



2019

Dive Ontario Spring Provincials



Welcome to London!

Forest City Diving Club and Dive Ontario invite you to the 2019 Ontario Spring Provincials being held March 1st – 3rd, 2019 in London, Ontario.

The Ontario Spring Provincials are sanctioned by Diving Canada and serve as both a Jr. and Sr. National Qualifier. National Events follow the rules required for divers to qualify for Canadian Jr. and Sr. Nationals.

Canada Games Aquatic Centre offers three 1M Springboards, two 3M Springboards, and 3M through 10M Platforms. There will be various mats for stretching and warm up use. Preliminary Events will be offered for all C and D divers for qualifying score for Jr. Nationals. Group-A and Group-B divers will compete in Final events and there will be a Final event for the Group-C and Group-D divers.

FCDC has partnered up with Trios College Massage Therapy to provide massages to the athletes. Sign up will be required as spots are limited. Massage therapy is great form of relaxation after a competition or practice. Parental consent is required.

FCDC extends their warmest welcome to all clubs
See you soon,

Luda Zakharenko and Wing Hu

Meet Information

- Dates:** March 1st – 3rd, 2019
- Location:** Canada Games Aquatic Centre
1045 Wonderland Road North
London, ON N6G 2Y9
- Equipment:** 3 - 1 M Maxiflex springboards
2 - 3 M Maxiflex springboards
tower complex 3M, 5M, 7.5M, & 10M
Bubbler
Pool depth 16.6 feet (5 metres)
- Meet Manager:** Joel McCradden
jt.mccradden@gmail.com
- Technical Director:** Luda Zakharenko
Luda_zah@hotmail.com
- Entries:** Email registrations to jt.mccradden@gmail.com
- Registration Deadline:** February 14th, 2018
- Late Registrations:** \$25 late fee for entries received after the deadline.
- Entry Fees:** Registration Fee \$50
Board Fees \$27.50
All registration fees are non-refundable.
- Awards:** Medals will be awarded to the top 3 in each event.
Ribbons will be presented to 4-6th place in each event.
- Hospitality:** Coaches and Officials receive complimentary hospitality.
A Meal Plan is available for athletes and family members for \$50 for all three days or any individual days at \$20 per day. This includes a healthy breakfast, lunch and snacks. Family members of athletes are welcome to participate as well. Please use the registration form to let us know how much food to have prepared. Also, let us know about any food restrictions, allergy or otherwise so we can best accommodate everyone.
- Dive Sheets:** Please submit dive sheets by Feb. 27th or earlier. Dive sheets are to be submitted through Rezman dive sheet generator. **Please ensure you have 2 separate dive sheets for your C and D divers (Group C1/C2/D1/D2 preliminary and Group C/D Final).**

Accommodation

North London

Windermere Manor
200 Collip Circle, London
519-858-1391

Downtown London

Residence Inn by Marriott London Downtown
383 Colborne St, London
519-433-7222

THE PARK HOTEL LONDON AN ALL SUITES HOTEL
242 Pall Mall Street, London
519-963-1662

Delta London Armories Hotel
325 Dundas St, London
519-679-6111

Double Tree Hilton Hotel
300 King St, London
519-439-1661

South London (close to 401)

The Courtyard by Marriott London
864 Exeter Road, London, ON N6E 1L5
519-680-0087

Draft Schedule

Please note: This is a draft schedule. Depending on number of athletes, the schedule may change. Events may run up to 1 hour ahead or behind of scheduled times. 20-minute warm ups between events, unless stated.

Thursday			
Start time	End time		
3:00 pm	6:00 pm	Open Practice	
Friday			
7:00 am		Open Practice	
		Closed Practice	
		Officials & Coaches Meeting	
		Opening Ceremonies	
		1 Meter Events	Platform Events
			Boys & Girls D1 Prelims
			Boys & Girls D2 Prelims
		Closed Practice	
		Girls A Finals	
			Closed Practice
			Boys & Girls C1 Prelims
			Boys & Girls C2 Prelims
		Closed Practice	
		Girls B Finals	
			Closed Practice
			Boys & Girls D Finals
			Boys & Girls C Finals
		Closed Practice	
		Senior Women Open Finals	
			Closed Practice
			Senior Men Open Finals
		Awards	
		Open Practice	
Saturday			
7:00 am		Open Practice	
		Closed Practice	
		Boys & Girls D1 Prelims	
		Boys & Girls D2 Prelims	
			Boys & Girls C1 Prelims
			Boys & Girls C2 Prelims
			Closed Practice
			Boys & Girls B Finals
		Closed Practice	
		Boys A Finals	
		Closed Practice	
		Boys & Girls D Finals	
		Closed Practice	
		Senior Men Open Finals	
			Senior Women Open Finals
			Men & Women Synchro Finals
		Awards	
Sunday			
7:00 am		Open Practice	
		Closed Practice	
		Boys & Girls C1 Prelims	
		Boys & Girls C2 Prelims	
			Closed Practice
			Boys & Girls A Finals
		Closed Practice	
		Boys B Finals	
		Closed Practice	
		Boys & Girls C Finals	
			Closed Practice
			Senior Men & Women Open Finals
		Awards	

Rules

All dive sheets are due **24 hours** prior to the event. Download the latest version of the software [here](#). The latest version of the software is 16.3 – if you have a problem getting the software email Joel for help.

Make sure to match the divers age group on both registration form and dive sheet generator. As an example, for a D group diver, **enter the athlete twice, once for D-group and another for D1-group**.

Dive sheets submitted after these times will be subject to a \$25 late dive sheet 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 the events posted started time.

[Diving Plongeon Canada 2017-2021 rules](#) will apply to all Age Group events.

[Fina 2017-2021 rules](#) apply to the **senior events** in addition to [Dive Ontario Technical Regulations rule 4.3](#)

Summarized here:

- (i) X01 or X02 dives are **not** allowed on 1M or 3M, where X denotes any group
- (ii) X02 dives are **not** allowed in any Senior Platform event
- (iii) X01 dives shall be performed from the 10M platform **only**
- (iv) Every list entered must have a total DD equal to or greater than the minimum for that event:

	1 metre	3 metre	Platform
Senior Women	10.8	11.5	12.0
Senior Men	13.0	14.8	14.2

ATHLETE AGE GROUPS BY BIRTH YEAR				
	2018	2019	2000	2021
GROUP A	2000, 2001, 2002	2001, 2002, 2003	2002, 2003, 2004	2003, 2004, 2005
GROUP B	2003 or 2004	2004 or 2005	2005 or 2006	2006 or 2007
GROUP C2	2005	2006	2007	2008
GROUP C1	2006	2007	2008	2009
GROUP D2	2007	2008	2009	2010
GROUP D1	2008 or later	2009 or later	2010 or later	2011 or later

For Reference:

Age Group Rule 2017-2021 <http://diving.ca/en/images/pdf/Rulebook%202017%20to%202021/Rule%20Book%20-%20Chap%20R-4%20Junior%20National%20Championships.pdf>

Dive Ontario Tech Regs <http://diveontario.com/wp-content/uploads/2018/02/Technical-Regulations-Revision-Jan-2018.pdf>

