

Diving Plongeon Canada
and the
Regina Diving Club

**Present the
2019 Speedo Junior Development Nationals**

**Regina, SK
July 18th to 21st, 2019**



GENERAL INFORMATION

The 2019 Speedo Junior Development Nationals are sanctioned by Diving Plongeon Canada and Dive Sask, and hosted by Regina Diving Club.

Date: July 18th – 21st, 2019

Facility: Lawson Aquatic Center
1717 Elphinstone St
Regina, SK S4T 3N3

Host: Regina Diving Club
3015 13th Ave
Regina, SK S4T 1P0
info@reginadiving.ca

Co-Meet Managers: Jennifer Wagman
jenniwagman@gmail.com
Carol Lunn
RDC.diving@hotmail.com

Technical Chair: Laura Desautels
Laura@reginadiving.ca

Meet Referee: Kaila Freeman
kaila_freeman@hotmail.com

EVENTS

Boys and Girls
Group C (12-13) – 1m, 3m, and tower
Group D (11 and under) – 1m, 3m, and tower

EQUIPMENT LIST

- (4) one-metre springboards
- (2) three-metre springboards
- Platforms: 3m, 5m, 7.5m & 10m
- Sprinklers under all springboards & platforms
- Dry-land training area

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

OFFICIALS

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 & ENTRY DEADLINE

We ask that you enter and submit your dive lists for the 2019 Speedo Junior Development Nationals using the Dive Sheet Generator. www.integratesports.net

If you are unable to submit your lists over the internet, you will be able to fill in your dive sheets when you arrive. Dive sheets can be submitted at the same time as your entries.

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.

Entry forms should be completed and submitted online through Integrates Sports Systems E-Registration. A link is available on Diving Canada's web site:

<http://www.issmembership.com/dpc/dpc/index.asp>

Registration Fee: \$75.00 per diver

Entry Fee: \$75.00 per diver per individual event

All fees are payable to the Canadian Amateur Diving Association Inc. Payment can be made by VISA, Mastercard, cheque or money order. E-transfers can be sent to joanne@diving.ca. If paying by credit card, an administrative fee of 3% will be added to the total.

Entry Deadline: **JULY 10th**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, July 10th, 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

PROOF OF QUALIFICATION

Diving Plongeon Canada will verify that all divers are qualified for the event. The club will be contacted if proof is required.

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.godspeed.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

Important: 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 10 in C group, and top 8 in D group will be recognized.
- ****UPDATES****

OUTSTANDING DIVERS OF THE MEET:

NEW Rule 3.1.5.2 – Outstanding diver award will be presented to Group D1 and Group D2 divers;

- **Based on total score earned in all 3 preliminaries (1m, 3m, platform);**
- **One award per age group per gender – D1 Girls, D1 Boys, D2 Girls, D2 Boys.**

NEW Rule 3.2.5.2 – Outstanding diver award will be presented to Group C1 and Group C2 divers;

- **Based on total score earned in all 3 preliminaries (1m, 3m, platform);**
- **One award per age group per gender – C1 Girls, C1 Boys, C2 Girls, C2 Boys.**
- National Championship Banner to club that accumulates the most competition points.

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

A food service is offered to athletes during competition days. The cost for this service is \$50.00/person for the 4 days of competition.

Deadline for opting into this opportunity is **JULY 1ST** by sending an email to Robin at info@reginadiving.ca to confirm the number of people.

Payments can be made by cheque (preferred) mailed to 3015 13th Ave, Regina, SK S4T 1P0 (Attn: Regina Diving Club) or by e-transfer to info@reginadiving.ca.

MENU FOR ATHLETES

DATE	ITEM	NOTES
Thursday	BREAKFAST	YOGURT (VARIETY), GRANOLA BARS (NUT FREE), BREAD (WHOLE WHEAT), BAGELS (VARIETY), JAM (VARIETY), CREAM CHEESE (VARIETY) HARD BOIL EGGS, CEREAL (REGULAR AND GLUTEN FREE), BANANA BREAD, WHOLE FRUIT (BANANA, ORANGES, APPLES)
	LUNCH	PINWHEELS (MEAT, VEGRTARIAN, GLUTEN FREE), SALAD, PASTA SALAD (REGULAR AND GLUTEN FREE)
	SNACK	VEGGIES (WITH RANCH DIP), FRESH FRUIT (BERRIES AND MELONS), CHEESE (CHEDDAR) CRACKERS (RICE) PICKLES
Friday	BREAKFAST	YOGURT (VANILLA), GRANOLA, FRESH FRUIT GRANOLA BARS (NUT FREE), TOAST (WHOLE WHEAT), BAGELS (VARIETY), JAM (VARIETY), CREAM CHEESE (VARIETY), HARD BOIL EGGS, BANANA BREAD, WHOLE FRUIT (BANANAS, ORANGES, APPLES)
	LUNCH	CHICKEN SALAD, TUNA SALAD, FALAFEL PITA BREAD (REGULAR AND GLUTEN FREE), GREEK SALAD
	SNACK	FRUIT SMOOTHIE, TRAIL MIX (NUT FREE, REGULAR AND GLUTEN FREE), FRESH FRUIT (BERRIES AND MELONS), CHEESE STRINGS
Saturday	BREAKFAST	YOGURT (VARIETY), FRUIT SMOOTHIES, GRANOLA BARS (NUT FREE), TOAST (WHOLE WHEAT AND GLUTEN FREE), BAGELS, JAM (VARIETY), CREAM CHEESE (VARIETY), CEREAL (REGULAR AND GLUTEN FREE), HARD BOIL EGGS, MUFFINS, WHOLE FRUIT (ORANGES, APPLES AND BANANAS)
	LUNCH	MEATBALLS (BEEF, CHICKEN), PASTA (REGULAR AND GLUTEN FREE) COLD VEGETABLE PIZZA.
	SNACK	POPCORN, HUMMUS, PITA BREAD, VEGGIES (WITH RANCH DIP), GRAPES
Sunday	BREAKFAST	YOGURT (VARIETY), GRANOLA BARS (NUT FREE), TOAST (WHOLE WHEAT AND GLUTEN FREE), BAGELS (VARIETY), HARD BOIL EGGS, BANANA BREAD, WHOLE FRUIT (APPLES ORANGES BANANAS)
	LUNCH	TACO SALAD (VEGETAIRN AND BEEF), SOUR CREAM, SALSA, TACO CHIPS
	SNACK	FRUIT SALAD, GOLD FISH CRACKERS (CHEDDAR), SORBET (2 DIFFERENT FRUIT FLAVOURS)

Coaches Meeting: Wednesday, July 17th – 19:30 – Delta Hotel

Officials Meeting: Thursday, July 18th – 8:30AM – Pool

Banquet

There will be a banquet for coaches, judges and athletes.

There will be a buffet dinner and desserts, DJ/Dance, photo booth, door prizes and fun dance competitions. The banquet will be on Sunday, July 21st at 6:00PM.

Location: Delta Hotels
1919 Saskatchewan Drive
Regina, SK S4P 4H2
Umbria Room

Tickets: 50\$CAD/person

Please send an email to info@reginadiving.ca to confirm the number of tickets required for your group and the names of each person who will attend the banquet.

Payments can be made by cheque (preferred) mailed to 3015 13th Ave, Regina, SK S4T 1P0 (Attn: Regina Diving Club) or by e-transfer to info@reginadiving.ca. Deadline for banquet tickets is **JUNE 30TH**.

PHOTOGRAPHY

There will be a photographer on site. His pictures will be available for purchase at the event.

HOTEL INFORMATION

DELTA HOTELS REGINA

Address: 1919 Saskatchewan Drive
Regina, SK S4P 4H2
2km from Lawson Aquatic Centre
Tel: +1 306-525-5255

Booking Info: Group Rate = \$139 CAD per night
Includes Parking - ROSE ST PARKADE

Start Date: Monday, July 15, 2019
End Date: Monday, July 22, 2019
Last Day to Book: **Friday, June 14th, 2019**

Booking Link: <http://www.marriott.com/events/start.mi?id=1554830434365&key=GRP>

TRANSPORTATION INFORMATION

Car rentals: www.yqr.ca/en/traveller-info/amenities-services/ground-transportation

MEDICAL

Physiotherapist/Chiropractor

Will be available on call.

Contact Jennifer or Carol for more information and to book an appointment.

Massage Therapist

Will be on site most of week end.

Fee: 20\$/20min

Contact Jennifer or Carol for more information.

Closest hospitals:

Pasqua Hospital
4101 Dewdney Ave, Regina
SK S4T 1A5

Regina General Hospital
1440 14 Ave, Regina
SK S4P 0W5

TRAINING SCHEDULE

Monday, July 15th	4:00PM - 7:00PM *dryland available at 3:00PM	Open Training
Tuesday, July 16th	8:00AM - 9:30AM 9:30AM - 11:00AM 11:00AM - 12:30PM 14:00PM - 15:30PM 15:30PM - 17:00PM 17:00PM - 18:30PM	Group 1 Group 2 Group 3 Group 1 Group 2 Group 3
Wednesday, July 17th	8:00AM - 9:30AM 9:30AM - 11:00AM 11:00AM - 12:30PM 14:00PM - 15:30PM 15:30PM - 17:00PM 17:00PM - 18:30PM	Group 2 Group 3 Group 1 Group 2 Group 3 Group 1

Group 1	Group 2	Group 3
To be determined	To be determined	To be determined

COMPETITION SCHEDULE

For prelims, there will be a short practice (just enough time to switch the events on the computers) between D/C1 and D/C2 for the D/C2 age group as soon as the D/C1 is over.

For finals, we will wait for both finals to be over before starting restricted training for the next finals.

	1m	3m	Platform
Thursday July 18th			
9:30AM	Girls D1 Girls D2	Girls C1 Girls C2	
			Boys C1 Boys C2
FINALS			
	Girls D	Girls C	
			Boys C
Friday July 19th			
9:30AM			Girls D1 Girls D2
	Boys D1 Boys D2	Boys C1 Boys C2	
FINALS			
			Girls D
	Boys D	Boys C	
Saturday July 20th			
9:30AM	Girls C1 Girls C2	Girls D1 Girls D2	
			Boys D1 Boys D2
FINALS			
	Girls C	Girls D	
			Boys D
Sunday July 21st			
9:30AM			Girls C1 Girls C2
	Boys C1 Boys C2	Boys D1 Boys D2	
FINALS			
			Girls C
	Boys C	Boys D	

*We recommend not booking any flight before 20:00 on the Sunday night.

For any question regarding the schedule, contact Sarah Mayer at smayer@diving.ca.