



Provincial junior et senior championship  
March 21<sup>th</sup> to 24<sup>th</sup> ,2019



# Provincial Championships junior & senior

March 21 – 24, 2019



**Club de plongeon**  
Gatineau



PLONGEON

QUÉBEC

[plongeongatineau.org](http://plongeongatineau.org)



Ville de  
**Gatineau**



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Dear athletes, coaches and officials,

It is with great pleasure that we invite you to the second junior and senior provincial championship of the 2018-2019 season. We are happy to receive you and confident to offer you a great experience. We hope you enjoy your stay in Outaouais.

You will find all the information about the championship in this document.

Looking forward to seeing you in March!

**Mélanie Duff**

Head Coach

Club de plongeon Gatineau



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<b>Event date :</b>	March 21 <sup>th</sup> – 24 <sup>th</sup> , 2019
<b>Location:</b>	Centre sportif Gatineau 850, boul. de la Gappe Gatineau (Québec)
<b>Hosting Club :</b>	Club de plongeon Gatineau (819) 246-7666
<b>Facilities and equipment :</b>	2 x 3 m springboard 4x 1 m springboard 1x 3 m platforms 1x 5 m platforms 1x 7.5 m platforms 1x 10 m platforms
<b>Meet director :</b>	Nadia Boulanger
<b>Technical director :</b>	Mélanie Duff
<b>Referee :</b>	to be determined
<b>Entry deadline :</b>	<u>Thursday March 7<sup>th</sup>, 2019</u>

Please send your registration form to Plongeon Quebec by email at:  
[ybouthillier@plongeon.qc.ca](mailto:ybouthillier@plongeon.qc.ca)

**Dive sheets deadline:** Monday March 18<sup>th</sup>, 2019

**Entry fees:** 35,00 \$ taxes included per Junior athlete (registration)  
35,00 \$ taxes included per Senior athlete (registration)  
35,00 \$ taxes included per event or synchro team

**Payment:** Please make cheques payable to: **Plongeon Quebec** or by bank transfer (direct deposit) to Plongeon Quebec

**Rules and regulations:** FINA, Diving Canada and Plongeon Québec Handbooks and Rule Books (**latest version 2017-2021**) [www.diving.ca](http://www.diving.ca)

**Awards:** Medals – Gold, Silver and Bronze  
Ribbons – 4<sup>th</sup> to 6<sup>th</sup> positions



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Plaque for best male athlete and best female athlete  
(Junior and Senior)  
Plaque for the best team of the Championships

**Schedule:** See page 6.

**Food :** Lunch will be provided for free to the coaches and judges, Friday, Saturday and Sunday. Some refreshments will be served Thursday to coaches and judges.

Athletes and parents will be able to order lunch boxes for dinner time. See the attached order form.

No food will be accepted on the pool deck.

**Shoes :** The athletes won't be allowed to walk on pool deck with shoes. Coaches must be wearing shoes for pool deck.

**Parking :** Friday, you can park your car in the visitor parking of the sport center (1h30 spots are good to park in). Be careful not to park in the CÉGEP parking. Weekend, free parking without restriction.

**Results :** The result will be available on the Plongeon Québec web site.

Registration forms must be returned to Plongeon Québec at least two (2) weeks before the first day of competition. Late entries, as indicated by the postmark, email or fax date, will be accepted upon payment of a \$15 penalty fee per business day of being late, up to a maximum of \$150. The hosting committee shall keep the full amount of penalty fees for late entries. If the hosting committee cannot establish that the application was sent late, the relevant team will not be subject to the penalty fee. However, if an athlete must be added to the list after the deadline, the late entry may be added upon payment of a \$5 penalty fee per athlete.

Entry and event fees must be paid to the Plongeon Quebec before the end of the events. Failure to do so will result in a \$20 penalty fee per team payable to the hosting club or organization.



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**Championship schedule**

**Thursday**

1h pm – Pool open

1h30 - 2h30 pm - Open practice

2h30 -2h45 pm – Officials’ and coaches’ meeting

2h45 – 3h05 pm - Reserved practice for the first event

**Friday, Saturday, Sunday**

7h30 à 8h00 am – Access to warm up in the gym

8h00 à 9h00 am - Open practice

9h00 à 9h15 am – Officials’ and coaches’ meeting

9h15 à 9h35 am - Reserved practice for the first event

Reserved practice of 20 minutes for single event and 30 minutes for combined events

	<b>Thursday</b>		
	<b>1m</b>	<b>Platform</b>	<b>3m</b>
Event 1		Girls B	
Event 2		Boys B	
Event 3	Men’s Open		Women’s Open
Event 4			Synchro mixte
	<b>Friday</b>		
	<b>1m</b>	<b>Platform</b>	<b>3m</b>
Event 5		Girls C1-C2 prelim	Girls D1-D2 prelim
Event 6	Girls B		Boys B
Event 7		Boys C1-C2 prelim	Boys D1-D2 prelim
Event 8	Women’s Open		Men’s Open
Event 9		Girls et Boys C final	Boys et Girls D final
Event 10	Girls A		Boys A
	<b>Saturday</b>		
	<b>1m</b>	<b>Platform</b>	<b>3m</b>
Event 11	Girls D1-D2 prelim		Girls B
Event 12	Boys D1-D2 prelim	Girls et Boys A	
Event 13	Girls C1-C2 prelim		Boys C1-C2 prelim
Event 14	Girls et Boys D final	Women’s et Men’s Open	
Event 15	Girls C final		Boys C final
Event 16		High dive	
	<b>Sunday</b>		
	<b>1m</b>	<b>Platform</b>	<b>3m</b>
Event 17	Boys C1-C2 prelim	Girls D1-D2 prelim	



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Event 18		Boys D1-D2 prelim	Girls C1-C2 prelim
Event 19	Boys A		Girls A
Event 20	Boys B	Girls et Boys D final	
Event 21	Boys C final		Girls C final
<i>There will be a 20 minutes practice during the lunch time for Friday, Saturday and Sunday.</i>			

## ANNEX 1 Hôtels

### Comfort Inn

630, boul. de la Gappe  
Gatineau (Québec) J8T 7S8  
[www.gatineaucomfortinn.com](http://www.gatineaucomfortinn.com)

**Bloc de chambre jusqu'au 20 février: Championnat provincial plongeon**

### Holiday Inn Express and suites Gatineau-ottawa

11 Impasse de la Gare Talon, Gatineau, QC J8T 0B1  
(819) 503-8800

### Auberge de la Gare

**Adresse** : 205 boulevard Saint-Joseph,  
Gatineau, QC J8Y 3X3  
**Téléphone** : (819) 778-8085  
Bloc de chambres pour Plongeon Gatineau

### Motel Napoleon

**Adresse** : 1345 rue des Laurentides  
Gatineau, QC J8M 1L3  
**Téléphone** : (819) 986-1222

### *Autres établissements d'hébergement dans la région*

**Crowne Plaza Gatineau-Ottawa**  
2, rue Montcalm Gatineau, Qc J8X 4B4  
[www.crowneplaza.com/gatineauottawa](http://www.crowneplaza.com/gatineauottawa)  
819-778-3880 | 1-800-567-1962  
Découvrez le Crowne Plaza :  
<https://youtu.be/S5hdeT02hvU>

585, boul. de la Gappe  
Gatineau, QC, CANADA, J8T 8N7  
[www.hotelv.ca/](http://www.hotelv.ca/)  
(819) 243-8586 | 1 (800) 926-6489

### Hotel V

**Best Western Cartier Hôtel**  
131, rue Laurier  
Gatineau (Québec), J8X 3W3  
[www.bestwesterngatineau.ca/](http://www.bestwesterngatineau.ca/)



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819-770-8550 | 1-800-265-8550

**Four Points par Sheraton**

35, rue Laurier  
Gatineau (Québec), J8X 4E9  
[www.fourpointsgatineau.com](http://www.fourpointsgatineau.com)  
819-778-6111 | 1-800-567-9607