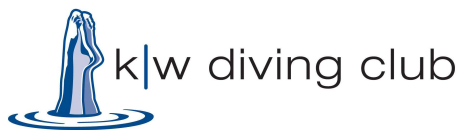


You are invited to attend the

# KWDC Phoenix Invitational



March 16th & 17th, 2019



**Name of Event** KWDC Phoenix Invitational (formerly Kitchener Waterloo Spring Classic)  
**Date of Event** March 16<sup>th</sup>-17<sup>th</sup>,2019  
**Place of Event** Waterloo, Ontario (Waterloo Memorial Recreation Complex)

**Meet Manager:** **Name:** Kim O'Hara  
**Email:** [kimohara72@gmail.com](mailto:kimohara72@gmail.com)

**Technical Director:** **Name:** Joel McCradden  
**Email:** [jt.mccradden@gmail.com](mailto:jt.mccradden@gmail.com)

**Age Group:** Determined by diver's age as of December 31<sup>st</sup>, 2019

**Eligibility:** Open to all DPC registered divers, provided they have not attained a national qualifying score on the 3m springboard as per Dive Ontario rules. Please note the current Aspire I & Aspire II dive requirements are included.

**Entry Fees:** \$50 per diver for registration fee (\$10 to Dive Ontario)  
\$35 per event (\$10 to Dive Ontario)  
An optional meal plan (\$30 per athlete) will be added to the registration fee to cover meals (breakfast and lunch) and snacks for both days

**Entry Deadline:** **March 1<sup>st</sup>, 2019 by 11:59 pm**  
**All registrations should be sent to [kwdivingregister@gmail.com](mailto:kwdivingregister@gmail.com)**  
**A \$25/diver late fee will apply to all late registrations.**

**Dive Sheets:** Please submit dive sheets by March 8<sup>th</sup> to [jt.mccradden@gmail.com](mailto:jt.mccradden@gmail.com)  
Dive sheets received after that date are subject to late fees. Dive Sheets must be created using the latest version of the Coaches Dive Sheet Generator.  
[\(DS CanDiver Version 16.3\)](#)  
Please submit Aspire II divers as 'Group "X" Tier II' and Aspire I divers as 'Group "X"' (without any designation). (see Appendix A)

**Facility:** Three 1m springboards  
Two 3m springboards  
5m platform  
**\* Please note there is no 3m platform**

**Awards:** Medals: Gold, Silver, & Bronze  
Ribbons: 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>

**Fun Stuff:** Warm swirl pool will be open to all divers mid-day

## **SCHEDULE OF EVENTS**

(subject to change based on registrations)

### **Saturday March 16<sup>th</sup>**

Open Practice 7:30-8:30

Coaches Meeting 8:30-8:45

Opening Ceremonies 8:45-8:50

Closed Practice 8:50-9:10

<b>FLIGHT 1</b>			
<b>One Metre</b>		<b>Three Metre</b>	
Event		Event	
1	Aspire II Girls E	2	Aspire II Boys E
3	Aspire II Girls D	4	Aspire II Boys D
5	Aspire II Girls C	6	Aspire II Boys C
7	Aspire II Girls B	8	Aspire II Boys B
9	Aspire II Girls A	10	Aspire II Boys A
<b>FLIGHT 2</b>			
		<b>Platform (5 m)</b>	
		Event	
		11	Aspire II Boys E
		12	Aspire II Boys D
		13	Aspire II Boys C
		14	Aspire II Boys B
		15	Aspire II Boys A
<b>FLIGHT 3</b>			
<b>One Metre</b>		<b>Three Metre</b>	
Event		Event	
16	Aspire I Boys E	17	Aspire I Girls E
18	Aspire I Boys D	19	Aspire I Girls D
20	Aspire I Boys C	21	Aspire I Girls C
22	Aspire I Boys B	23	Aspire I Girls B
24	Aspire I Boys A	25	Aspire I Girls A

**Sunday, March 17th**

Open Practice 7:30-8:30

Coaches Meeting 8:30-8:45

Closed Practice 8:50-9:10

<b>FLIGHT 4</b>			
<b>One Metre</b>		<b>Three Metre</b>	
<b>Event</b>		<b>Event</b>	
26	Aspire II Boys E	27	Aspire II Girls E
28	Aspire II Boys D	29	Aspire II Girls D
30	Aspire II Boys C	31	Aspire II Girls C
32	Aspire II Boys B	33	Aspire II Girls B
34	Aspire II Boys A	35	Aspire II Girls A
36	Masters - Women	37	Masters- Men
<b>FLIGHT 5</b>			
		<b>Platform (5 m)</b>	
		<b>Event</b>	
		38	Aspire II Girls E
		39	Aspire II Girls D
		40	Aspire II Girls C
		41	Aspire II Girls B
		42	Aspire II Girls A
		43	Masters – Men and Women
<b>FLIGHT 6</b>			
<b>One Metre</b>		<b>Three Metre</b>	
<b>Event</b>		<b>Event</b>	
36	Aspire I Girls D	41	Aspire I Boys D
37	Aspire I Girls C	42	Aspire I Boys C
38	Aspire I Girls B	43	Aspire I Boys B
39	Aspire I Girls A	44	Aspire I Boys A
40	Masters - Women	45	Masters – Men

One metre and three metre events will run simultaneously

Events will be combined depending on the number of registrants

Each event will have a 20 minute closed practice

Award Ceremony will follow each event

Masters Events will only run if there are at least 3 participants – dive requirements listed below

PLEASE NOTE – THIS SCHEDULE IS SUBJECT TO CHANGE BASED ON REGISTRATIONS.

We will change the events to consider the most optimal practice and board time for the divers.

\* REVISED EVENT SCHEDULE WILL BE SENT TO ALL REGISTERED CLUBS

**DIVE REQUIREMENTS:**

<b>Aspire II - Group E Boys and Girls</b>		
<b>1 meter springboard: 6 dives</b>		
	2 dives (each assigned DD of 1.6)	1 step hurdle 100A 200A
	Choose 4 dives from: (each assigned DD of 1.6)	101C 201C 301C 401C 102C or 103C
<ul style="list-style-type: none"> <li>• Hurdles may be performed with or without armswing and must be 1-step hurdles ⇒ Maximum score of 4½ for a “hop” hurdle</li> <li>• Back jump must be performed with an armswing and arms must be up for entry ⇒ Maximum score of 4½ for arms down on entry</li> <li>• In the “choose 4 dives section” divers may perform 102C or 103C, NOT BOTH</li> </ul>		
<b>3 meter springboard: 6 dives</b>		
	2 dives (each assigned DD of 1.6)	001B (fall-in performed from feet) 002A
	Choose 4 dives from: (each assigned DD of 1.6)	101C 201C 301C 401C 103C
<ul style="list-style-type: none"> <li>• Hurdles may be performed with or without armswing and must be 1-step hurdles ⇒ Maximum score of 4½ for a “hop” hurdle</li> <li>• 001B may be performed with open pike or closed pike and must be from the feet</li> <li>• 002A may have arms up or arms down starting position</li> </ul>		
<b>5 meter platform: 4 dives</b>		
	2 dives (each assigned DD of 1.6)	001C 002C
	Choose 2 dives from: (each assigned DD of 1.6)	101C 201C 301C 401C
<ul style="list-style-type: none"> <li>• 001C must be performed from seated position with standard tuck position</li> <li>• 002C must be performed from feet with standard tuck position</li> </ul>		

## ASPIRE II - Group D Boys and Girls

### 1 meter springboard: 5 dives

	3 dives (assigned DD of 1.6)	1. 101C or 101B 2. 201C or 301C 3. 401C or 401B
	Choose 2 dives from: (assigned DD of 1.6)	201C or 301C (not repeated from above) 102C or 103C 202C 302C 402C

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- No dive number may be repeated

### 3 meter springboard: 5 dives

	3 dives (assigned DD of 1.6)	1. 101C or 101B 2. 201C or 301C 3. 401C or 401B
	Choose 2 dives from: (assigned DD of 1.6)	201C or 301C (not repeated from above) 103C 203C 303C 403C

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- No dive number may be repeated

### 5 meter platform: 6 dives

	4 dives (assigned DD of 1.6)	1. 001C or 001B 2. 002C or 002A 3. 101C or 101B 4. 401C or 401B
	Choose 2 dives from: (assigned DD of 1.6)	201C 301C 103C 403C 600A or 612C or 612B

- 001B must be performed from feet (not seated)
- Only one armstand dive may be performed

## Aspire II - Group C Boys and Girls

### 1 meter springboard: 6 dives

	3 dives chosen from: (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B or 103C</li> <li>2. 201C or 301C or 201B or 301B</li> <li>3. 401C or 401B</li> </ol>
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 104C (not repeated) 201C or 301C or 201B or 301B (not repeated) 203C 402C or 403C 5122D or 5221D

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)

### 3 meter springboard: 6 dives

	3 dives chosen from: (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B or 103C or 103B</li> <li>2. 201C or 301C or 201B or 301B</li> <li>3. 401C or 401B or 401A</li> </ol>
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 105C (not repeated) 201C or 301C or 201B or 301B (not repeated) 203C 303C 403C or 403B 5132D or 5231D

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 5132 or 5231, not both)

### 5 meter platform: 6 dives

	3 dives chosen from: (assigned DD of 1.6 except 001B to be 1.2)	<ol style="list-style-type: none"> <li>1. 001B or 101C or 101B or 103C or 103B</li> <li>2. 201C or 301C or 201B or 301B</li> <li>3. 401C or 401B</li> </ol>
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 105C or 105B (not repeated) 201C or 301C (not repeated) 203C or 203B 303C 403C or 403B 5132D or 5231D 612C or 612B

- If a diver chooses 001B, it must be performed from feet and has a DD of 1.2
- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 5132 or 5231, not both)

## Aspire II - Group B Boys and Girls

### 1 meter springboard: 7 dives

	4 dives chosen from: (assigned DD of 1.6)	1. 101C or 101B or 103C or 103B 2. 201C or 201B 3. 301C or 301B 4. 401C or 401B
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 104C or 104B or 105C 202C or 203C 302C or 303C 402C or 403C 5122D or 5221D

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)

### 3 meter springboard: 7 dives

	4 dives chosen from: (assigned DD of 1.6)	1. 101C or 101B or 103C or 103B 2. 201C or 201B 3. 301C or 301B 4. 401C or 401B or 403C or 403B
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 105C or 105B 203C or 203B 302C or 303C or 303B 403C or 403B or 404C or 405C 5132D or 5231D or 5233D

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)

### 5 meter platform: 6 dives

	3 dives chosen from: (assigned DD of 1.6)	1. 101C or 101B or 103C or 103B 2. 201C or 301C or 201B or 301B 3. 401C or 401B or 403C or 403B
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 105C or 105B 201C or 201B or 203C or 203B 301C or 301B or 303C 403C or 403B or 404C or 405C 5132D or 5231D 612C or 612B

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)



## Aspire II - Group A Boys and Girls

### 1 meter springboard: 8 dives

	5 dives chosen from: (assigned DD of 1.6)	1. 101C or 101B or 103C or 103B 2. 201C or 201B 3. 301C or 301B 4. 401C or 401B 5. 5122D or 5132D or 5124D or 5221D or 5231D or 5233D
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 104C or 104B or 105C 202C or 203C 302C or 303C 402C or 402B or 403C or 403B 5122D or 5132D or 5124D or 5221D or 5231D or 5223D

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)

### 3 meter springboard: 7 dives

	4 dives chosen from: (assigned DD of 1.6)	1. 101C or 101B or 103C or 103B 2. 201C or 201B 3. 301C or 301B 4. 401C or 401B
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 105C or 105B 203C or 203B or 205C 303C or 303B or 305C 403C or 403B or 404C or 405C 5132D or 5134D or 5231D or 5233D

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)

### 5 meter platform: 6 dives

	3 dives chosen from: (assigned DD of 1.6)	1. 101C or 101B or 103C or 103B 2. 201C or 301C or 201B or 301B 3. 401C or 401B or 403C or 403B
	Choose 3 dives from: (assigned FINA DD)	103C or 103B or 105C or 105B 201C or 201B or 203C or 203B 301C or 301B or 303C 403C or 403B or 404C or 405C 5132D or 5231D 612C or 612B

- No dive number may be repeated throughout the list
- In the “choose” section, each line represents one option (ie: 402 or 403, not both)

## ASPIRE I - Group D Boys and Girls

### 1 meter springboard: 6 dives

	4 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 1-step hurdle 100A</li> <li>2. 200A</li> <li>3. 101C</li> <li>4. 401C</li> </ol>
	Choose 2 dives from: (assigned DD of 1.6)	201C 301C 102C or 103C 402C

- Hurdles may be performed with or without armswing and must be a standard hurdle
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- Back jump must be performed with armswing and arms must be up for entry
  - ⇒ Maximum score of 4½ for arms down on entry
- In the “choose” section, 2 different groups must be used

### 3 meter springboard: 6 dives

	4 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 001B</li> <li>2. 002A</li> <li>3. 101C</li> <li>4. 401C</li> </ol>
	Choose 2 dives from: (assigned DD of 1.6)	201C 301C 103C

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- 001B must be performed from feet, pike may be “open” or “closed” position

### 5 meter platform: 4 dives

	4 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 001C or 001B</li> <li>2. 002C or 002A</li> <li>3. 101C</li> <li>4. 401C</li> </ol>
--	---------------------------------	--

- 001B must be performed from feet, pike may be “open” or “closed” position
- 001C must start from seated position with hands on shins in a standard tuck
- 002A may have hands up or hands down in the starting position

## ASPIRE I - Group C Boys and Girls

### 1 meter springboard: 5 dives

3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B</li> <li>2. 201C or 301C</li> <li>3. 401C or 401B</li> </ol>
---------------------------------	---

Choose 2 dives from: (assigned DD of 1.6)	201C or 301C 102C or 103C 202C or 302C 402C
--	--

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- In the “choose” section, 2 different groups must be used
- No dive numbers may be repeated

### 3 meter springboard: 5 dives

3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. Hurdle 100A</li> <li>2. 002A</li> <li>3. 101C or 101B</li> </ol>
---------------------------------	--

Choose 2 dives from: (assigned DD of 1.6)	201C or 301C 401C or 401B 103C
--	--------------------------------------

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- No dive numbers may be repeated

### 5 meter platform: 4 dives

4 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 001C or 001B</li> <li>2. 002C or 002A</li> <li>3. 101C</li> <li>4. 401C</li> </ol>
---------------------------------	--

- 001B must be performed from feet, pike may be “open” or “closed” position
- 001C must start from seated position with hands on shins in a standard tuck
- 002A may have hands up or hands down in the starting position

## ASPIRE I - Group B Boys and Girls

### 1 meter springboard: 6 dives

	3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B</li> <li>2. 201C or 301C</li> <li>3. 401C or 401B</li> </ol>
	Choose 3 dives from: (assigned DD of 1.6)	201C or 301C 102C or 102B or 103C or 103B 202C or 302C 402C
<ul style="list-style-type: none"> <li>● Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum                         <ul style="list-style-type: none"> <li>⇒ Maximum score of 4½ for a “hop” hurdle</li> </ul> </li> <li>● In the “choose” section, 3 different groups must be used</li> <li>● No dive numbers may be repeated</li> </ul>		

### 3 meter springboard: 5 dives

	3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B</li> <li>2. 201C or 301C</li> <li>3. 401C or 401B</li> </ol>
	Choose 2 dives from: (assigned DD of 1.6)	201C or 301C 103C or 103B 203C or 303C 403C
<ul style="list-style-type: none"> <li>● Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum                         <ul style="list-style-type: none"> <li>⇒ Maximum score of 4½ for a “hop” hurdle</li> </ul> </li> <li>● No dive numbers may be repeated</li> </ul>		

### 5 meter platform: 6 dives

	3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 001C or 001B</li> <li>2. 002C or 002A</li> <li>3. 101C or 101B</li> </ol>
	3 dives (assigned DD of 1.6)	201C or 301C 103C or 103B 401C or 403C 612C or 612B
<ul style="list-style-type: none"> <li>● 001B must be performed from feet, pike may be “open” or “closed” position</li> <li>● 001C must start from seated position with hands on shins in a standard tuck</li> <li>● 002A may have hands up or hands down in the starting position</li> </ul>		

## ASPIRE I - Group A Boys and Girls

### 1 meter springboard: 6 dives

	3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B</li> <li>2. 201C or 301C or 201B or 301B</li> <li>3. 401C or 401B</li> </ol>
	Choose 3 dives from: (assigned DD of 1.6)	201C or 301C or 201B or 301B 102C or 102B or 103C or 103B 202C or 203C or 302C or 303C 402C or 402B or 403C or 403B 5122D or 5221D

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- In the “choose” section, 3 different groups must be used
- No dive numbers may be repeated

### 3 meter springboard: 5 dives

	3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 101C or 101B</li> <li>2. 201C or 301C</li> <li>3. 401C or 401B</li> </ol>
	Choose 2 dives from: (assigned DD of 1.6)	201C or 301C 103C or 103B 203C or 303C 403C

- Hurdles may be performed with or without armswing and must be a standard hurdle with no more than 4 steps maximum
  - ⇒ Maximum score of 4½ for a “hop” hurdle
- No dive numbers may be repeated

### 5 meter platform: 6 dives

	3 dives (assigned DD of 1.6)	<ol style="list-style-type: none"> <li>1. 001C or 001B</li> <li>2. 002C or 002A</li> <li>3. 101C or 101B</li> </ol>
	3 dives (assigned DD of 1.6)	201C or 301C 103C or 103B 401C or 403C 612C or 612B

- 001B must be performed from feet, pike may be “open” or “closed” position
- 001C must start from seated position with hands on shins in a standard tuck
- 002A may have hands up or hands down in the starting position

## **MASTERS DIVE REQUIREMENTS**

The age categories are 25 - 49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- a) All dives performed must have a different dive number
- b) No minimum number of groups need be represented (a competitive list may consist of all twisting dives).

Special rules for 50 & over:

- a) Dives performed from 10 meter must be foot-first dives.
- b) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

### **Age Category 25-49**

	Men	Women
One meter	7 different dives	6 different dives
Three meter	7 different dives	6 different dives
Platform	6 different dives	6 different dives

### **Age Category 50 & over**

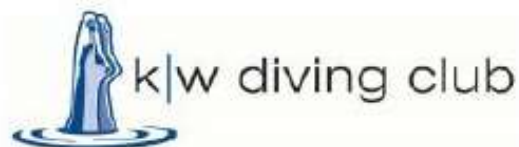
	Men	Women
One meter	6 different dives	5 different dives
Three meter	6 different dives	5 different dives
Platform	5 different dives	5 different dives

For reference:

[http://www.fina.org/project/index.php?option=com\\_content&task=view&id=50&Itemid=119](http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119)

### **Hospitality:**

Breakfast and lunch and snacks will be provided to all coaches and officials.



## The Radisson Hotel Kitchener Waterloo Welcomes participants of the KW Diving Club!

Preferred Group rate starting from  
**\$125.99**

- ✓ 2 Queen Beds or 1 King Bed
- ✓ Rate includes Full Hot Breakfast (max 4 per room)
- ✓ \$20.00 additional for a One Bedroom Suite
- ✓ Fridge & Microwave in each room
- ✓ Indoor Heated Swimming Pool & Fitness Centre
- ✓ Complimentary Indoor/Outdoor Parking
- ✓ Free WIFI
- ✓ Pet Friendly - \$25.00 Daily Fee
- ✓ Four Onsite restaurants; The Library Café, Charcoal Steakhouse, del's Enoteca Pizzeria and Martini's
- ✓ Across the street from Miltons Family restaurant and close to many chain restaurants
- ✓ Five minutes to Fairview Park Mall



### BOOK YOUR ROOM TODAY

Reservations

519-894-9500 x 0

Or email reservations at

[reservations@kitchenerradisson.com](mailto:reservations@kitchenerradisson.com)

Team bookings:

[Eleanor@kitchenerradisson.com](mailto:Eleanor@kitchenerradisson.com)

For more info visit [www.radisson.com/kitchenerca](http://www.radisson.com/kitchenerca)

Radisson Hotel Kitchener Waterloo

2960 King Street East | Kitchener, Ontario | N2A 1A9

**Meet Entry Form**

Registration due by March 1<sup>st</sup>, 2018

Name of Competitor (Last, First)	Age Group	Sex	1 Meter		3 Meter		Tower	Meal Plan
			Level	Event #	Level	Event #	Event #	Yes or No

**Club Name:** \_\_\_\_\_

**Number of competitors:** \_\_\_\_\_ x \$50.00 = \$ \_\_\_\_\_

**Number of events:** \_\_\_\_\_ x \$35.00 = \$ \_\_\_\_\_

**Number of Meal Plans:** \_\_\_\_\_ x \$30.00 = \$ \_\_\_\_\_

**Total Fees Owning:** \$ \_\_\_\_\_

An optional \$30.00 meal plan can be added to the registration fee to cover Breakfasts, lunches and snacks during competition  
Cheques or E-transfer made payable to the KW Diving Club