



2022
Dive Ontario
Summer Provincials



Windsor Diving Club is pleased to welcome all the participants to the 2022 Summer Provincials at the Windsor International Aquatic and Training Center (WIATC). We wish you all the best and great success in this qualifying even. Best of luck everyone and thanks to all the coaches, divers, and volunteers who allow for the event to take place.

1. Meet Information

Dates: Friday, May 13th – Sunday, May 15th 2022

Open Practice: Thursday May 12th 5:00-7:00pm

Location: 401 Pitt Street West, Windsor Ontario N9A 0B2

2. Equipment:

2 x 1m MaxiFlex Boards

2 x 3m MaxiFlex Boards

Tower Complex – 1m, 3m, 5m, 7.5m, 10m

3. Meet Manager:

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

4. Technical Director:

Ioana Marinescu : windsordiving@gmail.com

5. Registration Deadline: April 29th, 2022

6. Entries : Email Registrations to divemeetmanager@gmail.com and windsordiving@gmail.com

7. Fees

a. Late Fees: 25\$ for entries received after April 29th 11:59pm

b. Entry Fee: \$50 for Ontario Athletes, \$60 for out of province athletes

c. Board Fees: \$40 (cap 4 events)

d. All registration fees are non-refundable.

e. Synchro event will be run if 3 teams or more are entered. Teams can be Male, Female, or mixed.

8. Award:

a. Medals will be awarded to the top 3 in each event

b. Ribbons will be presented to 4-6th place in each event

9. Hospitality

Coaches and officials will receive complimentary hospitality

10. Schedule

Detailed schedule will be provided to all the clubs after the registration.

Start	finish	Date		
5pm	7pm	Thursday, May 12th 2022		

Start	finish	Date		
		Friday, May 13th 2022		
		1m	tower	3m
8am	9am	open practice		
		open practice	closed practice	open practice
			boys and girls D prelims	
		open practice	closed practice	open practice
			Boys and girls D Final	
		closed practice	open practice	closed practice
		Girls C prelims		boys C prelims
		closed practice	open practice	closed practice
		Girls C Final		Boys C final
		closed practice	open practice	closed practice
		Girls A		Boys A
		closed practice	open practice	closed practice
		girls B	open practice	Boys B
		closed practice	open practice	closed practice
		women open	open practice	Mens open

Start	finish	Date		
		Saturday, May 14th 2022		
		1m	tower	3m
8am	9am	open practice		
		closed practice	open practice	closed practice
		Girls D prelims		Boys D prelims
		closed practice	open practice	closed practice
		Girls D Final	open practice	Boys D final
		closed practice	open practice	closed practice
		Boys C Prelims		Girls C prelims
		closed practice	open practice	closed practice
		Boys C Final		Girls C final
		open practice	closed practice	open practice
			Girls and Boys B	
		open practice	closed practice	open practice

			Boys and Girls A	
		open practice	closed practice	open practice
			Men and Women Open	
				closed practice
				Synchro

Start	finish	Date		
		Sunday, May 15th 2022		
		open practice		
		closed practice	open practice	closed practice
		Boys D prelims		Girls D prelims
		closed practice	open practice	closed practice
		Boys D final		Girls D final
		open practice	closed practice	open practice
			boys and girls C prelims	
		open practice	closed practice	open practice
			Girls and Boys C final	
		closed practice	open practice	closed practice
		Boys B		Girls B
		closed practice	open practice	closed practice
		Boys A		Girls A
		closed practice	open practice	closed practice
		Mens Open		Womens Open

11. Rules

- a. All dive sheets are due 24h prior to event using the Canadian Dive Sheet Generator (available online through integrated sport system http://www.integrated.net/diving/dive_sheet_generator.html)

- b. 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 fee (as per Diving Canada rulebook). C and D divers are to be registered as C1, C2, D1 and D2 for preliminary age events and as C or D for finals.
- c. 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 events posted started time.
- d. 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

12. 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 meet package

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

There will be a 10 minute practice between D's and C's prelims and final events.

13. 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

14. Diving Plongeon Canada Rules

Junior rules:

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

Senior Rules:

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

Junior Dive Requirements:

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

15. Standards

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

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

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

Age group A	Girls	Boys	Girls	Boys
	100%		110%	
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
Platform	245	330

16. Accommodations:

3-minute walk to the pool:

Towne Place Suites by Marriott Windsor

250 Dougall Avenue, Windsor, On N9A 7C6

<https://www.marriott.com/hotels/travel/yqgts-towneplace-suites-windsor/?scid=45f93f1b-bd77-45c9-8dab-83b6a417f6fe>

There is a block of 30 rooms reserved under the name: Summer Diving Provincials

20 studio suites with two queen beds and a pullout sofa bed

10 studio suites with one king bed and a single size pullout sofa bed

The rate is \$154 + tax/night

They have complimentary breakfast with a variety of items such as cold cereal, hot oatmeal, assorted yogurt, fresh whole fruits, muffins, croissants, danishes, hot meat and egg offering, make your own waffles, toast, English muffins, assorted juices, coffee and tea.

6-minute walk to the pool:

Holiday Inn Express Windsor Waterfront, an IHG Hotel

33 Riverside Drive E, Windsor On, N9A 2S4

https://www.ihg.com/holidayinnexpress/hotels/us/en/find-hotels/hotel/rates?qDest=33%20Riverside%20Drive%20East,%20Windsor,%20ON,%20CA&qCiMy=42022&qCiD=12&qCoMy=42022&qCoD=15&qAdlt=2&qChld=0&qRms=1&qRtP=6CBARC&qSIH=YQGRS&qSIRc=KSTN&qAkamaiCC=CA&qSrt=sBR&qBrS=re.ic.in.vn.cp.vx.hi.ex.rs.cv.sb.cw.m.a.ul.ki.va.ii.sp.nd.ct.sx.we.lx&qWch=0&qSmP=1&cm_mmc=hpa_free_CA_desktop_YQGRS_map_results_3_CAD_2022-05-12_selected_KSTNIDAS1&setPMCookies=true&glat=FREE_hpa_free_CA_desktop_YQGRS_map_results_3_CAD_2022-05-12_selected_KSTNIDAS1&qRad=30&qRdU=mi&srb_u=1&qSHBrC=EX

Still waiting to hear about block of rooms