

You are invited to attend the

**Forest City Diving Club
Aspire - Invitational**



January 26-27th, 2019





Please join us for our Annual FCDC Aspire Invitational on January 26-27th, 2019 at the Canada Games Aquatic Centre in London, Ontario.

The FCDC Aspire Invitational offers the Aspire I and Aspire II divers the perfect venue to showcase their dive lists at the beginning of the competition season. We offer 1M, 3M and Platform events.

For athlete comfort, we are offering a meal plan that includes a hearty breakfast and lunch (Saturday and Sunday). Family are invited to participate in the meal package as well. As we are using catering, if

Training and preparing for competition is hard on the body. FCDC has connected with Trios College Massage therapy school to offer short therapy sessions through their outreach program. Sign up is on a first come first serve basis on Saturday.

we are looking forward to seeing you!

Best regards,

Luda Zakharenko
Coach

Wing Yun Hu
Coach

Jorge Luis Pupo Carballo
Coach

Name of Event FCDC Aspire Invitational
Date of Event January 26-27th, 2019

Place of Event Canada Games Aquatic Centre
1045 Wonderland Rd N, London

Meet Manager: Samantha Fung
Email: forestcitydivingclub@gmail.com

Technical Director: Luda Zakharenko
Email: luda_zah@hotmail.com
Terri Breen – On site during competition

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
Age Group as of December 31, 2019

Entry Fees: \$50 per diver for registration fee (\$10 to Dive Ontario)
\$35 per event capped at 4 events (\$10 to Dive Ontario)

Entry Deadline: January 11, 2019
A \$25/diver late fee will apply to all late registrations

Dive Sheets: Please submit dive sheets by **no later than 48 hrs prior to start of competition (January 24th)** .

Dive sheets are to be submitted through Rezman dive sheet generator. Please send separate files for Aspire I & Aspire II events. Please submit Aspire II divers as 'Group "X" Aspire II' and Aspire I divers as 'Group "X"' (with no Aspire designation). ***"X" is for the age group.

Facility: Canada Games Aquatic Centre
1045 Wonderland Road North, London, Ontario
Phone: (519) 641-7946

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

SCHEDULE OF EVENTS:

Saturday, Open Practice 8:00-9:00 am Closed Practice 9:00-9:20 am Coaches Meeting/Opening Ceremonies 9:20-9:30 am	Sunday, Open Practice 8:00- 9:00 am Closed Practice 9:00-9:20
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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**

Friday		Open Practice 4-715pm	
January 25			
Saturday January 26, 2019			
start	finish		
8:00 AM	9:00 AM	Open Practice	60
9:00 AM	9:20 AM	Closed Practice	20
9:20 AM	9:30 AM	Opening Ceremony and Coaches Meeting	10
9:30 AM		C Aspire II Girls	D Aspire II Girls
		Closed Practice and awards	20
		A & B Boys & Girls Aspire I	
		Closed Practice and Awards	20
		E Aspire II Boys and Girls	D Aspire II Boys
		Closed Practice & Awards	20
		C Aspire I Boys & Girls I	
		Closed Practice & Awards	20
		A & B Aspire II Boys & Girls	C Aspire II Boys
		Closed Practice & Awards	20
		D Aspire I Boys and Girls	
		Closed Practice & Awards	20
		C Aspire I Girls	C Aspire I Boys
		Closed Practice & Awards	20
		C Aspire II Girls	
		Closed Practice & Awards	20
		D Aspire I Girls	D Aspire I Boys
		Closed Practice and Awards	20
		E Aspire II Boys & Girls	
		Closed Practice and Awards	20
		A & B Aspire I Girls	A & B Aspire I Boys
		Awards	10

Sunday, January 27, 2019				
8:00 AM	9:00 AM	Open Practice		60
9:00 AM	9:20 AM	Closed Practice		20
9:20 AM		D Aspire II Girls	C Aspire II Girls	
		Closed Practice & Awards		20
		A & B Aspire II Boys and Girls		
		Closed Practice & Awards		20
		C/D Aspire II Boys	E Aspire II Boys & Girls	
		Closed Practice & Awards		20
		C Aspire I Boys	C Aspire I Girls	
		Closed Practice & Awards		20
		D Aspire II Boys & Girls		
		Closed Practice & Awards		20
		C Aspire II Boys		
		Closed Practice & Awards		20
		D Aspire I Boys	D Aspire I Girls	
		Closed Practice & Awards		20
		Masters		
		Closed Practice & Awards		20
		A & B Aspire I Boys	A & B Aspire I Girls	
		Closed Practice & Awards		20
		Masters	A & B Aspire II Boys & Girls	
		Closed Practice		10
			Masters	
		Awards		10

ASPIRE II

Group E

Requirements for Group E 1m

Dive Order	Dive #	Prescribed D.D.
1	1 step hurdle 100 A	1.6
2	200 A	1.6
3-6	Choose 4 of:	
	101c	1.6
	401c	1.6
	201c	1.6
	301c	1.6
	102c OR 103c	1.6

- * Hurdle may be performed with or without armswing
- * Back jump must be performed with armswing and arms must be up for entry
 - Max 4 ½ for arms down on entry (unsatisfactory dive)
- * Any hurdles must be maximum 1 step, “standard” hurdle (no “hop” hurdle allowed)
 - Max 4 ½ for hop hurdle (unsatisfactory dive)
- * In the “choose from” list, divers may choose 102c or 103c, not both

Requirements for Group E 3m

Dive Order	Dive	DD
1	001b from feet	1.6
2	002a	1.6
3-6	Choose 4 of:	
	101c	1.6
	401c	1.6
	201c	1.6
	301c	1.6
	103c	1.6

- * Hurdle may be performed with or without armswing
- * Any hurdles must be maximum 1 step, "standard" hurdle (no "hop" hurdle allowed)
 - Max 4 ½ for hop hurdle (unsatisfactory dive)
- * 001b must be performed from feet, not from seated
- * 001b may be performed with arms in closed/entry position, or open position
- * 002a may be performed with arms down or arms up

Requirements for Group E Platform

Dive Order	Platform level	Dive	DD
1	3m or 5m	001c	1.6
2	3m or 5m	002c	1.6
3-4	Choose 2 of:		
	3m or 5m	101c	1.6
	3m or 5m	401c	1.6
	3m or 5m	201c	1.6
	3m or 5m	301c	1.6

Group D:

Requirements for Aspire II Group D 1m

Dive Order	Dive	DD
1	101 c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401b	1.6
4-5	Choose 2 of:	
	201c or 301c (not repeated from above)	1.6
	102c or 103c	1.6
	202c	1.6
	302c	1.6
	402c	1.6

- * Hurdle may be performed with or without armswing
- * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)
 - Max 4 ½ for hop hurdle (unsatisfactory dive) * In the "choose from" list, divers may choose 102c or 103c, not both.

* No dive number may be repeated.

Requirements for Aspire II Group D 3m

Dive Order	Dive	DD
1	101 c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401 b	1.6
4-5	Choose 2 of:	
	201c or 301c (not repeated from above)	1.6
	103c	1.6
	203c	1.6
	303c	1.6
	403c	1.6

* Hurdle may be performed with or without armswing

* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive) * No dive number may be repeated.

Requirements for Aspire II Group D Platform

	Platform Level	Dive	DD
1	3m or 5m	001 C or B	1.6
2	3m or 5m	002 C or A	1.6
3	3m or 5m	101 c or b	1.6
4	3m or 5m	401c or b	1.6
5-6	Choose 2 of:		
	3m or 5m	201c	1.6
	3m or 5m	301c	1.6
	3m or 5m	103c	1.6
	5m	403c	1.6
	3m or 5m	600a	1.6
	5m	612c or b	1.6

* 001B is front fall in pike- to be performed from feet (not seated)

* In the “choose from” list, divers may choose 600 or 612, not both

GROUP C

Aspire II Group C 1m :

Dive order	Dive number	DD
1	101c or 101b or 103c	1.6
2	201c or b Or 301c or b	1.6
3	401 c or b	1.6
4-6	Choose from:	
	103c/b (not repeated from above) or 104c	Fina D.D
	201c/b OR 301c/b (not repeated from above)	Fina D.D
	203c	Fina D.D
	402c of 403c	Fina D.D
	5221d or 5122d	Fina D.D

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 104, not both

* In the “choose from” list, divers may choose 402c or 403c, not both * In the “choose from” list, divers may choose 5122d or 5221d, not both

Aspire II Group C 3m:

Dive Order	Dive	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b or 301c or 301b	1.6
3	401 c or b, or a	1.6

4-6	Choose from:	
	103c or 103b or 105c	Fina DD
	201c or 201b or 301c or 301b (not repeated from above)	Fina DD
	203c	Fina DD
	303c	Fina DD
	403c or 403b	Fina DD
	5231d or 5132d	Fina DD

* No dive # may be repeated

* In the “choose from” list, divers may choose 103 **or** 105, not both

* In the “choose from” list, divers may choose 5132d **or** 5231d, not both

Aspire II group C platform

Dive Order	Platform Level	Dive	DD
1.	3m, 5m	001B (invitationals only)	1.2
	3m* , 5m, 7.5m	101c or 101b	1.6
	5m, 7.5m	103c or 103b	1.6
2.	3m* , 5m, 7.5m	401b or b	1.6
3.	3m* , 5m, 7.5m	201c or 301c	1.6
4-6	Choose from:		
	3m* , 5m, 7.5m	103c or 103b (cannot repeat from above)	FINA DD
	5m, 7.5m	105c or 105b	FINA DD
	3m* , 5m, 7.5m	201c or 301c (not repeated from above)	FINA DD
	5m, 7.5m	203c or 203b	FINA DD
	5m, 7.5m	303c	FINA DD

	5m, 7.5m	403c or 403b	FINA DD
	5m, 7.5m	5231d or 5132d	FINA DD
	5m, 7.5m	612c or 612b	FINA DD

* 3m to be used only in invitational competitions. At Aspire Provincial Championship no 3m is to be used.

* 001b to be used only in invitational competitions. At Aspire Provincial Championships no 001b is to be used.

* In the “choose from” list, divers may choose 103 **or** 105, not both

* In the “choose from” list, divers may choose 5132d **or** 5231d, not both

GROUP B

Aspire II Group B 1m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b	1.6
3	301c or 301b	1.6
4	401 c or b	1.6
5-7	Choose from:	
	103c, or 103b (not repeated from above); or 104c or 104b; or 105c	Fina D.D
	202c or 203c	Fina D.D
	302c or 303c	Fina D.D
	402c or 403c	Fina D.D
	5221d or 5122d	Fina D.D

* No dive # is to be repeated

* In the “choose from” list, divers may only choose one of: 103; 104; 105

* In the “choose from” list, divers may choose 202 **or** 203, not both

* In the “choose from” list, divers may choose 302c **or** 303c, not both

* In the “choose from” list, divers may choose 402c **or** 403c, not both

* In the “choose from” list, divers may choose 5122d **or** 5221d, not both

Aspire II Group B 3m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6

2	201c or b	1.6
3	301c or b	1.6
4	401c or 401b; 403c or 403b	1.6
5-7	Choose from:	
	103c, or 103b (not repeated from above); or 105c or 105b	Fina D.D
	203c or 203b	Fina D.D
	302c or 303c or 303b	Fina D.D
	403c or 403b or 404c or 405c	Fina D.D
	5132d or 5231d or 5233d	Fina D.D

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 302c or 303 not both

* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

* In the “choose from” list, divers may choose only 1 of 5132d, 5231d, or 5233d

Aspire II B Platform:

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101c or 101: or	1.6
	5m, 7.5m	103c or 103b	1.6
2.	5m, 7.5m	201c or 201b; or	1.6
	5m, 7.5m	301c or 301b	1.6
3.	5m, 7.5m	401c or 401 b	1.6
	5m, 7.5m	403c or 403b	1.6
4-6	Choose from:		
	5m, 7.5m	103c or 103b (cannot repeat from above); or 105c or 105b	FINA DD
	5m, 7.5m	201c or 201b (not repeated from above) or 203c or 203b	FINA DD

5m, 7.5m	301c or 301b (not repeated from above); or 303c	FINA DD
5m, 7.5m	403c or 403b (not repeated from above) or 404c, or 405c	FINA DD
5m, 7.5m	5231d or 5132d	FINA DD
5m, 7.5m	612c or 612b	FINA DD

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 201 or 203, not both

* In the “choose from” list, divers may choose 301 or 303 not both

* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

* In the “choose from” list, divers may choose 5132d, or 5231d, not both

GROUP A

Aspire II Group A 1m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b	1.6
3	301c or 301b	1.6
4	401c or 401b	1.6
5	5122D or, 5132D or, 5124D 5221D or, 5231Dor ,5223D	1.6
6-8	Choose from:	
	103c, or 103b (not repeated from above); or 104c or 104b; or 105c	Fina D.D
	202c or 203c	Fina D.D
	302c or 303c	Fina D.D
	402c or 402b or 403c or 403b	Fina D.D
	5122D or, 5132D or, 5124D 5221D or, 5231Dor ,5223D (not repeated from above)	Fina D.D

- * No dive # is to be repeated
- * In the “choose from” list, divers may choose only 1 of 103, 104, 105
- * In the “choose from” list, divers may choose 202 or 203, not both
- * In the “choose from” list, divers may choose 302 or 303 not both
- * In the “choose from” list, divers may choose 402 or 403, not both
- * In the “choose from” list, divers may choose only 1 of: 5122d, 5132d, 5124d, 5221d, 5231d, 5223d

Aspire II Group A 3m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b	1.6
3	301c or 301b	1.6
4	401c or 401b	1.6
5-7	Choose from:	
	103c, or 103b (not repeated from above);or 105c or 105b	Fina D.D
	203c or 203b or 205c	Fina D.D
	303c or 303b or 305c	Fina D.D
	403c or 403b or 404c, or 405c	Fina D.D
	5132d or 5134 or 5231d or 5233d	Fina D.D

- * No dive # is to be repeated
- * In the “choose from” list, divers may choose 103 or 105, not both
- * In the “choose from” list, divers may choose 203 or 205, not both
- * In the “choose from” list, divers may choose 303 or 305 not both
- * In the “choose from” list, divers may choose only 1 of 403, 404, or 405
- * In the “choose from” list, divers may choose only 1 of 5132d, 5134d, 5231d, 5233d

Aspire II Group A Platform:

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101c or 101: or	1.6
	5m, 7.5m	103c or 103b	1.6
2.	5m, 7.5m	201c or 201b; or	1.6
	5m, 7.5m	301c or 301b	1.6
3.	5m, 7.5m	401c or 401 b	1.6

	5m, 7.5m	403c or 403b	1.6
4-6	Choose from:		
	5m, 7.5m	103c or 103b (cannot repeat from above); or 105c or 105b	FINA DD
	5m, 7.5m	201c or 201b (not repeated from above) or 203c or 203b	FINA DD
	5m, 7.5m	301c or 301b (not repeated from above); or 303c	FINA DD
	5m, 7.5m	403c or 403b (not repeated from above) or 404c, or 405c	FINA DD
	5m, 7.5m	5231d or 5132d	FINA DD
	5m, 7.5m	612c or 612b	FINA DD

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 201 or 203, not both

* In the “choose from” list, divers may choose 301 or 303 not both

* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

* In the “choose from” list, divers may choose 5132d, or 5231d, not both

ASPIRE I (Formerly Tier III)

D Aspire I

1m

Dive Order	Dive	DD
1	1 step hurdle 100 A	1.6
2	200 A	1.6
3	101c	1.6
4	401c	1.6
5-6	Choose two From: 201c 301c 102c OR 103c 402c	1.6

* Hurdle may be performed with or without armswing

* Any hurdles must be maximum 4 step, “standard” hurdle (no “hop” hurdle allowed) ● Max 4 ½ for hop hurdle (unsatisfactory dive)

* Back jump must be performed with armswing and arms must be up for entry

- Max 4 ½ for arms down on entry (unsatisfactory dive)

* In the “choose from” list, divers may choose 102 or 103, not both

Aspire I Group D 3m

Dive Order	Dive	DD
1	001 B	1.6
2	002 A	1.6
3	101c	1.6
4	401c	1.6
5-6	Choose two from: 201c 301c 103c	1.6

* Hurdle may be performed with or without armswing

* Any hurdles must be maximum 4 step, “standard” hurdle (no “hop” hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

* 001 B is front fall in pike, to be performed from feet

Aspire I Platform D & C Combined:

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001 C or B	1.6
2	3m or 5m	002 C or A	1.6
3	3m or 5m	101c	1.6
4	3m or 5m	401c	1.6

* 001b is front fall in pike- to be performed from feet, not seated.

Group C Aspire I:

Requirements for Aspire I Group C 1m

Dive Order	Dive	DD
1	101 c or b	1.6
2	201c or 301c	1.6

3	401c or b	1.6
4-5	Choose 2 of:	
	201c or 301c (not repeated from above)	1.6
	102c or 103c	1.6
	202c	1.6
	302c	1.6
	402c	1.6

* No Dive # is to be repeated

* In the “choose from” list, divers may choose 102 or 103, not both

Requirements for Aspire I Group C 3m

Dive Order	Dive	DD
1	Hurdle 100 A	1.6
2	002 A	1.6
3	101c or 101b	1.6
4-5	Choose 2 of:	
	201c	1.6
	301c	1.6
	103c	1.6
	401c or 401 b	1.6

* No Dive # is to be repeated

Requirements for Aspire III Group C Platform: See “combined C & D” Aspire III Platform

Group B

Aspire I Group B 1m : 6 dives

Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 301c	1.6
3	401 c or b	1.6

4-6	Choose from:	
	102c or 102b or 103c, or 103b	1.6
	202c	1.6
	302c	1.6
	402c	1.6
	201c or 301c (not repeated from above)	1.6

* No dive # is to be repeated

* In the “choose from” list, divers may choose 102 or 103, not both

Aspire I Group B 3m : 5 dives

Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401 b	1.6
4-5	Choose from:	
	103c, or 103b	1.6
	203c	1.6
	303c	1.6
	403c	1.6
	201c or 301c (not repeated from above)	1.6

* No dive # is to be repeated

Aspire I Platform B & A Combined:

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001 C or 001B	1.6
2	3m or 5m	002 C or 002A	1.6
3	3m or 5m	101c or 101b	1.6
4-6	Choose from:		

	5m	103c	1.6
	3m or 5m	401c	1.6
	5m	403c	1.6
	3m or 5m	201c	1.6
	3m or 5m	301c	1.6
	5m	612c or 612b	1.6

* 001b is front fall in pike- to be performed from feet, not seated.

* No dive # is to be repeated

* In the “choose from” list, divers may choose 401 or 403, not both

Aspire I Group A 1m :

Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 201b or 301c or 301b	1.6
3	401 c or b	1.6
4-6	Choose from:	
	102c, or 102b, or 103c, or 103b	Fina D.D
	201c or 201b or 301c or 301b (not repeated from above)	Fina D.D
	302c or 303c	Fina D.D
	402c or 402b or 403c or 403b	Fina D.D
	5122D or 5221D	Fina D.D

* No dive # is to be repeated

* In the “choose from” list, divers may choose 102 or 103, not both

* In the “choose from” list, divers may choose 302 or 303, not both

* In the “choose from” list, divers may choose 402 or 403, not both

* In the “choose from” list, divers may choose 5122d or 5221d, not both

Aspire I Group A 3m

Dive order	Dive number	DD
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1	101c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401b	1.6
4-5	Choose from:	
	103c, or 103b	Fina D.D
	201c or 301c (not repeated from above)	Fina D.D
	203c	Fina D.D
	302c	Fina D.D
	403c	Fina D.D

* No dive # is to be repeated

* In the "choose from" list, divers may choose 201 or 203, not both

Aspire I Group A & B Combined Platform- See above in B group section.

Hospitality:

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

A healthy **meal plan for athletes** is available for **\$15 per diver per day**, it includes breakfast and lunch. Please indicate on registration form number of athlete meal plans requested and include in payment. As we are catering, we want to ensure there is enough food. Therefore, pre-registration is required. Families are welcome to participate.

Send athlete meal plan name list to forestcitydivingclub@gmail.com

Restaurants Close to the pool

Bernie's Bar and Grill

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

State and Main

671 Wonderland Rd N
London, ON
(519) 473-5887

Montana's

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

Kim Chi House

500 Oxford St W
London, ON
(519)601-6733

O Zen Korea

103-541 Oxford St W,
London ON
(519) 641-7997

Kelsey's

1395 Fanshawe Park Rd W
London, ON
(519) 473-2332

Tim Hortons

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

Jack Astor's

88 Fanshawe Park Rd E
London, ON
(519)663-2091

Accommodation

Country Inn and Suites by Carlson

774 Baseline Road East
London, Ontario
(519)430-1150

Winderemere Manor (UWO)

200 Collip Circle
London, On
(519)858-1391

Station Park All Suites Hotel

242 Pall Mall Street
London, Ontario
(519) 642-4444

Residence Inn By Marriott

383 Colborne St
London, On
(519)433-7222

