

Atlantic Diving Championships

May 31 to June 2 2019

PRESENTED BY CYGNUS DIVING CLUB AND NOVA SCOTIA AMATEUR DIVING ASSOCIATION



CYGNUS DIVING CLUB
CENTENNIAL POOL
1970 GOTTINGEN STREET, HALIFAX NS B3J 2H1
(902) 225-6593

ATLANTIC DIVING CHAMPIONSHIPS

May 31 to June 2 2019

TECHNICAL	Brent Evans and Frank Howell
MANAGER	Amie Moore Amie@cygnusdiving.ca
SANCTION	DPC & NSADA
LOCATION	Centennial Pool 1970 Gottingen Street, Halifax, NS
FACILITY	2 x 1 meter boards 1 x 3 meter board Full Tower: 3 meter, 5 meter, 7.5 meter and 10 meter Training area w/ tumbling mats, crash mats, dry-board & dry-tower
ACCOMMODATIONS	Host Hotel: Hampton Inn Downtown Halifax 1960 Brunswick St, Halifax NS Other accommodation options include university residence and AirBnB. Please contact amie@cygnusdiving.ca for assistance in determining suitable accommodation for your group.
CANTEEN	There will be a canteen available for athletes and spectators. Lunch orders will be taken daily for the following day. Lunch orders can also be submitted via email to Amie@cygnusdiving.ca prior to the meet. Lunch costs (\$10 per day, per person) will be added to team invoices, payable at the end of the meet. Please see www.cygnusdiving.ca/Atlantics2019 for menu options.
HOSPITALITY	A Hospitality Suite will be available for coaches, DPC officials, and volunteers. A light breakfast, coffee/tea, water, snacks, and a light lunch will be provided during competition days. A welcome package will be available at the pool for each visiting team with information on the downtown Halifax area, restaurants and sights. This package is also available at www.cygnusdiving.ca/Atlantics2019
ELIGIBILITY	Open to all divers registered with DPC and their provincial section. Per FINA Rule GR 3.1, all entries received from outside Canada must be a member of a FINA-affiliated organization. This applies to athletes, coaches, officials and any other team members.
AGE GROUPS	Determined by the diver's age on December 31, 2019
RULES	All events are governed by FINA and DPC rules.

DIVE SHEETS

Dive lists will follow junior national format and must be submitted electronically no later than **May 20, 2019** through Rezman. Sheets will be printed by the host committee. No changes will be allowed 60 minutes prior to the event starting.

ENTRY FEES

Registration \$25.00
Event \$25.00 each event
Late Registration \$30.00

All entries must be received by **May 15, 2019** via email to Amie@cygnusdiving.ca

AWARDS

Medals for 1st - 3rd place and ribbons for 4th - 6th place will be awarded before lunch for morning events, and end of day for afternoon events.

JUDGING

Each club is requested to supply representation on judging panels.

TRAINING CAMP

Daily pool time will be available for visiting athletes May 27 - 30:
May 27 9-11am and 2-3pm
May 28 9-11am and 2-3pm
May 29 9-11am and 2-3pm
May 30 7am to 4pm
May 31 7am to 4pm

In addition to pool time, there will be training camp opportunities in the days leading up to the competition. A minimum number of participants will be required to run these extra training workshops. Please email Amie@cygnusdiving.ca for additional information

THANK YOU TO OUR MAJOR SPONSOR



Diving Rules

Age Requirements

	2018	2019	2020	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

Tier II/Espoir:

Group E Boys and Girls		
1m		
4 dives		
	2 dives (each assigned DD of 1.8)	2 groups covered Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot dives repeat previously performed) Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c · 102c or 102b · 103c · 202c · 302c · 402c
3m		
4 dives		
	2 dives (each assigned DD of 1.9)	2 groups covered Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c

	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot dives repeat previously performed) Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c · 103c or 103b · 203c · 403c
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TIER II/ ESPOIR

Group D Boys and Girls		
1m		
5 dives		
	3 dives (each assigned DD of 1.8)	3 groups covered Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot dives repeat previously performed) Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c · 102c or 102b · 103c or 103b · 202c · 302c · 402c · 5221d · 5122d
3m		
5 dives		
	3 dives (each assigned DD of 1.9)	3 groups covered Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c

	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot dives repeat previously performed) Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c · 103c or 103b · 203c · 303c · 403c · 5231d · 5132d
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TIER II/ ESPOIR

Group C Boys and Girls		
1m		
6 dives		
	3 dives (DD limit of 5.4)	3 groups covered
	3 dives without DD limit	3 groups covered (cannot dives repeat previously performed) Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c · 102c · 103c or 103b · 104c · 202c or 202b · 203c · 302c · 402c · 403c · 5221d · 5122d
3m		
6 dives		
	3 dives (DD limit of 5.7)	3 groups covered

	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> · 101c or 101b · 401c or 401b · 201c · 301c · 103c or 103b · 105c, · 203c · 303c · 403c · 404c · 5231d · 5132d
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CHAPTER R-7: TIER II/ ESPOIR

Group B Boys and Girls		
1m		
7 dives		
	4 dives (DD limit of 7.2)	4 groups covered
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> ● no position 'a' to be used ● no single dive with ½ twist to be used · no 5121, 5131, 5222, 5322, 5421 to be used
3m		
7 dives		
	4 dives (DD limit of 7.6)	4 groups covered
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> ● no position 'a' to be used ● no single dive with ½ twist to be used · no 512x, 5131, 5151, 522x, 532x, 542x to be used

Group A Boys and Girls		
1m		
8 dives		
	5 dives (DD limit of 9.0)	5 groups covered

	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> ● no position 'a' to be used ● no single dive with ½ twist to be used · no 5121, 5131, 5222, 5322, 5421 to be used
3m		
8 dives		
	5 dives (DD limit of 9.5)	5 groups covered
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> ● no position 'a' to be used ● no single ss to be used including group 5 ● no single dive with ½ twist to be used ● no 5131, 5151 to be used

NATIONAL EVENT DIVE REQUIREMENTS: Tier I

Individual dive requirements are as per Diving Plongeon Canada rules found at:

<http://www.diving.ca/en/images/pdf/14rulebook/r-5%20junior%20nationals.pdf>

<http://www.diving.ca/en/images/pdf/14rulebook/r-4%20senior%20nationals.pdf>

PROVINCIAL (National) EVENT DIVE REQUIREMENTS:

Total # of Dives	# of Dives with Limit	DD Limit	# of Dives w/out Limit (optionals)	Minimum DD	
Group D – Girls & Boys					
1m	7	4	7.0	3	None
3m	7	4	7.6	3	None
Platform	6	4	7.6	2	None
Group C – Girls & Boys					
1m	8	5	9.0	3	None
3m	8	5	9.5	3	None
Platform	7	4	7.6	3	None
Group B – Girls					
1m	9	5	9.0	4	None
3m	9	5	9.5	4	None
Platform	7	4	7.6	3	None

Group B – Boys					
1m	9	5	9.0	4	None
3m	9	5	9.5	4	None
Platform	8	4	7.6	4	None
Group A – Girls					
1m	10	5	9.0	5	None
3m	10	5	9.5	5	None
Platform	8	4	7.6	4	None
Group A – Boys					
1m	10	5	9.0	5	None
3m	10	5	9.5	5	None
Platform	9	4	7.6	5	None

TABLE 3a

GROUP C1 PRELIMINARIES DIVE CHART

Preliminaries C1 - 1m			Preliminaries C1 - 3m			Preliminaries C1 - Plat			
Dive Order	Dive #	prescribed DD	Dive Order	Dive #	prescribed DD	Dive Order	platform level	Dive #	prescribed DD
1	101B or 103C or 103 B	1.6	1	101B or 103C or 103B	1.6	1	5m, 7.5m	101B or 103C or 103B	1.6
2	201C or 201B	1.6	2	201C or 201B	1.6	2	5m, 7.5m	201C or 201B	1.6
3	301C or 301B	1.6	3	301C or 301B	1.6	3	5m, 7.5m	301C or 301B	1.6
4	401B	1.6	4	403C or 403B	1.6	4	5m, 7.5m	401B	1.6
	401A	1.9	5	5132D or 5231D or 5331D	1.6	5	5m, 7.5m	612B or 622C or 622B	1.6
5	5122D or 5132D or 5221D or 5231D or 5223D	1.6	6	105C or 105B	1.9	6	5m, 7.5m	103C or 103B or	1.6
6	104C or 104B	1.9	7	203C	1.9		5m, 7.5m	105C or	1.9
7	203C or 303C	1.9	8	303C	1.9		7.5m	105B	1.9
8	403C	1.9				7	5m	203C	1.9
						8	5m	303C	1.9
						9	5m, 7.5m	403C or 403B	1.9

TABLE 3b

GROUP C2 PRELIMINARIES DIVE CHART

Preliminaries C2 - 1m			Preliminaries C2 - 3m			Preliminaries C2 - Plat			
Dive Order	Dive #	prescribed DD	Dive Order	Dive #	prescribed DD	Dive Order	platform level	Dive #	prescribed DD
1	101B or 103C or 103B	1.6	1	101B or 103C or 103B	1.6	1	5m, 7.5m	101B or 103C or 103B	1.6
2	201C or 201B	1.6	2	201C or 201B	1.6	2	5m, 7.5m	201C or 201B	1.6
3	301C or 301B	1.6	3	301C or 301B	1.6	3	5m, 7.5m	301C or 301B	1.6
4	401A	1.6	4	403C or 403B	1.6	4	5m, 7.5m	403C or 403B	1.6
5	5122D or 5221D or 5132D or 5231D or 5331D or 5223D	1.6	5	5231D or 5331D or 5132D	1.6	5	5m, 7.5m	612B or 622C or 622B	1.6
6	104C or 104B or 105C	1.9	6	105C or 105B	1.9	6	5m, 7.5m	5231D or 5132D	1.6
7	203C or 303C	1.9	7	203C or 203B	1.9	7	5m, 7.5m	105C	1.9
8	403C	1.9	8	303C or 303B	1.9		7.5m	105B	1.9
						8	5m	203C or 203B	1.9
						9	5m	303C	1.9

Schedule

subject to change

Atlantic Diving Championships May 31-June 2 2019

Friday May 31, 2019

7:45-8:30am

General Warm-up

8:30-9:00am

Reserved practice

Event 1

Girls & Boys D1 D2 Tower prelims

Event 2

Girls C1, C2 1M and Boys C1, C2 3m

Event 3

Boys A 1m, Girls, A 3m prelims

Event 4 Tier II

Girls C 1m and Boys C 3m

Event 5 Tier II

Boys A 1m and Girls A 3m

Awards

Lunch Break

Event 6

Girls C2 and Boys C2 finals

Event 7

Girls and Boys B Tower

Event 8

Men's Open 1m and Women's Open 3m

Event 9

Girls C1 1m and Boys C 3m Finals

Event 10

Girls D and Boys D Tower Finals

Awards and open practice until 4pm

Saturday June 1, 2019

7:45-8:30am

General Warm-up

8:30-9:00am

Reserved Practice

Event 11

Girls A 1m and Girls B 3m

Event 12

Girls C1 C2 and Boys C1 C2 Tower Prelims

Event 13

Boys D1 D2 1m and Girls D1 D2 3m

Event 14 Tier II

Girls A 1m and Girls B 3m

Event 15 Tier II

Boys E 1m and Girls E 3m

Event 16 Tier II

Boys D 1m and Girls D 3m

Awards

Lunch Break

Event 17	Girls D 1m and Boys D 3m Finals
Event 18	Boys B 1m and Boys A 3m
Event 19 Tier II	Boys B 1m and Boys A 3m
Event 20	Girls C and Boys C Tower Finals
Event 21	Women's Open 1m and Men's Open 3m

Awards and open practice until 4pm

Sunday June 2, 2019

7:45-8:30am	General Warm-Up
8:30-9:00am	Reserved Practice
Event 22	Girls D1 D2 1m and Boys D1 D2 3m prelims
Event 23	Boys C1 C2 1m and Girls C1 C2 3m prelims
Event 24	Girls and Boys A Tower
Event 25	Girls D2 and Boys D2 finals

Awards

Lunch break

Event 26	Boys C 1m and Girls C 3m finals
Event 27	Girls B 1m and Boys B 3m
Event 28	Women's and Men's Open Tower
Event 29 Tier II	Girls E 1m and Boys E 3m
Event 30 Tier II	Girls D 1m and Boys D 3m
Event 31 Tier II	Girls B1m and Girls C 3m
Event 32 Tier II	Boys C 1m and Boys B 3m

Awards