

NOVA SCOTIA PROVINCIAL CHAMPIONSHIPS

March 2 to 3rd , 2019

PRESENTED BY:



Cygnus Diving Club – 17 Columbo Drive, Dartmouth, N.S., B2X 3M1
Tel: (902) 225-6593

NOVA SCOTIA PROVINCIAL DIVING CHAMPIONSHIPS

March 2nd to 3rd, 2019

- TECHNICAL:** Brent Evans and Frank Howell
- MANAGER:** Michael Brophy
- SANCTION:** DPC & NSADA
- LOCATION:** Centennial Pool, 1970 Gottingen Street, Halifax, N.S.
- 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
- 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, 2018
- 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 **Feb 18th 2019** through Rezman. Sheets will be printed by the host committee. No changes will be allowed 60 minutes prior to the event starting.
- ENTRIES / FEES:** \$25.00 / registration, \$25.00 / event, \$30 / late registrations
All entries must be received by Feb18th via email to **Michael.Brophy@Dal.ca**
- AWARDS:** Medals for 1st - 3rd place and ribbons for 4th - 6th place will be awarded at lunch for morning events, and end of day for afternoon events.
- JUDGING:** Each club is requested to supply representation on judging panels.

MAJOR SPONSORS:



Diving Rules

Age Requirements

TABLE 7 DIVE GROUPS BY BIRTH YEAR				
	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

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

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 dives repeat 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

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
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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 1								
GROUP D PRELIMINARIES DIVE CHART								
Preliminaries D1 - 1m			Preliminaries D1 - 3m			Preliminaries D1 - Plat		
Dive Order	Dive #	prescribed DD	Dive Order	Dive #	prescribed DD	Dive Order	Dive #	prescribed DD
1	101C	1.6	1	101C	1.6	1	101C	1.6
2	201C	1.6	2	201C	1.6	2	201C	1.6
3	301C	1.6	3	301C	1.6	3	301C	1.6
4	401C	1.6	4	401C	1.6	4	401C	1.6
5	103C	1.6	5	103C	1.6	5	103C	1.6
Preliminaries D2 - 1m			Preliminaries D2 - 3m			Preliminaries D2 - Plat		
Dive Order	Dive #	prescribed DD	Dive Order	Dive #	prescribed DD	Dive Order	Dive #	prescribed DD
1	101C	1.6	1	101C or 101B	1.6	1	101C or 101B	1.6
2	101B	1.6	2	201C	1.6	2	201C	1.6
3	201C	1.6	3	301C	1.6	3	301C	1.6
4	301C	1.6	4	401C or 401B	1.6	4	401C or 401B	1.6
5	401C	1.6	5	103C	1.6	5	103C	1.6
6	401B	1.6	6	203C or 303C	1.9	6	600A or 612B or 622C or 622B	1.9
7	103C	1.6	7	403C	1.9	7	203C or 303C	1.9
						8	403C	1.9

TABLE 2**GROUP D FINALS DIVE CHART**

Group D FINALS - 1m					Group D FINALS - 3m				
101C	401C	201C	301C	5122D	101C	401C	201C	301C	5132D
101B	401B	201B	301B	5132D	101B	401B	201B	301B	5231D
103C	402C*	202C*	302C*	5221D	103C	403C	203C	303C	
103B	403C	203C	303C	5231D	103B	403B	203B	303B	
104C					105C				
104B									

Group D FINALS - Plat									
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101B	5m, 7.5m	201C	5m, 7.5m	301C	5m, 7.5m	401B	5m, 7.5m	600A
5m, 7.5m	103C	5m, 7.5m	201B	5m, 7.5m	301B	5m, 7.5m	403C	5m, 7.5m	612B
5m, 7.5m	103B	5m	203C	5m	303C	5m, 7.5m	403B	5m, 7.5m	622C
5m, 7.5m	105C	5m	203B			7.5m	405C	5m, 7.5m	622B
7.5m	105B	7.5m	205C					5m, 7.5m	5231D
								5m, 7.5m	5132D

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

TABLE 4**GROUP C FINALS DIVE CHART**

Group C Finals 1m					Group C Finals 3m				
101C	401C	201C	301C	5122D	101C	401C	201C	301C	5132D
101B	401B	201B	301B	5132D	101B	401B	201B	301B	5231D
103C	401A	203C	303C	5221D	103C	403C	203C	303C	5331D
103B	403C	203B	303B	5331D	103B	403B	203B	303B	5233D
104C	403B			5231D	105C	405C	205C	305C	5333D
104B				5233D	105B				5134D
105C				5333D					
105B				5134D					

Group C Finals Platform									
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101B	5m, 7.5m	201C	5m, 7.5m	301C	5m, 7.5m	401B	5m, 7.5m	612B
5m, 7.5m	103C	5m, 7.5m	201B	5m, 7.5m	301B	5m, 7.5m	403C	5m, 7.5m	622C
5m, 7.5m	103B	5m	203C	5m	303C	5m, 7.5m	403B	5m, 7.5m	622B
5m, 7.5m	105C	5m	203B	7.5m	305C	7.5m	405C	7.5m	624C
5m, 7.5m	105B	7.5m	205C					5m, 7.5m	5231D
								5m, 7.5m	5132D
								7.5m	5233D

PARTICIPATION EVENT DIVE REQUIREMENTS:

Age Group	Dive Requirements for 1-metre & 3-metre
A/B	5 dives with no more than 2 dives per group, no repetitions
C/D	4 dives with no more than 2 dives per group, no repetitions
E/F	100A, B, or C 200A, B, or C 001B

SCHEDULE

*This schedule may change

SATURDAY – March 2nd , 2018

7:45 to 8:30am	General Warm-Up
8:30 to 9:00am	Reserved Practice
Event 1	Girls C1/C2 1M & Boys C1/C2 3M Prelim Boys A 1M & Girls A 3M
Event 2	Men's Open 1M & Women's Open 3M Girls C 1M & Boys C 3M Final
Event 5	Girls C 1M & Boys C 3M
Event 6	All platform Events Girls & Boys D1/D2 Platform Prelim Girls & Boys C1/C2 Platform Prelims Girls & Boys A Platform Girls & Boys B Platform Women's & Men's Open Platform 20min warm -up Boys A 1M & Girls A 3M, Girls & Boys C Platform Final Boys D 1M & Girls D 3M Final
Event 7	Boys B 1M & Girls B 3M Girls A 1M & Boys A 3M
Event 9	Boys D 1M & Girls D 3M Final
Event 10 Tier II	Boys E 1M & Girls E 3M
Tier II	Boys D 1M & Girls D 3M
Event 11 Tier II	Boys B 1M & Girls B 3M
Tier II	Girls A 1M & Boys A 3M
Awards	

SUNDAY – March 3, 2018

7:45 to 8:30am	General Warm-Up
8:30 to 9:00am	Reserved Practice
Event 12	Girls D1/D2 1M & Boys D1/D2 3M Prelim Boys C1/C2 1M & Girls C1/C2 3M Prelim
Event 13 Tier II	Girls E 1M & Boys E 3M
Tier II	Girls D 1M & Boys D 3M
Event 14 Tier II	Boys C 1M & Girls C 3M
Tier II	Girls B 1M & Boys B 3M
Event 15 Participation	Girls and Boys A 1m, Girls and Boys B 3m Girls and Boys A 3m, Girls and Boys B 1m Girls and Boys C 1m, Girls and Boys D 3m Girls and Boys C 3m, Girls and Boys C 1m Girls and Boys E 1m, Girls and Boys E 3m
Event 16	Women's Open 1m and Men's Open 3m
Event 17	Girls B 1M & Boys B 3M
Event 18	Girls D 1M & Boys D 3M Final Boys C 1M & Girls C 3M Final

Awards