

**You are invited to attend the**

**Forest City Diving Club  
Aspire - Invitational**



**January 25 – 26<sup>th</sup>, 2020**





Please join us for our Annual FCDC Aspire Invitational on January 25-26<sup>th</sup>, 2020 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

We are looking forward to seeing you!

Best regards,

Luda Zakharenko  
Coach

Wing Yun Hu  
Head Coach

Jorge Luis Pupo Carballo  
Coach

<b>Name of Event</b>	FCDC Aspire Invitational
<b>Date of Event</b>	January 25-26 <sup>th</sup> , 2020
<b>Place of Event</b>	Canada Games Aquatic Centre 1045 Wonderland Rd N, London
<b><u>Meet Manager:</u></b>	George Goodall Email: forestcitydivingclub@gmail.com
<b><u>Technical Director:</u></b>	Luda Zakharenko Email: luda_zah@hotmail.com
<b><u>Age Group</u></b>	Determined by diver's age as of December 31 <sup>st</sup> , 2020
<b><u>Eligibility</u></b>	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, 2020
<b><u>Entry Fees:</u></b>	\$50 per diver for registration fee \$35 per event
<b><u>Entry Deadline:</u></b>	January 11, 2020 <b>A \$25/diver late fee will apply to all late registrations</b>
<b><u>Dive Sheets:</u></b>	Please submit dive sheets by <b>no later than 48 hrs prior to start of competition (January 23<sup>th</sup>)</b> .  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). <b>**"X"</b> is for the age group.
<b><u>Facility:</u></b>	Canada Games Aquatic Centre 1045 Wonderland Road North, London, Ontario Phone: (519) 641-7946
<b><u>Awards:</u></b>	Medals: Gold, Silver, Bronze Ribbons: 4 <sup>th</sup> to 6 <sup>th</sup>

## SCHEDULE OF EVENTS:

<b>Saturday,</b> Open Practice 8:00-9:00 am Closed Practice 9:00-9:20 am Coaches Meeting/Opening Ceremonies 9:20-9:30 am	<b>Sunday,</b> 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 only run if there are at least 3 participants**

Friday January 24		Open Practice 4:00-7:15pm	
<b>Saturday January 25, 2020</b>			
<b>start</b>	<b>finish</b>		
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 and D Aspire I Boys & Girls I	
		Closed Practice & Awards	20
		A & B Aspire II Boys & Girls	C Aspire II Boys
		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 26, 2020				
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

## ARTICLE 5

### ASPIRE DIVE REQUIREMENTS

#### **5.1**

#### **ASPIRE II**

#### **GROUP E**

##### **Aspire II - Group E 1m (6 dives)**

Dive Order	Dive #	Prescribed D.D.
1	1 step hurdle 100A	1.6
2	200A	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 and arms must be up for entry
- Back jump must be performed with armswing and arms must be up for entry
  - Max 4 1/2 for arms down on entry (unsatisfactory dive)
- Any hurdles must be maximum 1 step, “standard” hurdle (no “hop” hurdle allowed)
  - Max 4 1/2 for hop hurdle (unsatisfactory dive)
- In the “choose from” list, divers may choose 102C or 103C, not both

## Aspire II - Group E 3m (6 dives)

Dive Order	Dive	DD
1	001B from feet	1.6
2	002A	1.6
3-6	Choose four from:	
	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

## Aspire II - Group E Platform (4 dives)

Dive Order	Platform level	Dive	DD
1	3m or 5m	001C	1.6
2	3m or 5m	002C	1.6
3-4	Choose two from:		
	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

### Aspire II - Group D 1m (5 dives)

Dive Order	Dive	DD
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose two from:	
	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.

## Aspire II Group D 3m (5 dives)

Dive Order	Dive	DD
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose two from:	
	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.

## Aspire II Group D Platform (6 dives)

	Platform Level	Dive	DD
1	3m or 5m	001C or B	1.6
2	3m or 5m	002C or A	1.6
3	3m or 5m	101C or B	1.6
4	3m or 5m	401C or B	1.6
5-6	Choose two from:		
	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

\* In the "choose from" list, divers may choose 600 or 612, not both

# GROUP C

## Aspire II Group C 1m (6 dives)

Dive order	Dive number	DD
1	101C or 101B or 103C	1.6
2	201C or 201B or 301C or 301B	1.6
3	401C or 401B	1.6
4-6	Choose three 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 or 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 (6 dives)

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	401C or B, or A	1.6
4-6	Choose three 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
	5231dD 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 (6 dives)

Dive Order	Platform Level	Dive	DD
1.	3m, 5m	001B <b>(invitationals only)</b>	1.2
	<b>3m*</b> , 5m, 7.5m	101C or 101B	1.6
	5m, 7.5m	103C or 103B	1.6
2.	<b>3m*</b> , 5m, 7.5m	401C or B	1.6
3.	<b>3m*</b> , 5m, 7.5m	201C or 301C	1.6
4-6	Choose from:		
	<b>3m*</b> , 5m, 7.5m	103C or 103B (cannot repeat from above)	FINA DD
	5m, 7.5m	105C or 105B	FINA DD
	<b>3m*</b> , 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 invitationals** competitions. At Aspire Provincial Championship no 3m is to be used.

\* 001b to be **used only in invitationals** 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 (7dives)

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 three 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
	402D 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 (7 dives)

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 or 403C or 403B	1.6
5-7	Choose three 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 303C 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 (6 dives)

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101C or 101B 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 401B	1.6
	5m, 7.5m	403C or 403B	1.6
4-6	Choose three from:		
	5m, 7.5m	103C or 103B (not repeated 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 (8 dives)

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 5231D or 5223D	1.6
6-8	Choose three 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 5231D or 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 (7 dives)

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 three 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 5134D 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, 5134dD, 5231D, 5233D

## Aspire II Group A Platform (6 dives)

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101C or 101B	1.6
	5m, 7.5m	103C or 103B	1.6
2.	5m, 7.5m	201C or 201B	1.6
	5m, 7.5m	301C or 301B	1.6
3.	5m, 7.5m	401C or 401B	1.6
	5m, 7.5m	403C or 403B	1.6
4-6	Choose three from:		
	5m, 7.5m	103C or 103B (not repeated 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

## GROUP D – Aspire I

### Group D Aspire I 1m (6 dives)

Dive Order	Dive	DD
1	1 step hurdle 100 A	1.6
2	200A	1.6
3	101C	1.6
4	401C	1.6
5-6	<b>Choose two from:</b>  201C 301C 102C or 103C 402C	1.6

- \* Hurdle may be performed with or without armswing and arms must be up for entry
- \* 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 (5 dives)

Dive Order	Dive	DD
1	Hurdle 100A	1.6
2	002A	1.6
3	101C	1.6
4-5	Choose two from:	
	201C	1.6
	301C	1.6
	103C	1.6
	401C	1.6

- \* Hurdle may be performed with or without armswing and arms must be up for entry
- \* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)
  - Max 4 ½ for hop hurdle (unsatisfactory dive)
- \* 002A may be performed with arms down or arms up
- \* No dive # is to be repeated

**Aspire I Platform D & C Combined (4 dives)**

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001C or *001B	1.6
2	3m or 5m	002C 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**.

**This Event will be competed as one age group category.**

# GROUP C Aspire I

## Aspire I Group C 1m (5 dives)

Dive Order	Dive	DD
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose two from:	
	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



### Aspire I Group C 3m (6 dives)

Dive Order	Dive	DD
1	001B	1.6
2	002A	1.6
3	101C	1.6
4	401C	
5-6	Choose two from:	
	201C	1.6
	301C	1.6
	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)
- 001B is front fall in pike, to be performed from **feet**
- 002A may be performed with arms down or arms up

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

## GROUP B Aspire I

### 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	401C or 401B	1.6
4-6	Choose three 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 401B	1.6
4-5	Choose two 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 (6 dives)

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001C or *001B	1.6
2	3m or 5m	002C or 002A	1.6
3	3m or 5m	101C or 101B	1.6
4-6	Choose three 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.

\* No dive # is to be repeated

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

**This Event will be competed as one age group category.**

# GROUP A Aspire I

## Aspire I Group A 1m (6 dives)

Dive order	Dive number	DD
1	101C or 101B	1.6
2	201C or 201B or 301C or 301B	1.6
3	401C or 401B	1.6
4-6	Choose three 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 (5 dives)

Dive order	Dive number	DD
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose two 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.**

## 5.2

### Master Dive Requirements:

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

#### Across both categories:

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

#### Special rules for 50 & over:

- (i) Dives performed from 10 meter must be foot-first dives.
- (ii) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

For this meet,

	Men	Women
1 metre	5 different dives*	5 different dives*
3 metre	5 different dives*	5 different dives*
Platform	5 different dives*	5 different dives*

\*Any 5 dives - jumps and fall in's are allowed.

\*All dives performed in an event must have a different dive number.

## 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](mailto: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

### Windermere 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





