

You are invited to attend the

FCDC Invitational



January 24th-26th, 2025



Name of Event: FCDC Invitational
Date of Event: Jan 24th-26th, 2025
Place of Event: Canada Games Aquatic Centre
1045 Wonderland Rd N, London ON, N6G 2Y9

Meet Manager: **Name:** Julie Chambers
Email: forestcitydivingclub@gmail.com

Technical Director: **Name:** Jorge Pupo Carballo
Email: jpupocarballo@gmail.com

Age Group: Determined by diver's age as of December 31st, 2025
Eligibility: Open to all DPC registered divers.

Dive Ontario rules will apply
Please note Aspire I & Aspire II dive requirements
(<https://diveontario.com/wp-content/uploads/2024/09/Dive-Ontario-Aspire-Regulations-July-2024.pdf>)

Entry Fees: \$55 per diver for registration fee (\$10 to Dive Ontario)
\$45 per event (\$15 to Dive Ontario)

Entry Deadline: **January 17th, 2025 by 11:59 pm**
All team registration sheets should be sent to
forestcitydivingclub@gmail.com
A \$60/diver late fee will apply to all late registrations.

Dive Sheets: Please submit dive sheets by **January 20th, 2025** to
forestcitydivingclub@gmail.com
Dive sheets received after that date are subject to late fees. Dive Sheets must be created using the latest version of the Dive Sheet Generator.
Please submit Aspire II divers as 'Group "X" Tier II' and Aspire I divers as 'Group "X"' (without any designation).

Facility: Three 1m springboards
Two 3m springboards
3m, 5m, 7.5m, and 10m platforms

Awards: Medals: Gold, Silver, & Bronze
Ribbons: 4th, 5th, & 6th

Please complete the attached Meet Entry form and forward to Julie Chambers at
forestcitydivingclub@gmail.com

Competition Hospitality:
Breakfast, lunch, and snacks will be provided to all coaches, officials & volunteers.

A meal plan can be purchased by divers for \$30 (includes both days). Please order and pay for meal plans when registering. Meal plans are non-refundable.

FCDC Invitational Tentative Schedule of Events

Friday, January 24th, 2025

Open Practice 4:00pm to 7:00pm

Saturday, January 25th, 2025

8:00am	9:00am	Open Practice	
9:00am	9:10am	Officials and Coaches Meeting	
9:10am	9:15am	Opening Ceremonies	
9:15am	9:35am	1m and 3m Closed Practice	
		One Metre	Three Metre
9:45am		Aspire II Boys C & Girls C	Aspire II Boys D & Girls D
		Platform Closed Practice	
		Aspire I Boys D & Girls D	
		Aspire Boys E & Girls E	
		1m and 3 m Closed Practice & Awards	
		Aspire I Boys B & Girls B	Aspire I Boys C & Girls C
		Platform Closed Practice & Awards	
		Aspire II Girls C & Boys C	
		1m and 3m Closed Practice & Awards	
		Aspire II Boys B & Girls B	Aspire II Boys A & Girls A
		Platform Closed Practice & Awards	
		Aspire I Boys A & Girls A	
		Aspire I Boys B & Girls B	
		Platform Closed Practice & Awards	
		Aspire II Boys A & Girls A	
		1m and 3m Closed Practice & Awards	
		Aspire I Boys A & Girls A	Aspire I Boys D & Girls D
		Awards Ceremony	

1m and 3m events will run simultaneously. Events may be combined depending on the number of registrants. Each event will have a 15- or 20-minute closed practice. Award Ceremony will follow each event.

PLEASE NOTE – THIS SCHEDULE IS SUBJECT TO CHANGE BASED ON REGISTRATIONS. We will change the events to consider the most optimal practice and board time for the divers.

*REVISED EVENT SCHEDULE WILL BE SENT TO ALL REGISTERED CLUBS.

FCDC Invitational Tentative Schedule of Events

Sunday, January 26th, 2025

8:00am	9:00am	Open Practice	
9:00am	9:10am	Coaches Meeting	
9:10am	9:30am	1m and 3m Closed Practice	
		One Metre	Three Metre
9:30am		Aspire II Boys D & Girls D	Aspire II Boys C & Girls C
		Platform Closed Practice & Awards	
		Aspire I Boys C & Girls C	
		1m and 3m Closed Practice & Awards	
		Aspire II Boys A & Girls A Masters Men and Women	Aspire Boys E & Girls E
		Platform Closed Practice & Awards	
		Aspire II Boys B & Girls B Master Men and Women	
		1m and 3 m Closed Practice & Awards	
		Aspire I Boys C & Girls C	Aspire I Boys A & Girls A Aspire I Boys B & Girls B
		Platform Closed Practice & Awards	
		Aspire II Boys D & Girls D	
		1m and 3m Closed Practice & Awards	
		Aspire I Boys D & Girls D Aspire Boys E & Girls E	Aspire II Boys B & Girls B Masters Men and Women
		Awards & Closing Ceremony	

1m and 3m events will run simultaneously. Events may be combined depending on the number of registrants. Each event will have a 15- or 20-minute closed practice. Award Ceremony will follow each event. Masters Events may be combined with A Group events if there are less than three participants.

PLEASE NOTE – THIS SCHEDULE IS SUBJECT TO CHANGE BASED ON REGISTRATIONS. We will change the events to consider the optimal practice and board time for the divers.

*REVISED EVENT SCHEDULE WILL BE SENT TO ALL REGISTERED CLUBS.