



2021 Dive Ontario Winter Provincials



Welcome to London

The Forest City Diving Club and Dive Ontario invite you to the 2021 Ontario Winter Provincials, being held on December 3rd to 5th, 2021 at the Canada Games Aquatic Centre in London, Ontario.

The Ontario Winter Provincials is sanctioned by Dive Ontario and Diving Plongeon Canada. This meet will be a qualifying event and Dive Ontario's first in-person event in almost two years.

We thank our coaches, divers, and volunteers for their persistence throughout the pandemic and dedication to the sport of diving.

We offer a warm welcome to all participants, and hope you enjoy your time in our wonderful city.

Jennifer Durack

FCDC President

Meet Information

Dates:	Friday, December 3 rd , 2021 – Sunday, December 5 th , 2021
Location:	Canada Games Aquatic Centre 1045 Wonderland Road North London, ON
Equipment:	3 x 1m MaxiFlex Boards 2 x 3m MaxiFlex Boards 1 Tower Complex – 3, 5, 7.5, and 10 meter Bubbler Pool depth 16.6 feet (5 meters)
Meet Manager:	Robyn Bate & Kim O'Hara (divemeetmanager@gmail.com)
Technical Director:	Wing Hu (diving.wing01@gmail.com)
Entries:	Email registrations to (divemeetmanager@gmail.com)
Registration Deadline:	Friday, November 19, 2021
Late Registrations:	\$25 late fee for entries received after the November 19 deadline
Entry Fees:	Registration Fee: \$50 Board Fees: \$40 \$40 per event for a maximum of \$160 All registration fees are non-refundable
Awards:	Medals will be awarded to the top 3 in each event Ribbons will be presented to 4 th -6 th place in each event
Hospitality:	Officials will receive complimentary hospitality and lunch There will be a lunch break everyday to give coaches and athletes time to eat (boards and the pool will be off limits during the lunch break) Please bring a reusable water bottle, bottled water will not be offered Food can be eaten in the stands but not on the pool deck

Accommodation

Room rates are based on the hotels' websites. Book early to get the best rates!

Allure Hotel and Suites



374 Dundas St,
London, ON N6B 1V7

Rooms starting at \$146 CAD/Per Night
Tel: (519) 661-0233
Website: [Link](#)
Distance from facility: 7.5km

Complimentary breakfast and free Wifi
Parking available

Quality Suites



1120 Dearness Dr,
London, ON N6E 1N9

Rooms starting at \$95 CAD/Per Night
Tel: (519) 680-1024
Website: [Link](#)
Distance from facility: 14km

Complimentary breakfast and free Wifi
Free Parking

Comfort Inn



1156 Wellington Rd,
London, ON N6E 1M3

Rooms starting at \$121 CAD/Per Night
Tel: (519) 685-9300
Website: [Link](#)
Distance from facility: 14km

Complimentary breakfast and free Wifi
Free Parking

Four Points by Sheraton London



1150 Wellington Rd,
London, ON N6E 1M3

Rooms starting at \$175 CAD/Per Night
Tel: (519) 681-0600
Website: [Link](#)
Distance from facility: 14km

Free Wifi and indoor pool
Free Parking

Draft Schedule

Please note that events may run up to 1 hour ahead or behind of scheduled times.

30-minute warm ups between events, unless stated.

Start Time	End Time	THURSDAY DECEMBER 2 ND		
4:00pm	5:30pm	Closed Practice for Select Clubs		
5:30pm	7:00pm	Closed Practice for Select Clubs		
Start Time	End Time	FRIDAY DECEMBER 3 RD		
8:30am		Closed Practice for Morning Session		
		1 Meter Events	Platform Events	3 Meter Events
9:00am			Group D Boys & Girls	
				Group A Boys & Girls
				Group B Boys & Girls
		Closed Practice for Afternoon Session		
		Group C Boys & Girls		
				Open Men & Women
		Awards		
Start Time	End Time	SATURDAY DECEMBER 4 TH		
8:30AM		Closed Practice for Morning Session		
		1 Meter Events	Platform Events	3 Meter Events
9:00am				Group D Boys & Girls
			Group A Boys & Girls	
			Group B Boys & Girls	
		Closed Practice for Afternoon Session		
				Group C Boys & Girls
			Open Men & Women	
		Awards		
Start Time	End Time	SUNDAY DECEMBER 5 TH		
8:30AM		Closed Practice for Morning Session		
		1 Meter Events	Platform Events	3 Meter Events
9:00am		Group D Boys & Girls		
		Group A Boys & Girls		
		Group B Boys & Girls		
		Closed Practice for Afternoon Session		
			Group C Boys & Girls	
		Open Men & Women		
		Awards		

***Please note that this is a tentative schedule and is subject to change**

****Groups C and D events will be separated in D1, D2 and C1, C2**

Rules

All dive sheets are due 24 hours prior to the event using the Canadian Dive Sheet Generator (available online through Integrated Sport System (http://www.integratedsports.net/iss_mms_diving_download.asp))

Please be clear about which level your divers are entered for on the general entries, as well as on individual dive sheets.

Dive sheets submitted after these times will be subject to a \$25 late dive sheet fee (as per Diving Canada rulebook).

No new dive sheets will be accepted within one hour of the posted start time of the event.

Changes to the dive sheets must be submitted a minimum of 1 hour prior to the events posted started time.

Diving Plongeon Canada 2017-2021 rules will apply to all Open and Age Group events.

Ontario Provincial Rules for Open Events:

	1 Metre	3 Metre	Platform
Women's	10.8	11.5	11.6
Men's	13.0	14.4	14.0

Additional Requirements:

- x01 and x02 dives are not allowed on 1m or 3m, where x denotes any group
- x02 dives are not allowed in any Open Platform Event
- x01 dives shall be performed from the 10m platform ONLY

Schedule: A *draft* event schedule is included in this Meet Package.
A revised schedule will be provided after the registration deadline.
Events will have 30 minutes to warm-up prior to the start of the event.

Age Requirements

DIVE GROUPS BY BIRTH YEAR		
	2021	2022
GROUP A	2003, 2004, 2005	2004, 2005, 2006
GROUP B	2006 or 2007	2007 or 2008
GROUP C ₂	2008	2009
GROUP C ₁	2009	2010
GROUP D ₂	2010	2011
GROUP D ₁	2011 or later	2012 or later

Diving Plongeon Canada Rules

Diving Plongeon Canada Rules – Juniors

<https://diving.ca/wp-content/uploads/2019/02/Rule-Book-Chap-R-4-Junior-National-Championships.pdf>

Diving Plongeon Canada Rules – Seniors

<https://diving.ca/wp-content/uploads/2019/02/Rule-Book-Chap-R-3-Senior-National-Championships.pdf>

