

You are invited to attend the

# Kitchener-Waterloo Diving Club Spring Classic



**KW Spring Classic**  
**March 25<sup>th</sup> & 26<sup>th</sup>, 2017**  
**Waterloo Memorial Recreation Complex**  
**101 Father David Bauer Drive**

**Meet Manager:** Kim O'Hara  
[kimohara72@gmail.com](mailto:kimohara72@gmail.com)

**Technical Director:** Roland Lipki  
[rolipki@gmail.com](mailto:rolipki@gmail.com)

**Age Group** Determined by diver's age as of December 31<sup>st</sup>, 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  
\$30 for masters divers  
\$25 per event

- Additional \$15.00 for meal plan will be added to the registration fee to cover breakfast and lunch during competition

**Entry Deadline:** **March 10<sup>th</sup>, 2017**  
**A \$25/diver late fee will apply to all late registrations**

**Dive Sheets:** Please submit dive sheets by March 22<sup>nd</sup> to **kimohara72@gmail.com**  
Dive sheets are to be submitted through rezman dive sheet generator. Please submit Tier II divers as 'Group "X" Tier II' and Tier III divers as 'Group "X"' (with no tier designation).

**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> to 6<sup>th</sup>

**Fun Stuff:** Warm swirl pool will be open to divers mid-day  
A scavenger hunt with prizes will take place throughout the weekend

## SCHEDULE OF EVENTS:

### Saturday,

Open Practice 8:00-9:00

Coaches Meeting 9:00-9:15

Opening Ceremonies 9:15-9:20

Closed Practice 9:20-9:40

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

### Sunday,

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

<b>One Metre</b>		<b>Three Metre</b>	
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

<b>Platform ( 5m )</b>		<b>Platform ( 5m )</b>	
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

<b>Group E Boys and Girls</b>	
<b>1m</b>	
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
<b>3m</b>	
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

**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



**Group C Boys and Girls**

**1m**

6 dives

3 dives (DD limit of 5.4)	3 groups covered Choose from: 101c or 101b 401c or 401b 201c 301c 102c 103c or 103b 104c 202c or 202b 203c 302c 402c 403c 5221d 5122d
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 Choose from: 101c or 101b 401c or 401b 201c 301c 103c or 103b 105c, 203c 303c 403c 404c 5231d 5132d
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

**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>

**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>
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	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>
<b>3m</b>		
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 group 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 group 5</li> <li>no single dive with ½ twist to be used</li> <li>no 5131, 5151 to be used</li> </ul>

**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**

<b>Platform:</b> 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**

<b>Platform: 4 dives in total.</b>	
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

<b>Platform: 5 dives in total.</b>	
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 for 5m dives.
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

<b>Platform: 6 dives (3 + 3)</b>	
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"> <li>• No foot-first entry (except 404C)</li> <li>• No dive with ½ twist</li> <li>• No position 'a' used</li> </ul>

### Group A Boys and Girls

<b>Platform: 6 dives (3 + 3)</b>	
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"><li>• No foot-first entry (except 404C)</li><li>• No dive with ½ twist</li><li>• No position 'a' used</li></ul>

#### 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. 31<sup>st</sup>)

<b>One meter:</b> 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.
<b>Three meter:</b> 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. 31<sup>st</sup>)

<b>One meter:</b> 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.
<b>Three meter:</b> 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. 31<sup>st</sup>)

<b>One meter:</b> 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.
<b>Three meter:</b> 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. 31<sup>st</sup>)

<b>One meter:</b> 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.
<b>Three meter:</b> 4 dives in total.	
Compulsories	minimum dd: 3.7

2 dives	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](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.

### **Accommodation**

Delta Waterloo

Rooms blocked under "KWDC Tier 2 Spring Classic group"

Link to book:

[Book your group rate for KW Dive Club Tier 2 Spring Classic](#)

Address: 110 Erb Street West, Waterloo, ON N2L 0C6

Phone: (519) 514-0404

Rates:





**Number of age group competitors:** \_\_\_\_ x \$65.00 = \$

**Number of Masters:** \_\_\_\_\_ x \$45.00 = \$

**Number of events:** \_\_\_\_\_ x \$25.00 = \$

**Total Fees Owning:** \$

Cheques should be payable to: \_\_KW Diving Club\_\_\_\_\_

E Transfer will also be accepted, Email payment to [kwdivingpresident@gmail.com](mailto:kwdivingpresident@gmail.com)