

Diving Plongeon Canada
and
CAMO Diving Club

Present the
2019 Speedo Junior Elite Nationals

Montréal, QC
July 4th to July 7th, 2019



GENERAL INFORMATION

The 2019 Speedo Junior Elite Nationals are sanctioned by Diving Plongeon Canada and Plongeon Quebec, and hosted by CAMO Diving Club.

Date: July 4th to July 7th, 2019

Facility: Claude-Robillard Sports Center
1000 Émile-Journault
Montréal, Québec
H2E 2E7

Host club: CAMO Diving Club
(514) 872-1838
info@camoplungeon.com

Meet Managers: Neris Gonzalez
(514) 893-7572
nglopez@camoplungeon.com

Technical Chair: Leila Molnar
lmolnar@camoplungeon.com

Meet Referee: Jeremy Comfort
jeremycomfort12@gmail.com

EVENTS:

Boys and Girls
Group B (14-15) – 1m, 3m, and tower
Group A (16 - 18) – 1m, 3m, and tower
Open (14-18) - 3m synchro & Tower synchro

EQUIPMENT LIST

- (5) one-metre springboards
- (5) three-metre springboards
- Platforms: 3m, 5m, 7.5m & 10m
- Platforms all have a skid resistant black “rough-tex” surface
- A duller system is located under every 3m boards and all platforms

RULES

The 2017-2021 FINA and Diving Plongeon Canada Rules shall be the official rules for this event. If there are any inconsistencies between this package and the Rule Book, the Rule Book shall prevail. Any decisions made at this championship by the Jury of Appeal shall be final. The Rule book is also available at www.diving.ca

JUDGING

Refer to 2017-2021 Diving Plongeon Canada Rule Book. Dress code is in effect. All judges will be required to wear white shirts and black bottoms. For finals black pants are mandatory.

COACH CERTIFICATION REQUIREMENTS FOR NATIONAL CHAMPIONSHIPS

To attend both Junior Nationals, coaches must be fully certified Level 2 in the old system or at the Competition-Introduction Level. Coaches not having full certification may attend provided they are with a coach from their club who is fully certified at Level 2 or Competition-Introduction or at a higher level.

ENTRY FEES AND ENTRY DEADLINE

We ask that all athletes be registered for this competition using "E-Sport Login & Signup" which can be accessed from www.diving.ca "quick links". Clubs should select "administrator", enter their login and password then select "online event registration".

Dive lists should be submitted using the ISS Dive Sheet Generator (Diver or Coach edition, version 16.1 or higher). www.integratedsports.net

If you are unable to submit your lists over the internet, you will be able to fill in your dive sheets on-deck when you arrive.

For all dive sheets received through the Dive Sheet Generator, you will receive e-mail notification confirming receipt. Should you not receive this confirmation, please contact us.

Registration Fee:	\$75.00 per diver
Entry Fee:	\$75.00 per diver per individual event
	\$75.00 per synchro team event

All fees are payable to Diving Plongeon Canada. Payment can be made by VISA, Mastercard, cheque or money order. If paying by credit card, an administrative fee of 3% will be added to the total.

Entry Deadline: **JUNE 26TH, 2019**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, **June 26th, 2019**. Entries received after this date will be assessed a \$100.00 late entry fee payable to Diving Plongeon Canada.

Mail or Fax to: Diving Plongeon Canada
312-700 Industrial Ave
Ottawa, ON K1G 0Y9
Fax: (613) 736-0409
E-mail: smayer@diving.ca

PROOF OF QUALIFICATION

Refer to 2017-2021 Diving Plongeon Canada Rule Book for further information.

RESULTS

Participating club and unattached diver/coach will be able to download the full results booklet from www.diving.ca following the event.

Diving Plongeon Canada will be providing live internet results and video throughout the competition. Results can be accessed through www.diving.ca.

Live internet video will be broadcasted for the entire event. Please promote this feature to family and friends of athletes.

DOPING

Doping control procedures may be in place at the competition.

Divers are responsible to bring a photo ID (passport, school card), in case they get selected for doping control. A photocopy saved in their phone could be used.

Divers are also responsible for any medication/supplement they are taking. Please check GlobalDro (www.globaldro.com) and follow the steps to verify if your medication is not allowed. If this is a case, please contact Ivonne Shoucair (ivonne@diving.ca) to learn what needs to be done.

Other sources:

DPC website: Resources/Athletes/Anti-doping program: <https://dpc.godzspeed.com/resources/>

CCES: The Prohibited list: <https://cces.ca/prohibited-list>

CCES: Medical Exemptions: <https://cces.ca/medical-exemptions>

CCES toll free: 1-800-672-7775

AWARDS AND MEDALS

We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshalling and towels are not permitted. Appropriate time will be provided between the final event and the award ceremonies.

Awards to be given:

- Top three will receive medals.
- Top **TEN** will be recognized.
- Outstanding Diver of each age group (male & female) - Divers must compete in all three events to be eligible. Scores will be added together for each diver and the diver with the highest total points will be named the Outstanding Diver for that age group. In the event of a tie, both divers will receive the Award.
- National Championship Banner to club that accumulates the most competition points
- Isabel Warren Award – Top compulsory divers in Boys and Girls Group B. To be eligible, athletes need to dive on all three boards.

MEETINGS & HOSPITALITY

On-site Hospitality

The local organizing committee will be providing hospitality to coaches and officials on competition days at the pool.

Food Service for Athletes

An optional catering service will be available to athletes during competitions days (Friday, Saturday and Sunday).

Please confirm your participation to the catering service before **June 18th** by email at nglopez@camoplangeon.com. Payments have to be received before end of day on **June 18th**.

Coaches Meeting

Wednesday, July 3rd at 7h00 pm – Pool – VIP SALON DES DIGNITAIRES, CLAUDE - ROBILLARD SPORTS CENTER (3rd floor)

The meeting will be followed by a coaches social, at the sports complex.

Officials Meeting

July 4th, at the pool, time TBC

Banquet

The banquet will be on Sunday, July 7th 2019 from 6h00 pm to 1h00 am at the Laval Sheraton (2440 Autoroute des Laurentides Laval, Québec H7T 1X5). Cost is \$50 per person.

Please confirm the number of tickets needed for your club before **June 18th** by email at nglopez@camoplangeon.com. Payments have to be received before end of day on **June 18th**.

PAYMENT METHODS FOR CATERING AND BANQUET TICKETS

Payments for the banquet and the catering service will be accepted as credit card payment, e-transfers, checks or cash (see deadlines for reservation and payments).

Checks are payable to:

CLUB CAMO PLONGEON
1000 Émile-Journault
Montréal (QC) H2M 2E7

For e-transfers:

Can be sent to comptable@camoplungeon.com with the password **CAMO**

Credit card payments:

To pay by credit card, please call CAMO at (514) 872-1838. A administrative fee of 3% will be applied.

HOTEL INFORMATION

Address: Sheraton Laval
2440 Autoroute des Laurentides Laval, Québec H7T 1X5
12 min from Claude Robillard Sports Complex

Booking: \$144.00/night
Booking code: CAMO PLONGEON
Phone: 1-800-667-2440
Link to book: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1557840251756&key=GRP&app=resvlink>

MEDICAL

Jean-Talon Hospital
1385 Rue Jean-Talon Est
Montréal, QC H2E 1S6

Notre-Dame Hospital
1560 Rue Sherbrooke Est
Montréal, QC H2L 4M1

CUSM Montreal Children's Hospital
2300 Rue Tupper
Montréal, QC H3H 1P3

Montreal Children's Hospital Foundation
3400 Boulevard de Maisonneuve Ouest
Montréal, QC H3Z 3B

TRAINING SCHEDULE

Monday July 1st, 2019 <ul style="list-style-type: none"> 14:00 - 16:00 Open Training 		
Tuesday 2nd, 2019 <ul style="list-style-type: none"> 8:00 - 9:30 Group 1 9:30 - 11:00 Group 2 11:00 - 12:30 Group 3 14:00 - 15:30 Group 1 15:30 - 17:00 Group 2 17:00 - 18:30 Group 3 	Wednesday July 3rd, 2019 <ul style="list-style-type: none"> 8:00 - 9:30 Group 2 9:30 - 11:00 Group 3 11:00 - 12:30 Group 1 14:00 - 15:30 Group 2 15:30 - 17:00 Group 3 17:00 - 18:30 Group 1 	
Thursday July 4th, 2019 <ul style="list-style-type: none"> 8:00 - 9:30 Group 3 9:30 - 11:00 Group 1 11:00 - 12:30 Group 2 12:30 - 13:20 Open Training Competition schedule begins 		

Group 1	Group 2	Group 3
TBD	TBD	TBD

COMPETITION SCHEDULE

	1m	3m	Platform
Thursday July 4th			
14:00			Boys B
		Girls & Boys - Synchro	
			Girls & Boys - Synchro
FINALS			
			Boys B
Friday July 5th			
10:00	Girls A	Boys A	-
	-	Boys B	Girls B
FINALS			
	Girls A	Boys A	-
	-	Boys B	Girls B
Saturday July 6th			
10:00	Girls B	Girls A	-
	-	-	Boys A
FINALS			
	Girls B	Girls A	-
	-	-	Boys A
Sunday July 7th			
10:00	Boys A	Girls B	-
	Boys B	-	Girls A
FINALS			
	Boys A	Girls B	-
	Boys B	-	Girls A

*Schedule is subject to changes based on participation numbers. We recommend to not book travel before 19:00 on the Sunday.