

**TORONTO DIVING
INSTITUTE**



2022 Dive Ontario Spring Provincial



**DIVING
PLONGEON
CANADA**



Ontario

The TDA is pleased to welcome all the participants to the 2022 Spring Provincial at the Toronto PanAm Sport Center. We wish you all the best and great success in this qualifying event. Best of luck everyone and thanks to all the coaches, divers and volunteers to make this happen.

1. Meet Information

Dates : Friday, March 18th – Sunday, March 20th, 2021

Location: Toronto Pan Am Sport Center 875 Morningside Ave, Toronto, ON

Equipment :

- 4 x 1m MaxiFlex Boards
- 3 x 3m MaxiFlex Boards
- Tower Complex – 3, 5, 7.5, and 10 meter
- 3 x Dryland Board, 2 trampolines, Airtrak and variety of mats and boxes.

Meet Manager :

- Kim O'Hara & Robyn Bate : divemeetmanager@gmail.com

Technical Director:

- Terri Breen : terri@diving.ca

Registration Deadline: February 27th, 2022

Entries : Email registrations to : tdi@diving.ca and divemeetmanager@gmail.com

Late Registrations: \$25 late fee for entries received after the Feb 27th, 2022 deadline.

Entry Fees :

- Registration Fee \$50 (60\$ for out of province athletes)
- Board Fees: \$40 (cap for 4 events)
- All registration fees are non-refundable.
- Synchro event will be run if 3 teams or more are entered. Team can be male, female or mixed.

Awards :

- Medals will be awarded to the top 3 in each event.
- Ribbons will be presented to 4-6th place in each event.

Hospitality :

Coaches and Officials will receive complimentary hospitality.

Photo Wall : Some pictures will be taken during the event and the meet and will be published on a wall. If you do not want to participate please let us know.

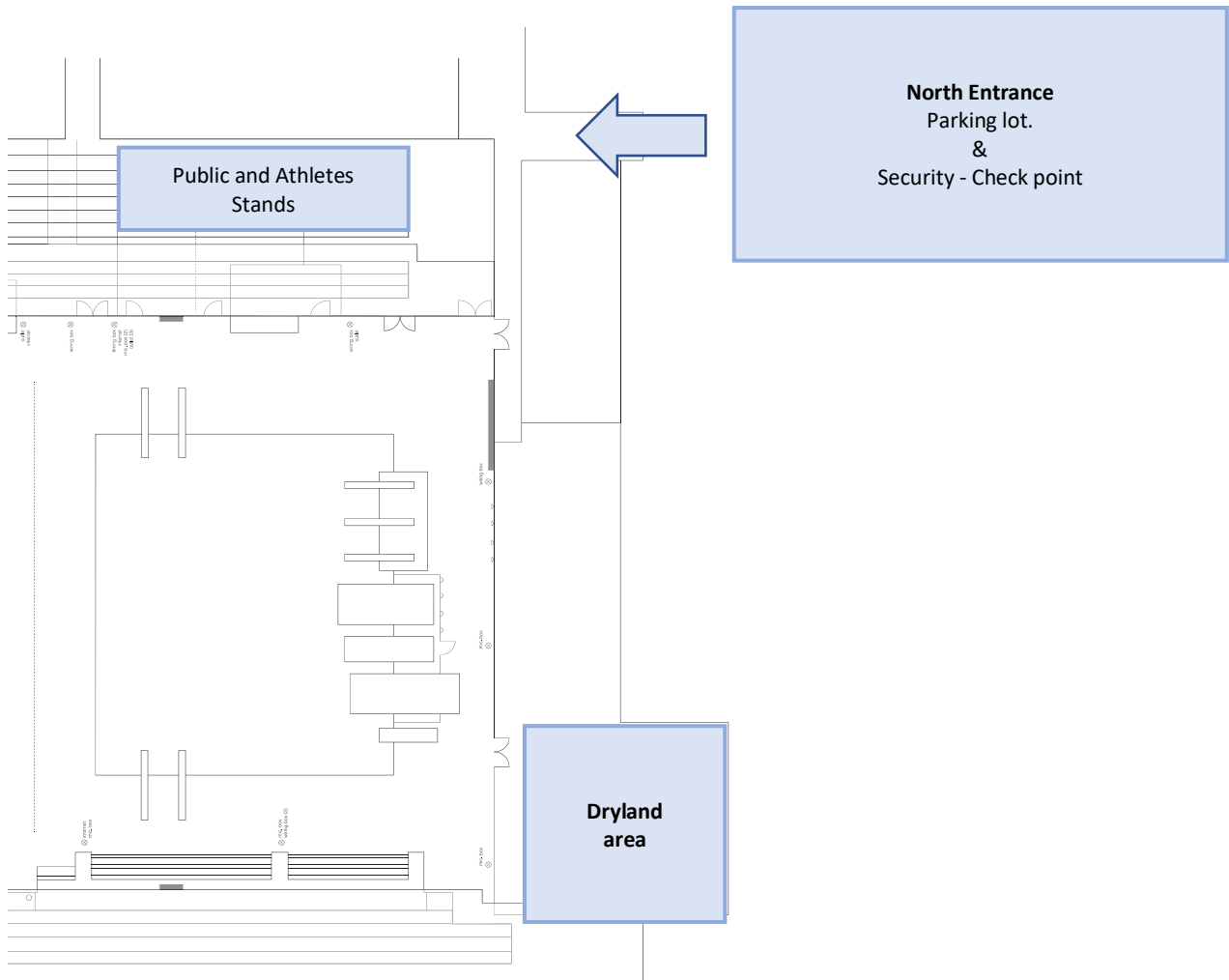


In order to access the building please fill up the online waiver following this link :

<https://waiver.smartwaiver.com/w/5ec73f79bf6a4/web/>

It's important to follow the rules that are in force at TPASC if we want to have a successful event:

- Mask is mandatory at all time in the building.
- Proof of vaccination is mandatory for everyone 12 years old and older.
- ID is mandatory with the proof of vaccination.
- Contact tracing will be asked anytime you enter in the building using a QR code at the north entrance.
- No food allowed in the dryland and on the pool deck.
- Food will be allowed in the stands only (designated area).



2. Schedule

The detailed schedule will be provided to all the clubs after the registration. Competition will start on :

- Friday March 18th 2022.
- Saturday March 19th 2022.
- Sunday March 20th 2022.
- This is subject to changes depending on registration numbers.

On the Wednesday March 16th and the Thursday March 17th practice will be open to all clubs from 2pm to 7pm. (3pm water time start)



2022 Spring Provincial Schedule - TPASC

Draft Feb. 11th

Start	Finish	Wed. March 16th 2022		
2pm	7pm	Open Practice		

Start	Finish	Thursday March 17th 2022		
2pm	7pm	Open Practice		

Start	Finish	Friday March 18th 2022		
		1m	Tower	3m
7am dryland 7:30 pool	9am	Open practice		
		restricted practice		restricted practice
9am		restricted practice	Girls and Boys D	restricted practice
		Girls C		Boys C
		restricted practice		restricted practice
		Girls A		Boys A
		restricted practice		restricted practice
		restricted practice	Girls and Boys D Finals	restricted practice
		Girls B		Boys B
		restricted practice		restricted practice
		Girls C Finals		Boys C Finals
		restricted practice		restricted practice
	6pm	Open Women		Open Men

Start	Finish	Saturday March 19th 2022		
		1m	Tower	3m
7am dryland 7:30 pool	9am	Open practice		
		restricted practice		restricted practice
		Girls D		Boys D
		restricted practice		restricted practice
		Boys C		Girls C
		restricted practice		restricted practice
		Boys and Girls B		restricted practice
		restricted practice		restricted practice
		Girls D Finals		Boys D Finals
		restricted practice		restricted practice
		Boys and Girls A		restricted practice
		restricted practice		restricted practice
		Boys C Final		Girls C finals
		restricted practice		restricted practice
		Open Men and Women		restricted practice
	6pm	Synchro Event 3m junior rules 5 dives (2+3) 4 different group		

Start	Finish	Sunday March 20th 2022		
		1m	Tower	3m
7am dryland 7:30 pool	9am	Open practice		
		restricted practice		restricted practice
		Boys D		Girls D
		restricted practice		restricted practice
		Boys and Girls C		restricted practice
		restricted practice		restricted practice
		Boys B		Girls B
		restricted practice		restricted practice
		Boys D finals		Girls D finals
		restricted practice		restricted practice
		Boys A		Girls A
		restricted practice		restricted practice
		Boys and Girls C Finals		restricted practice
	6pm	Open Men		Open Women



The schedule can be modified depending on registration numbers.
Time will be added and adjusted depending on registration as well.



3. 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.integrated.net/diving/dive_sheet_generator.html)

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. With the amended junior rules for the 2022 season view here:

https://diving.ca/wp-content/uploads/2022/01/VF.2022-JUNIOR-DIVE-REQUIREMENTS-table-format_13JAN.pdf

Ontario Rules for OPEN events :

	1m	3m	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.

x01 dives shall be performed from the 10m platform only.

x02 dives are not allowed in any open platform event.

A draft event schedule is included in the meet package

A revised schedule will be provided after the registration deadline. Events will have a 30 min warm up session before the start.

4. Age Requirements

Age Group by birth year	2022
Group A	2004, 2005, 2006
Group B	2007, 2008
Group C2	2009
Group C1	2010
Group D2	2011
Group D1	2012 and later



5. Diving Plongeon Canada Rules

Junior rules :

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

Senior rules :

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

Junior Dives Requirements : https://diving.ca/wp-content/uploads/2022/01/VF.2022-JUNIOR-DIVE-REQUIREMENTS-table-format_13JAN.pdf

6. Standards

Age Group D	Girls	Boys	Girls	Boys
	100% standard		110% standard	
1m	135	140	149	154
3m	135	140	149	154
Platform	135	140	149	154

Age Group C	Girls	Boys	Girls	Boys
	100% standard		110% standard	
1m	230	230	253	253
3m	230	230	253	253
Platform	230	230	253	253

Age Group B	Girls	Boys	Girls	Boys
	100% standard		110% standard	
1m	295	300	325	330
3m	310	315	341	347
Platform	230	265	253	292

Age Group A	Girls	Boys	Girls	Boys
	100% standard		110% standard	
1m	345	360	380	396
3m	380	385	418	424
Platform	290	340	319	374

Senior Standard For Information	Women	Men
1m	210	260
3m	245	330
10m Platform	245	330



7. Accommodation :

Clubs and parents are responsible for their own accommodation, plenty of options are available close by the PanAm sport center as well as Airbnb. Here are some options we did look for you.

Residence Inn by Marriott Whitby

https://www.marriott.com/en-us/hotels/yyzwy-residence-inn-whitby/overview/?gclid=EAIaIQobChMI9r6518Dm9QIVDRpMCh0uswuAEAAAYASAAEgIYdfD_BwE&gclidsrc=aw.ds

160 Consumers Dr, Whitby, ON L1N 9S3

(905)444-9756

**free parking; breakfast available for purchase

Studio \$179 + taxes

1 Queen bed and 1 Double pull out sofa bed; kitchen

1 Bedroom \$189+ taxes

1 Queen bed and 1 double pull out sofa bed; kitchen

Hilton Garden Inn Toronto/Ajax

<https://www.gotyoulooking.com/1hiltonajax/mht.html>

500 Beck Crescent, Ajax, ON L1Z 1C9

(905)686-9400

**free wifi, parking

15% off booking

Client name : Local Sports rate (15% off, 7 day CXL)

Client ID : 3339594

Client booking link :

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=YYZAJGI&corporateCode=3339594>



8. Food options

Food Court Inside Toronto Panam Sports Centre [TPASC Food Court Information](#)

Tim Hortons

Hours:

Monday - Friday 8am - 6pm

Saturday and Sunday 8 - 5pm

Booster Juice

Hours: Monday - Friday 8am - 6pm

Saturday and Sunday 10 - 5pm

Pizza Pizza

Hours: Monday - Friday 11am - 2pm

Poolside Bar and Grill

Hours: Monday - Friday 11am - 2pm

Grocery Stores Near Toronto Panam Sports Centre

Walmart

799 Milner Avenue, Scarborough, ON

Fusion Supermarket

1150 Morningside Avenue, Scarborough, ON

Mike's No Frills

4473 Kingston Road, Scarborough, ON

Francois' No Frills

360 McLevin Avenue

INS Market

Restaurants and Fast Food Near Toronto Panam Centre

If you go North or South on Morningside Avenue you will find different restaurants and fast food options other than those listed below.

Just Soups Takeout

1143 Morningside Avenue, Scarborough, ON

World Famous Pizza

1145 Morningside Avenue, Scarborough, ON

Boston Pizza

25 Cinemart Drive

Rosa's Pasta Express

271 Old Kingston Road, Scarborough, ON

McDonalds

4435 Kingston Road

Wendys

8129 Sheppard Avenue, Scarborough, ON

2908 Ellesmere Road, Scarborough, ON

Starbucks

1265 Military Trail, Scarborough, ON

255 Morningside Avenue, Scarborough, ON

Harveys and Swiss Chalet

853 Milner Avenue, Scarborough, ON



