

DIVING PLONGEON CANADA

POLAR BEAR CLASSIC

Sport MANITOBA

Dates	**December 11-13, 2026**
Facility	**Pan Am Pool** 25 Poseidon Bay Winnipeg, Manitoba
Host Club	**Revolution Diving**
Meet Manager	Wil Hedges wil.hedges@gmail.com
Technical Chair	TBA
Meet Referee	TBA

COMPETITION LEVELS & RULES

This springboard and platform diving competition will include many levels of competition:
National (TBA)
Novice (Novice Event rules)
Open (TBA)
Masters (AQUA rules)
Novice Masters (Local rules)

REGISTRATION

Entry Deadline: Friday, November 27, 2026

REGISTER BY CLICKING HERE

Entry Fees: **$ 70.00 per athlete** (includes snacks and daily lunch for athletes)
$ 55.00 per Event
Entry fees will be due at the conclusion of the competition.
Maximum Fees: $265 per diver

- Entries received after November 27 will be $100.00 per athlete

RULES & STANDARDS (subject to change)

- Diving Plongeon Canada Age Group Rules: https://divemanitoba.ca/dpc-standards/
- Novice, Open, and Masters event rules are laid out in this information package.
- **Age is determined by the diver's age as of December 31, 2027.**
- ~~2025-2026: All events will be straight finals Exception of D group. D1 and D2 Prelims with D Finals same day. (Subject to change, TBA)~~

NEW 2026-2027 C and D Group

- **removed the requirement of D group divers having to do a final at least once.**
- there will be a shared warm-up for D1 and D2 prelims; then all D1 divers will perform all of their dives; then all D2 will perform all of their dives; same for C1 and C2
- if there are 4 or fewer divers registered in either of the events (D1 or D2; C1 or C2), it will run combined: D1 divers will perform dive 1, D2 will perform dive 1; D1 divers will perform dive 2, D2 divers will perform dive 2; etc.; same for C1 and C2
- if the D1 prelims is scheduled to be 30 minutes or longer, there will be a 10-minute warmup before the D2 event; same for C1 and C2
- **403B is no longer permitted in D2 platform prelims. 403C is still permitted**

AWARDS

- Awards will be presented for each event directly after the event.
- Gold, Silver and Bronze medals will be presented on the podium.
- Ribbons will be presented to athletes placing 4th through 8th

DIVE SHEETS (subject to change)

Email rezman dive sheets to entries.revolutiondiving@gmail.com by Tuesday, December 8 at 5:00 pm to facilitate entry organization for this event.

Computers will be set up at the pool on Thursday. Please visit the competition office to ensure that your dives sheets are correctly entered.

For National Age Group A & B events, use "Group A", "Group B"

For National Age Group C & D, use "Group C2", "C1", "D2", "D1"
(DPC Preliminary rules will be used and will reflect awards presented.)

For Novice Level events, use suffix "Tier II" – eg. "Group A Tier II" for all age groups.

For Masters events, use "Open Tier II" (the system will not allow Masters events to be scheduled in the same competition as non-Masters events). For Novice Masters events, use "Other Tier II".

If you have any questions, please contact the Meet Manager by email or the Computer Coordinator in person on pool deck:

- Dive sheets must be submitted 24 hours prior to the event.
- Changes to dive sheets must be submitted a minimum of 1 hour prior to the event's posted start time.
- No new dive sheets and no changes to entered dive sheets will be accepted within 1 hour of the posted start time of the event.

Late entries are $50 per diver per event and will be accepted up to 1 hour prior to the event's posted start time.

MEN'S & WOMEN'S OPEN EVENTS (subject to change)

	1 Metre	**3 Metre**	**Platform**
Male	6 dives from 5 directions	6 dives from 5 directions	6 dives from 6 directions
Female	5 dives from 5 directions	5 dives from 5 directions	5 dives from 5 directions

- *No 101, 201, 301, 401, 102, 202, 302, 402, 5221, 5122 allowed.*

NOVICE LEVEL EVENTS

- Click here for the updated/current rules.
- NOTE: Although the Novice Group C rules specify a height of 5 meters and above, we will allow **no more than one dive below 5 meters** in the Novice Group C category.

MASTERS EVENTS

In age groups 25 to 69 years, each dive performed must have different dive number (FINA DD). In 70+ age groups, the same dive number can be repeated using a different position (A, C or B) in dives with the same dive number. The number of dives required for each age group is:

Age	Men	Women
18 – 29	7	6
30 – 49	7	6
50 – 69	6	5
70 – 79	5	4
80 +	4	3

NOVICE MASTERS EVENTS

Novice Masters may use 100, 200, 001 and/or 002 as dives.
Each dive performed must have different dive number.
Based on the following age groups, the number of dives required is:

Age	Men	Women
18 – 29	4	4
30 – 49	4	4
50 +	4	4

SCHEDULE

- All events are finals
- There will be a minimum of 20 minutes of practice prior to all events.
- Events may run up to 45 minutes ahead of the final scheduled times.
- Springboards will be open for practice during platform restricted practice times.
- Platforms will be open for practice during springboard restricted practice times.

HOSPITALITY

Athletes:

- Lunch will be provided for athletes, and the cost is included in the diver registration fee
- We will accommodate dietary restrictions only if they are declared in advance.

Coaches and Judges:

- Coffee and tea will be provided for coaches and judges throughout the day
- Lunch will be provided for coaches and judges
- We will accommodate dietary restrictions only if they are declared in advance.

SAFE SPORT

1. Diving Plongeon Canada and Dive Manitoba believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Only participating divers, officials, certified registered coaches, and authorized people are allowed on deck.
2. Dive Manitoba and Diving Plongeon Canada have signed on to the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

PHOTOGRAPHY/ VIDEOGRAPHY:

To minimize risk, all photographs and video taken at Diving Plongeon Canada/Dive Manitoba sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in locker rooms, bathrooms, or any other dressing area. Only approved photographers are allowed on deck.

GENERAL INFORMATION:

1. Any changes to the meet format will be shared with the coaches at the Coaches' Meeting.
2. Food is not allowed on deck. Glass containers and breakables are not allowed on the pool deck.
3. Teams are responsible for the conduct of their divers. Inappropriate behavior at the pool may result in disciplinary action by the meet management.
4. Revolution Diving Club and Dive Manitoba will not accept responsibility for lost or stolen items. It is the responsibility of each diver entered into the meet to ensure that their personal belongings are stored in a secure manner.

COACHES MEETING

A brief coaches' meeting will be held 15 minutes prior to the start of the competition on Friday by the timing office bubble on deck by the 1M.

Please attend this short meeting with the Meet Referee at 8:45am!

Divers are not permitted in the dry-land training room without a coach at any time.