



2022

Forest City Invitational

April 22-24, 2022



Welcome to London

The Forest City Diving Club and Dive Ontario invite you to the Forest City Invitational, being held on April 22th to 24th, 2022 at the Canada Games Aquatic Centre in London, Ontario.

This meet is an Aspire Invitational.

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.

We ask all participants to conform with local health regulations and regulations set forth by Dive Ontario, specifically:

"Dive Ontario requires that all individuals 12 and over on deck (including participants, officials, volunteers, coaches) must be fully vaccinated at all Dive Ontario Provincial Competitions for the 2021/2022 season

"Unvaccinated individuals ages 5-11 will have to present a negative rapid antigen test result to their coach, taken within 24 hours and no later than midnight, prior to arriving at the venue for the meet."

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, April 22nd – Sunday, April 24th, 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, April 8, 2022
- Late Registrations:** \$25 late fee for entries received after the April 8 deadline
- Entry Fees:** Registration Fee: \$50
Board Fees: \$40
\$40 per event
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:** 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
This information will be updated in early April as conditions evolve.
Please bring a reusable water bottle as 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.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.

- 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, April 22				
4:00 PM	7:15 PM	Open Practice		
Saturday, April 23				
		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, April 24				
		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	Meal Plan Sat	Meal Plan Sun
(eg) Arnold Adams	M	B	X	X					2	x	x
(eg) Becky Batherson	F	C				x	x	x	3		

Total # of Divers _____ X \$50 \$ _____
Total # of Event Entries _____ X \$40 \$ _____
Total # of Saturday Meal Plans _____ X \$15 \$ _____
Total # of Sunday Meal Plans _____ X \$15 \$ _____
Total # of Coaches Attending _____

Total Registration Fees: \$ _____

