Tier III Girls C	16	Tier III Boys C
13	Tier III Girls B	17	Tier III Boys B
14	Tier III Girls A	18	Tier III Boys A

Platform (5m)		Platform (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

After last event FCDC fundraiser “Take the Plunge” (duration approx. 1 hour)

Sunday, February 19th 2017

Open Practice 8:00- 9:00

Coaches Meeting 9:00-9:10

Closed Practice 9:10-9:30

One Metre		Three Metre	
Event	Flight 4	Event	Flight 4
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

One Metre		Three Metre	
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

Platform (5m)		Platform (5m)	
Event	Flight 3	Event	Flight 3
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		

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; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c <input type="checkbox"/> 301c <input type="checkbox"/> 102c or 102b <input type="checkbox"/> 103c <input type="checkbox"/> 202c <input type="checkbox"/> 302c <input type="checkbox"/> 402c
3m		
4 dives		
	2 dives (each assigned DD of 1.9)	2 groups covered Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c <input type="checkbox"/> 301c <input type="checkbox"/> 103c or 103b <input type="checkbox"/> 203c <input type="checkbox"/> 403c

Group D Boys and Girls		
1m		
5 dives		
	3 dives (each assigned DD of 1.8)	3 groups covered Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c <input type="checkbox"/> 301c <input type="checkbox"/> 102c or 102b <input type="checkbox"/> 103c or 103b <input type="checkbox"/> 202c <input type="checkbox"/> 302c <input type="checkbox"/> 402c <input type="checkbox"/> 5221d <input type="checkbox"/> 5122d
3m		
5 dives		
	3 dives (each assigned DD of 1.9)	3 groups covered Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c <input type="checkbox"/> 301c <input type="checkbox"/> 103c or 103b <input type="checkbox"/> 203c <input type="checkbox"/> 303c <input type="checkbox"/> 403c <input type="checkbox"/> 5231d <input type="checkbox"/> 5132d

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; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c <input type="checkbox"/> 301c <input type="checkbox"/> 102c <input type="checkbox"/> 103c or 103b <input type="checkbox"/> 104c <input type="checkbox"/> 202c or 202b <input type="checkbox"/> 203c <input type="checkbox"/> 302c <input type="checkbox"/> 402c <input type="checkbox"/> 403c <input type="checkbox"/> 5221d <input type="checkbox"/> 5122d
3m		
6 dives		
	3 dives (DD limit of 5.7)	3 groups covered
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; <input type="checkbox"/> 101c or 101b <input type="checkbox"/> 401c or 401b <input type="checkbox"/> 201c <input type="checkbox"/> 301c <input type="checkbox"/> 103c or 103b <input type="checkbox"/> 105c, <input type="checkbox"/> 203c <input type="checkbox"/> 303c <input type="checkbox"/> 403c <input type="checkbox"/> 404c <input type="checkbox"/> 5231d <input type="checkbox"/> 5132d

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		
	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:

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

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: 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 2 dives	Cover two different groups. FINA dd used.

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:

- 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

Hospitality:

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

A **meal plan for athletes** is available for **\$20 per diver** it includes breakfast and lunch. Please indicate on registration form number of athlete meal plans requested and include in payment. Please, also send athlete meal plan name list to Luda_email: luda_zah@hotmail.com !

Restaurants Close to the pool

Bernie's Bar and Grill

Sherwood Forest Mall
1225 Wonderland Road North
London, ON
(519) 657-0597

Montana's

1335 Fanshawe Park Road West
London, ON
(519) 473-6694

McGinness Landing

666 Wonderland Road North
London ON
(519) 472-8349

Tim Hortons

In front of Sherwood Forest Mall
1229 Wonderland Road North
London, Ontario
N6G 2V9

Accommodation

Country Inn and Suites by Carlson

774 Baseline Road East
London, Ontario N6C 2R6
Tel: 519-430-1150

Station Park All Suites Hotel

242 pall Mall Street
London, Ontario N6A 5P6
Tel: 519-642-4444



