



2023 Forest City Invitational

January 28-29, 2023



Welcome to London

The Forest City Diving Club and Dive Ontario invite you to the Forest City Invitational, being held on January 28th to 29th, 2023 at the Canada Games Aquatic Centre in London, Ontario.

This meet is an Aspire Invitational with events for levels 1 and 2, as well as Master level divers.

We are thrilled to welcome the diving community to London after several challenging years. We thank our coaches, divers, and volunteers for their persistence 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.

Nina Rosenbusch

FCDC President

Meet Information

Dates:	Saturday, January 28th – Sunday, January 29th, 2023
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 20, 2023
Late Registrations:	\$60 late fee for entries received after the January 20 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 4 th -6 th place in each event
Hospitality:	Breakfast and lunch will be provided to all coaches and officials. Please bring a reusable water bottle as bottled water will not be offered.
Payment:	Payment can be made by cheque to Forest City Diving Club or e-transfer to forestcitydivingclub@gmail.com
Schedule:	A draft Schedule of events is included with this meet package A detailed timed schedule will be provided to all the clubs 3 days after the registration deadline. One Meter and 3 Meter events will run simultaneously Events may be combined depending on number of registrants All closed practices will be held for 20 minutes. Masters events will run if there are at least 3 participants

Rules & Requirements

Rules: All dive sheets are due **72h prior** to 1st event on Saturday using the Canadian Dive Sheet Generator – *Coach Edition*
http://www.integratedsports.net/iss_mms_diving_download.asp

- Please email the .html file to forestcitydivingclub@gmail.com
- Example of html file:

Ontario Spring Provincials
2022-03-18

Board	Dive #1	Dive #2	Dive #3	Dive #4	Dive #5	Dive #6	Dive #7	Dive #8	Dive #9	Dive #10	Dive #11
1M	103 B	201 B	301 B	401 A	5132 D	105 C	203 C	403 B	5231 D		
1M	1.7	1.6	1.7	1.8	2.2	2.4	2.0	2.4	2.1		
3M	103 B	201 B	301 B	403 B	5132 D	105 B	205 C	405 C	5231 D		
3M	1.6	1.8	1.9	2.1	2.1	2.4	2.8	2.7	2.0		
			Open								
				Sex: M	Language: English	ETOBICOKE	Coach: MYKHAYLO KORDYUKOV				
Board	Dive #1	Dive #2	Dive #3	Dive #4	Dive #5	Dive #6	Dive #7	Dive #8	Dive #9	Dive #10	Dive #11
1M	105 C	203 C	303 C	403 B	5132 D	5231 D					
1M	2.4	2.0	2.1	2.4	2.2	2.1					

- 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 the 72hr times submission deadline will be subject to a \$25 late 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 events posted started time.
- Dive Ontario Aspire I and Aspire II rules will apply to all events. These rules can be found on the Dive Ontario Website in section 5.1:
<https://diveontario.com/wp-content/uploads/2022/05/220510-DO-Aspire-Technical-Regulations-2021-Updated-May-2022.pdf>

Age requirements:

Age group by birth year	2023
Group A	2005, 2006, 2007
Group B	2008, 2009
Group C	2010, 2011
Group D	2012, 2013
Group E	2014 and later

Tentative 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
 - Will be scheduled on Sunday afternoon for all boards

Draft Schedule of Events

START	FINISH	<u>Friday (January 27)</u>
4:00 PM	7:15 PM	OPEN PRACTICE (All clubs / Events)

START	FINISH	<u>Saturday (January 28)</u>
8:00 AM	9:00 AM	OPEN PRACTICE (all Saturday events)
9:00 AM	9:10 AM	OFFICIALS AND COACHES MEETING
		<u>1M</u> <u>TOWER</u> <u>3M</u>
		CLOSED PRACTICE (Girls Aspire II C 1M & Girls Aspire II D 3M)
		Girls Aspire II C Girls Aspire II D
		CLOSED PRACTICE (Boys & Girls E 1M & Girls Aspire I C 3M) ~~Awards Girls Aspire II C (1M) & Girls Aspire II D 3M~~
		Boys & Girls E Girls Aspire I C
		CLOSED PRACTICE (Boys & Girls Aspire I A & B Tower) ~~AWARDS - Boys & Girls E (1M) & Girls Aspire I C (3M)~~

			Boys & Girls Aspire I A & B	
		CLOSED PRACTICE (Girls Aspire II A & B 1M & Boys Aspire II D 3M) ~~AWARDS – Boys & Girls Aspire I A & B (Tower)~~		
		Girls Aspire II A & B		Boys Aspire II D
		CLOSED PRACTICE (Boys Aspire II A & B 1M & Boys Aspire II C 3M) ~~AWARDS – Girls Aspire II A & B 1M & Boys Aspire II D 3M~~		
		Boys Aspire II A & B		Boys Aspire II C
		CLOSED PRACTICE (Boys & Girls Aspire I D Tower) ~~AWARDS – Boys Aspire II A & B 1M & Boys Aspire II C 3M~~		
			Boys & Girls Aspire I D	
		CLOSED PRACTICE (Girls Aspire I C 1M & Boys Aspire I C 3M) ~~AWARDS - Boys & Girls Aspire I D Tower~~		
		Girls Aspire I C		Boys Aspire I C
		CLOSED PRACTICE (Girls Aspire II C Tower) ~~AWARDS - Girls Aspire I C 1M & Boys Aspire I C 3M~~		
			Girls Aspire II C	
		CLOSED PRACTICE (Girls Aspire I D 1M & Boys Aspire I D 3M) ~~AWARDS – Girls Aspire II C Tower~~		
		Girls Aspire I D		Boys Aspire I D
		CLOSED PRACTICE (Boys & Girls E Tower) ~~AWARDS – Girls Aspire I D 1M & Boys Aspire I D 3M~~		
			Boys & Girls E	
		CLOSED PRACTICE (Girls Aspire I A & B 1M & Boys Aspire I A & B 3M) ~~AWARDS – Boys & Girls E Tower~~		
		Girls Aspire I A & B		Boys Aspire I A & B
		CLOSED PRACTICE (Boys Aspire II A & B 3M) ~~AWARDS – Girls Aspire I A & B 1M & Boys Aspire I A & B 3M~~		
				Boys Aspire II A & B
		~~AWARDS – Boys Aspire II A & B 3M~~		

START	FINISH	<u>Sunday (January 29)</u>		
8:00 AM	9:00 AM	OPEN PRACTICE (all Sunday events)		
9:00 AM	9:10 AM	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
		CLOSED PRACTICE (Girls Aspire II D 1M & Girls Aspire II C 3M)		
		Girls Aspire II D		Girls Aspire II C
		CLOSED PRACTICE (Girls Aspire II A & B Tower) ~~Awards Girls Aspire II D 1M & Girls Aspire II C 3M~~		
			Girls Aspire II A & B	
		CLOSED PRACTICE (Boys Aspire II D & C 1M & Boys & Girls E 3M) ~~AWARDS – Girls Aspire II A & B (Tower)~~		
		Boys Aspire II D & C		Boys & Girls E
		CLOSED PRACTICE (Boys & Girls Aspire II D Tower) ~~AWARDS – Boys Aspire II D & C 1M & Boys & Girls E 3M~~		
			Boys & Girls Aspire II D	
		CLOSED PRACTICE (Boys Aspire I C 1M & Girls Aspire II B & A 3M) ~~AWARDS - Boys & Girls Aspire II D Tower~~		
		Boys Aspire I C		Girls Aspire II B & A
		CLOSED PRACTICE (Boys Aspire II C Tower) ~~AWARDS - Boys Aspire I C 1M & Girls Aspire II B & A 3M~~		
			Boys Aspire II C	
		CLOSED PRACTICE (Boys Aspire I B & A 1M & Girls Aspire I B & A 3M) ~~AWARDS – Boys Aspire II C Tower~~		
		Boys Aspire I B & A		Girls Aspire I B & A
		CLOSED PRACTICE (Boys Aspire II B & A Tower) ~~AWARDS – Boys Aspire I B & A 1M & Girls Aspire I B & A 3M~~		
			Boys Aspire II B & A	
		CLOSED PRACTICE (Boys Aspire I D 1M & Girls Aspire I D 3M) ~~AWARDS – Boys Aspire II B & A Tower~~		
		Boys Aspire I D		Girls Aspire I D

		CLOSED PRACTICE (Boys & Girls Aspire I C 3M) <i>~~AWARDS – Boys Aspire I D 1M & Girls Aspire I D 3M~~</i>	
			Boys & Girls Aspire I C
		<i>~~AWARDS – Boys & Girls Aspire I C 3M~~</i>	

2023 FCDC Aspire Invitational Registration Sheet SAMPLE

Club: ABC Diving	Coach(es): Jake Jamieson
Email: Dive.jj@abcdiving.com	Contact Number: 555-555-555

Diver	M/F	Age Group	Aspire I Age Group 1m	Aspire I Age Group 3m	Aspire I Age Group Tower	Aspire II Age Group 1m	Aspire II Age Group 3m	Aspire II Age Group Tower	Total Events
Arnold Adams	M	B	X	X					2
Becky Batherson	F	C				X	X		2
Becky Batherson	F	C			X				1
Charlie Checker	M	D	X	X					2

Note that Becky is registered twice because she's competing Aspire II on 1m and 3m and Aspire I on Tower.

Instructions: Use the sheet on the next page to register your athletes for the event. Ideally, we'd prefer that you complete the form in something like Microsoft Word or Google Docs. At the very least, we need to know the athlete's name *as it should appear on the score sheet*, their age group, the events they are competing *including the appropriate level (i.e., Aspire I or Aspire II)*.

