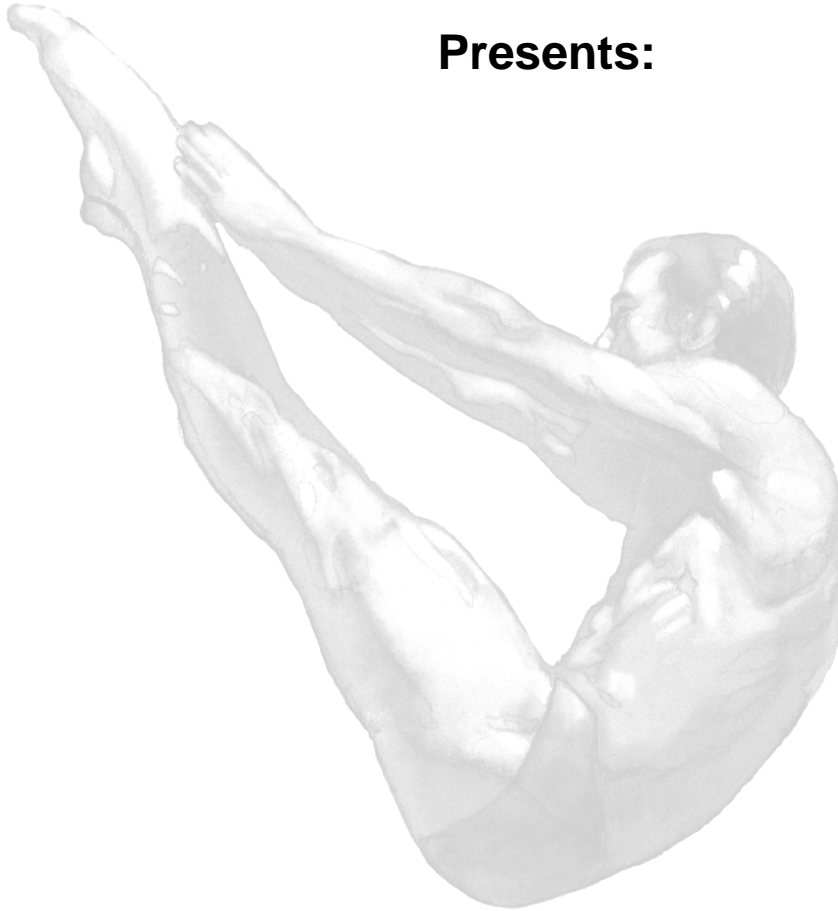


**Diving Plongeon Canada, Alberta Diving
and
The Edmonton Springboard
and Platform Diving Club**

Presents:



**The
2019 Alberta Summer
Provincial Diving Championships**

**Junior and Senior National Qualification events
Western Canada Games trials
Provincial and Provincial Open (POP) events**

May 17 – 19, 2019

2019 Alberta Summer Provincial Diving Championships

May 17 – 19, 2019

Sanctioned by Diving Plongeon Canada and Alberta Diving as a National Qualification Event

- Host club:** Edmonton Springboard & Platform Diving Club
- Location:** Kinsmen Aquatic Centre
9100 Walterdale Hill
Edmonton, Alberta
- Technical Director:** Steve Flewwelling (780) 444-7301 and fax (780) 444-7301
e-mail: espdiver@telusplanet.net
- Equipment:** 6 type "C" one metre maxiflex springboards
4 type "C" three metre maxiflex springboards
3, 5, 7.5, 10 metre platforms with bubble machine
5 trampolines, 7 dryland springboards
Bubble machine under all platforms and 3 metre springboard
Choice of a built-in sprayer system under each diving board or use of the bubble machine water agitator.
Video Replay stations
- Eligibility:** All Diving Plongeon Canada (DPC), U.S. Diving and International Divers currently registered with their national association may attend.
- Rules:** **National Level**
- 2017 - 2021 Diving Plongeon Canada rules will apply.
 - Age of competitor will be determined by the diver's age as of Dec. 31, 2019.
Age Groups:
 - E - Divers born 2010 or later
 - D - Divers born 2008 or later
 - C - Divers born 2006 or 2007
 - B - Divers born 2004 or 2005
 - A - Divers born 2001 to 2003
 - Open - All Ages
 - All events will be a straight final (no cuts).
 - National age group events will run in accordance to DPC Junior National rules.
 - Senior event divers must meet the minimum DD requirement (see below)
 - No Synchronized Diving events are scheduled at this time.
 - Dive sheet changes will be allowed up until 1 hour before the scheduled time for that event.
 - 1-metre events will run on the east side of the pool (opposite the platforms). North and South 1 metre boards will be available for training during open and restricted training.
 - A revised schedule with updated times will be sent out a few days after the registration deadline.

Provincial and Provincial Open (POP) events

- We will be running both Provincial (P1) events and Provincial Open (POP) events for Group C and Group D. Please see dive requirements.
- Entry fees will be the same as the National level events

Entries: Entries must be received no later than 4:00 PM on Friday April 26, 2019.
Entries may be mailed, faxed or e-mailed to:

E.S.P. Diving Club
7 River Heights Drive N.W.
Edmonton, Alberta
T6M - 2R1
Telephone (780) 444 - 7301; Fax (780) 444 - 7301
E-mail address: espdiver@telusplanet.net

Entry Fees: \$25.00 Entry fee per event. (4 events or more = \$100.00)
\$60.00 Registration/Hospitality Fee - Includes breakfast, lunch and snacks during competition days.
Also includes officials fee

Scoring: We will be using the Rezman scoring system. [We are asking that clubs prepare their athletes lists using the "Dive Sheet Generator" and submitting them by e-mail to \[espdiver@telusplanet.net\]\(mailto:espdiver@telusplanet.net\) no later than Tuesday May 14, 2019](#) . Please refer to the Diving Plongeon Canada rule book regarding dive sheet submissions (Pages R-7 and R-8). Dive lists must be submitted electronically at least 24 hours before the start of the event or a late entry fee of \$25.00 per late dive sheet entry to a maximum of \$100.00 per day per club will be assessed.

A computer will be available on the pool deck for late entries and/or last minute changes.

Training times available:

Thursday May 16th 12:45 pm – 3:15 pm (water 2:00 pm – 3:15 pm)
Thursday May 16th 5:00 pm – 8:00 pm (water from 6:00 pm – 8:00 pm)
Competition days 7:00 am – 8:40 am (water 7:30am – 8:40am then boards are restricted for 1st event)

| <u>Senior Rules/WCSG Trials</u> | <u>Number of optional dives</u> | <u>Minimum DD</u> |
|---------------------------------|---------------------------------|----------------------------------|
| Womens Open 1m | 5 optional dives | 10.2 Minimum (WCSG trials event) |
| Womens Open 3m | 5 optional dives | 10.5 Minimum (WCSG trials event) |
| Womens Open Platform | 5 optional dives | 10.1 Minimum |
| Mens Open 1m | 6 optional dives | 12.1 Minimum (WCSG trials event) |
| Mens Open 3m | 6 optional dives | 12.6 Minimum (WCSG trials event) |
| Mens Open Platform | 6 optional dives | 12.1 Minimum |

Junior National Dive Requirements (Please refer to the Diving Plongeon Rule book)

<https://diving.ca/wp-content/uploads/2019/02/Rule-Book-Chap-R-4-Junior-National-Championships.pdf>

Junior Qualifying Competitions

- All sanctioned qualifiers must be monitored by a DPC assigned meet referee.
- There must be a minimum of 2 National level judges on each judging panel.
- Only divers using lists adhering to the junior national dive requirements will be eligible to compete in the qualification meets.

Alberta Provincial C and D Open Rules

1. PROVINCIAL D OPEN

1.1. Age specification

1.1.1. D = 11 years old or younger in the year of competition.

1.1.2. Boys and Girls have the same dive requirements.

1.2. Group D 1m, 3m and Platform Open Event

1.2.1. Divers must perform six (6) dives selected from the Group D Open Dive Chart (Table 1)

1.2.1.1. Each of the six (6) dives must be a different dive number

1.2.1.2. For the 1m event, divers may choose either none or only one of these three dives – 202C, 302C, 402C

1.2.1.3. First four (4) dives

1.2.1.3.1. each dive will be assigned a DD of 1.6

1.2.1.3.2. Four (4) groups must be represented

1.2.1.4. Last two (2) dives

1.2.1.4.1. FINA DD used

1.2.1.4.2. Two (2) groups must be represented

| TABLE 1 | | | | | | | | | |
|--------------------------------|--------|-------------|--------|-------------|--------------------------|-------------|--------|-------------|--------|
| GROUP D OPEN DIVE CHART | | | | | | | | | |
| Group D OPEN - 1m | | | | | Group D OPEN - 3m | | | | |
| 101C | 401C | 201C | 301C | 5122D | 101C | 401C | 201C | 301C | 5132D |
| 101B | 401B | 201B | 301B | 5132D | 101B | 401B | 201B | 301B | 5231D |
| 103C | 402C* | 202C* | 302C* | 5221D | 103C | 403C | 203C | 303C | |
| 103B | 403C | 203C | 303C | 5231D | 103B | 403B | 203B | 303B | |
| 104C | | | | | 105C | | | | |
| 104B | | | | | | | | | |
| Group D OPEN - Platform | | | | | | | | | |
| Plat. | Dive # | Plat. | Dive # | Plat. | Dive # | Plat. | Dive # | Plat. | Dive # |
| 5m, 7.5m | 101C | 5m, 7.5m | 201C | 5m, 7.5m | 301C | 5m, 7.5m | 401C | 5m, 7.5m | 600A |
| 5m, 7.5m | 101B | 5m, 7.5m | 201B | 5m, 7.5m | 301B | 5m, 7.5m | 401B | 5m, 7.5m | 612B |
| 5m, 7.5m | 103C | 5m | 203C | 5m | 303C | 5m, 7.5m | 403C | 5m, 7.5m | 622C |
| 5m, 7.5m | 103B | 5m | 203B | | | 5m, 7.5m | 403B | 5m, 7.5m | 622B |
| 5m, 7.5m | 105C | 7.5m | 205C | | | 7.5m | 405C | 5m, 7.5m | 5231D |
| 7.5m | 105B | | | | | | | 5m, 7.5m | 5132D |

2. GROUP C OPEN

2.1. Age specification

2.1.1. C1 = 12 or 13 years old in the year of competition

2.1.2. Boys and Girls have the same dive requirements

2.2. Group C 1m and 3m Open Event

6.2.1. Divers must perform eight (8) dives selected from the Group C Open Dive Chart (Table 2)

6.2.1.1. Each of the eight (8) dives must be a different dive number

6.2.1.2. First five (5) dives

6.2.1.2.1. Each with a DD of 1.6

6.2.1.2.2. Five (5) groups must be represented

6.2.1.3. Last three (3) dives 6.2.1.3.1. FINA DD used

6.2.1.3.2. Three (3) groups must be represented

6.2.1.3.3. A minimum of one (1) dive must be from Group 100 or 400

6.2.1.3.4. A minimum of one (1) dive must be from Group 200 or 300

2.3. Group C Platform Open Event

2.3.1. Divers must perform seven (7) dives selected from the Group C Open Dive Chart (Table 2)

2.3.1.1. Each of the seven (7) dives must be a different dive number

2.3.1.2. Five (5) groups must be represented in the seven (7) dives

2.3.1.3. First four (4) dives

2.3.1.3.1. Each with a DD of 1.6

2.3.1.3.2. Four (4) groups must be represented

2.3.1.4. Last three (3) dives

2.3.1.4.1. FINA DD used

2.3.1.4.2. Three (3) groups must be represented

2.3.1.4.3. A minimum of one (1) dive must be from Group 100 or 400

2.3.1.4.4. A minimum of one (1) dive must be from Group 200 or 300

**TABLE 2
GROUP C OPEN DIVE CHART**

| Group C Open 1m | | | | | Group C Open 3m | | | | |
|------------------------------|---------------|--------------|---------------|--------------|------------------------|--------------|---------------|--------------|---------------|
| 101C | 401C | 201C | 301C | 5122D | 101C | 401C | 201C | 301C | 5132D |
| 101B | 401B | 201B | 301B | 5132D | 101B | 401B | 201B | 301B | 5231D |
| 103C | 401A | 203C | 303C | 5221D | 103C | 403C | 203C | 303C | 5331D |
| 103B | 403C | 203B | 303B | 5331D | 103B | 403B | 203B | 303B | 5233D |
| 104C | 403B | | | 5231D | 105C | 405C | 205C | 305C | 5333D |
| 104B | | | | 5233D | 105B | | | | 5134D |
| 105C | | | | 5333D | | | | | |
| 105B | | | | 5134D | | | | | |
| Group C Open Platform | | | | | | | | | |
| Plat. | Dive # | Plat. | Dive # | Plat. | Dive # | Plat. | Dive # | Plat. | Dive # |
| 5m, 7.5m | 101B | 5m, 7.5m | 201C | 5m, 7.5m | 301C | 5m, 7.5m | 401B | 5m, 7.5m | 612B |
| 5m, 7.5m | 103C | 5m, 7.5m | 201B | 5m, 7.5m | 301B | 5m, 7.5m | 403C | 5m, 7.5m | 622C |
| 5m, 7.5m | 103B | 5m | 203C | 5m | 303C | 5m, 7.5m | 403B | 5m, 7.5m | 622B |
| 5m, 7.5m | 105C | 5m | 203B | 7.5m | 305C | 7.5m | 405C | 7.5m | 624C |
| 5m, 7.5m | 105B | 7.5m | 205C | | | | | 5m, 7.5m | 5231D |
| | | | | | | | | 5m, 7.5m | 5132D |
| | | | | | | | | 7.5m | 5233D |

Accomodations

1. The Coast Edmonton Plaza Hotel (BLOCK OF 30 ROOMS)

10155 - 105 Street Edmonton,
Alberta http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast_edmonton/overview

1-800-663-1144 toll free or (780) 423 – 4811 for reservations, ask for Tao Ji

Mention 2019 Alberta Summer Diving Provincials or group code CEP-GFC17898

Guest room block release/cut-off date: April 16, 2019

There is self parking fee of \$15.00 per night per vehicle

30 x Comfort Standard two queen beds/room

\$119.00 + tax single/double occupancy

\$129.00 + tax triple adult occupancy at 18 years and above. Rate will remain at \$119.00 if the triple-quad persons are below 18 years per room per night

\$139.00 + tax quad adult occupancy at 18 years and above

2. Days Inn - Edmonton South (BLOCK OF 30 ROOMS "Classic")

10333 University Avenue NW Edmonton,
Alberta www.daysinnedmontonsouth.ca

(780) 430-0011 ask for Nicole or Dodie and reserve under the "Kinsmen Diving Provincials" block

Guest room block release/cut-off date: May 2nd, 2019

There are 30 rooms with two queen beds in each. The rate is \$109.00 plus taxes per night (2-4 persons per room).

Includes fridge, microwave, free breakfast, WIFI and free parking

3. Radisson Hotel & Conference Centre (BLOCK OF 30 ROOMS)

4520 – 76 Avenue NW Edmonton,
Alberta T6B 0A5

(780) 468-5400 (Sales manager – Steve Hartnett)

<https://www.radisson.com/edmonton-hotel-ab-t6b-0a5/canedcc>

There are 30 rooms in the block. The rate is \$119.00, \$124.00 and \$149.00 plus taxes per night. See diagram (2-4 persons per room). Includes mini fridge, microwave, WIFI and free parking

Rates include 1 or 2 breakfasts per room as indicated below. Additional breakfasts are discounted to \$10.00 (\$18.00 regularly). 12 years and under is ½ price!

| | Main Tower | RATE | Breakfasts |
|-------------------|-------------------|-------------|-------------------|
| Single Kings | 5 rooms | \$119 | 1 |
| Double Queens | 25 rooms | \$124 | 2 |
| West Tower | | | |
| | West Tower | RATE | Breakfasts |
| Double Kings | 5 rooms | \$149 | 2 |