



2022

Forest City Invitational

January 29-30, 2022



Welcome to London

The Forest City Diving Club and Dive Ontario invite you to the Forest City Invitational, being held on January 29th to 30th, 2022 at the Canada Games Aquatic Centre in London, Ontario.

This meet is an Aspire Invitational and will be the first Aspire 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.

Information in this package is tentative and subject to change dependant on public health unit requirements for COVID19.

Please note that to enter our facility, everyone 12 or older (athletes, spectators and officials) must show proof of double vaccination against COVID19. A mask is required at all times while in the facility. Athletes must remain masked on the pool deck, unless they are actively diving in an event.

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:** Saturday, January 29th – Sunday, January 30th, 2022
- 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:** George Goodall (forestcitydivingclub@gmail.com)
- Technical Director:** Wing Hu (diving.wing01@gmail.com)
- Entries:** Email registrations to (forestcitydivingclub@gmail.com)
- Registration Deadline:** Friday, January 14, 2022
- Late Registrations:** \$25 late fee for entries received after the January 14 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.
Due to COVID restrictions, we are not certain if lunches will be available to athletes and coaches. This information will be updated in early January as conditions evolve.
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

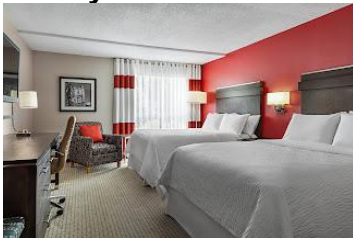


1156 Wellington Rd,
London, ON N6E 1M3

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

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.integrationsports.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.

- Please send separate files for Aspire I & Aspire II events.
- Please submit divers as 'X Gender Event Aspire II' and Aspire I divers as 'X Gender Event'
 - e.g. B Boys 3M Aspire II and B Boys 3M

Dive sheets submitted after these times will be subject to a \$25 late dive sheet fee. 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.

Schedule:

A **draft** event schedule is included in this Meet Package.

A revised schedule will be provided after the registration deadline.

- Events will have 20 minutes to warm-up prior to the start of the event.
- Open practice each morning, from 8:00-9:00 am
- Coaches meeting 9:00 am (Saturday morning)
- One metre and three metre events will run simultaneously
- Events will be combined depending on the number of registrants
- Masters events will follow DPC & FINA Rules
 - Masters Events will only run if there are at least 3 participants

Age Requirements

	Dive Groups by Birth Year
GROUP A	2004, 2005, 2006
GROUP B	2007 or 2008
GROUP C	2009 or 2010
GROUP D	2011 or 2012
GROUP E	2013 or later

Dive Requirements

Please refer to the Dive Ontario website for detailed Aspire 1 and Aspire 2 rules. Details can be found in Section 5.1.

<https://diveontario.com/wp-content/uploads/2021/10/211026-DO-Aspire-Technical-Regulations-2021-Final.pdf>

Tentative Schedule

- 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
- Award ceremony will follow each event
- Masters events will follow DPC & FINA Rules
 - Masters Events will only run if there are at least 3 participants

Friday, January 28				
4:00 PM	7:15 PM	Open Practice		
Saturday, January 29				
		1M	Tower	3M
start	finish			
8:00 AM	9:00 AM		Open Practice	
9:00 AM	9:10 AM		Opening Ceremony and Coaches Meeting	
9:20 AM	9:30 AM		Closed Practice	
9:30 AM		C Aspire II Girls		D Aspire II Girls
			Closed Practice and Awards	
			A & B Boys & Girls Aspire I	
			Closed Practice and Awards	
		E Aspire II Boys and Girls		D Aspire II Boys
			Closed Practice & Awards	
			C Aspire I Boys & Girls I	
			Closed Practice & Awards	
		A & B Aspire II Boys & Girls		C Aspire II Boys
			Closed Practice & Awards	
			D Aspire I Boys and Girls	
			Closed Practice & Awards	
		C Aspire I Girls		C Aspire I Boys
			Closed Practice & Awards	
			C Aspire II Girls	
			Closed Practice & Awards	
		D Aspire I Girls	Closed Practice & Awards	D Aspire I Boys
			Closed Practice and Awards	
			E Aspire II Boys & Girls	
			Closed Practice and Awards	
		A & B Aspire I Girls		A & B Aspire I Boys
			Awards	

Sunday, January 30				
		1M	Tower	3M
start	finish			
8:00 AM	9:00 AM		Open Practice	
9:00 AM	9:20 AM		Closed Practice	
9:20 AM		D Aspire II Girls		C Aspire II Girls
			Closed Practice and Awards	
			A & B Aspire II Boys and Girls	
			Closed Practice and Awards	
		C/D Aspire II Boys		E Aspire II Boys & Girls
			Closed Practice & Awards	
		C Aspire I Boys		C Aspire I Girls
			Closed Practice & Awards	
			D Aspire II Boys & Girls	
			Closed Practice & Awards	
			C Aspire II Boys	
			Closed Practice & Awards	
		C Aspire I Girls		C Aspire I Boys
			Closed Practice & Awards	
			C Aspire II Girls	
			Closed Practice & Awards	
		D Aspire I Boys		D Aspire I Girls
			Closed Practice and Awards	
			Masters	
			Closed Practice and Awards	
		A & B Aspire I Boys		A & B Aspire I Girls
			Closed Practice and Awards	
		Masters		A & B Aspire II Boys & Girls
			Closed Practice and Awards	
				Masters
			Awards	

2022 FCDC Aspire Invitational Registration Sheet

Club:	Coach(es):
Email:	Contact:

Diver	M/F	Age Group	Aspire 1 Age Group 1m	Aspire 1 Age Group 3m	Aspire 1 Age Group Tower	Aspire 2 Age Group 1m	Aspire 2 Age Group 3m	Aspire 2 Age Group 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: _____ \$ _____

