



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 3rd, 2021 – Sunday, December 5th, 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 4th-6th 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
- Throughout the weekend, Freshii (at 1415 Beaverbrook Ave, London, ON N6H 4K9) will give anyone affiliated with the event a 10% discount on their order. To receive the discount, say you are with Dive Ontario when you place your order.

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

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>

Junior Qualification Standards

JUNIOR DEVELOPMENT NATIONAL QUALIFICATION STANDARDS						
	100% - achieve two times			110% - achieve one time		
	1m	3m	Platform	1m	3m	Platform
D1 Girls & Boys	140	140	140	154	154	154
D2 Girls & Boys	200	205	235	220	225	258
C1 Girls & Boys	235	235	265	258	258	291
C2 Girls & Boys	240	240	270	264	264	297

JUNIOR ELITE NATIONAL QUALIFICATION STANDARD CHART						
	100% - achieve two times			110% - achieve one time		
	1m	3m	Platform	1m	3m	Platform
Girls A	355	390	300	390	429	330
Girls B	300	315	235	330	346	258
Boys A	370	395	350	407	434	385
Boys B	300	315	265	330	346	291

2021 Dive Ontario Winter Provincials Registration Sheet

Club:	Coach(es):
Email:	Contact:

Diver	M/F	Age Group	Age Group 1m	Age Group 3m	Age Group Tower	Open 1m	Open 3m	Open Tower	Total Events
(eg) John Smith	M	B	X	X		X	X	X	5

Total # of Divers _____ x \$50 \$ _____

Total # of Entries _____ x \$40 \$ _____

(Please note: Invoice will be adjusted for divers competing in more than 4 events)

Total Registration Fees: \$ _____

**SCHEDULE OF EVENTS - 2021 ONTARIO WINTER PROVINCIALS
FOREST CITY - DECEMBER 3 - 5, 2021**

START	FINISH	<u>Thursday December 2nd, 2021</u>
4:00	6:00	OPEN PRACTICE (All clubs / Events)

START	FINISH	<u>Friday December 3rd, 2021</u>		
8:00	9:00	OPEN PRACTICE (all Friday events)		
9:00	9:15	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15	9:35	CLOSED PRACTICE		
9:35	9:45		GIRLS D1 (0) BOYS D1 (0) GIRLS D2 (0) BOYS D2 (1)	
9:45	10:15	CLOSED PRACTICE		
10:15	11:45	GIRLS A (10)		BOYS A (7)
11:50	12:00	AWARDS CEREMONY		
11:50	12:50	LUNCH		
12:50	1:20	CLOSED PRACTICE		
1:20	2:30	GIRLS B (10)		Boys B (1)
2:30	2:50	CLOSED PRACTICE AND AWARDS CEREMONY		
2:50	3:10	GIRLS C1 (1) BOYS C1 (0)		GIRLS C2 (2) BOYS C2 (1)
3:10	3:40	CLOSED PRACTICE AND AWARDS CEREMONY		
3:40	4:10	SENIOR WOMEN (3)		SENIOR MEN (10)
4:15	4:25	AWARDS CEREMONY		

Please Note: Events may run upto 1 hour ahead or behind of scheduled times.

**SCHEDULE OF EVENTS - 2021 ONTARIO WINTER PROVINCIALS
FOREST CITY - DECEMBER 3 - 5, 2021**

START	FINISH	<u>Saturday December 4th, 2021</u>		
8:30	9:00	OPEN PRACTICE (all Saturday events)		
9:00	9:15	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15	9:35	CLOSED PRACTICE		
9:35	9:55	GIRLS D2 (1) BOYS D2 (2)		GIRLS D1 (3) BOYS D1 (1)
9:55	10:25	CLOSED PRACTICE AND AWARDS CEREMONY		
10:25	11:45		GIRLS A (8) BOYS A (5)	
11:50	12:00	AWARDS CEREMONY		
11:50	12:50	LUNCH		
12:50	1:20	CLOSED PRACTICE		
1:20	2:15		GIRLS B (10) BOYS B (0)	
2:15	2:35	CLOSED PRACTICE AND AWARDS CEREMONY		
2:35	3:00	GIRLS C2 (3) BOYS C2 (1)		GIRLS C1 (1) BOYS C1 (0)
3:00	3:30	CLOSED PRACTICE AND AWARDS CEREMONY		
3:30	4:30		SENIOR WOMEN (10) SENIOR MEN (5)	
4:35	4:45	AWARDS CEREMONY		

START	FINISH	<u>Sunday December 5th, 2021</u>		
8:00	9:00	OPEN PRACTICE (all Sunday events)		
9:00	9:15	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15	9:35	CLOSED PRACTICE		
9:35	9:50	GIRLS D1 (3) BOYS D1 (1)		GIRLS D2 (0) BOYS D2 (1)
9:50	10:20	CLOSED PRACTICE AND AWARDS CEREMONY		
10:20	11:35	BOYS A (7)		GIRLS A (10)
11:40	11:50	AWARDS CEREMONY		
11:40	12:40	LUNCH		
12:40	1:10	CLOSED PRACTICE		
1:10	2:10	BOYS B (1)		GIRLS B (9)
2:10	2:30	CLOSED PRACTICE AND AWARDS CEREMONY		
2:30	2:45		GIRLS C1 (1) BOYS C1 (0)	
2:45	3:00		GIRLS C2 (1) BOYS C2 (0)	
3:00	3:30	CLOSED PRACTICE AND AWARDS CEREMONY		
3:30	4:15	SENIOR MEN (2)		SENIOR WOMEN (12)
4:20	4:25	AWARDS CEREMONY		

Please Note: Events may run upto 1 hour ahead or behind of scheduled times.