

Junior & Senior

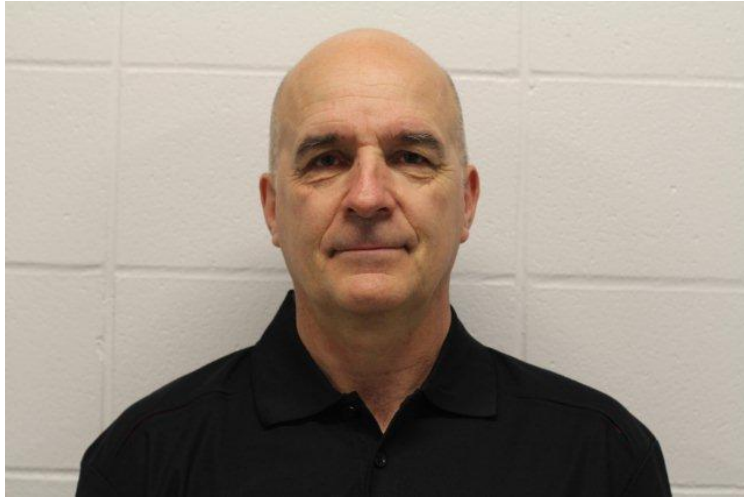
Diving championship



CLUB
DE PLONGEON
DE QUÉBEC

6-7-8 & 9 June 2019





Dear athletes, coaches and officials,

It is with great pleasure that we invite you to join us for our junior and senior provincial June championship . We are confident that you will be more than satisfied by the quality of hospitality you have come to expect from us. We hope that you will enjoy your stay in our beautiful Quebec city which is gearing up to host the Festival d'été in July.

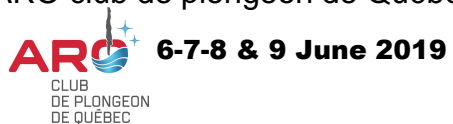
Wishing you all the best for the remainder of this 2018-19 season, it is with great pleasure that we look forward to seeing you all this coming June!

You will find in the next pages all the information you need for this event.

Dany Boulanger

Head coach at ARO

ARO club de plongeon de Québec



Junior & senior diving championship | 2019

Event date: Thursday, June 6th to Sunday, June 9th 2019

Location: Piscine du Peps, 2300 rue de la Terrasse,
Québec (Qc), G1V 0A6

Hosting club: ARO – Club de Plongeon de Québec
(418-656-2131 # 12325)

Facilities and equipment: 2 x 1 meter springboard
2 x 3 meters springboard
1x 3 meter platform
1 x 5 meter platform
1 x 7,5 meter platform
1 x 10 meter platform

Meet director: **Véronique Labrie**

Technical director: **Dany Boulanger**

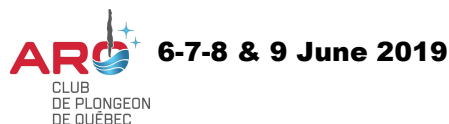
Referee: **Taunya Haley**

Competition Schedule: **See annexe A**

Awards:

- Medals (gold, silver, bronze)
- Ribbons (4th to 6th)
- Plaque for the best male and female athlete junior and senior Plaque for the best team of the championship

Event fees: \$35 (taxes included) per junior registration



Junior & senior diving championship | 2019

\$35 (taxes included) per senior registration

\$35 (taxes included) per event synchro

Payment:

Please make cheques payable to **Plongeon Québec** or by bank transfer (direct deposit) to Plongeon Québec

Entry deadline:

Thursday, Mai 23th 2019

Please send your registration form to Plongeon Québec by email at info@plongeon.qc.ca.

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.

Dive Sheets: To facilitate the hosting committee's work, fully completed dive sheets must be submitted electronically by **Tuesday June 4th 2019**, at the latest via Rezman.

Rules and regulations: FINA, Diving Canada and Plongeon Québec Handbooks and Rule Books

In accordance with DIVING CANADA RULES.

- The dive sheets, sent electronically, will now be considered signed by the diver and coach. Paper dive sheets will only be used to submit changes.
- When differences are discovered during the competition, the latest sheet sent will be considered to be the official copy.

Please note according to Regulation Q12 from Plongeon Quebec:

- Upon arrival at the competition, each club must have in their possession the SUMMARY sheet of all entries made on Rezman. This sheet will be used to verify in case of error.
- Dive sheets that are not submitted at least 24 hours prior to the beginning of the events will only be accepted with a \$25 penalty fee, payable to the hosting club.
- The host committee must post, before the first event of the day, dive lists of each event of that day of competition. Divers must then initial their list if everything is in order. However, if an error is found in a list, the diver must go to the Dive Office to request the changes immediately.
- A diver is allowed to make one or more changes to their dive sheet up to 1 hour prior to either the beginning of the event or the scheduled/announced beginning time of the event, whichever comes first.

Rules and regulations:

FINA, Diving Canada and Plongeon Québec Handbooks and Rule Books

Accommodations:

Les Hôtels Jaro

See *annexe B*

1-800-567-5276

www.hoteljaro.com

Travelodge

See *annexe C*

1-800-463-5241

groupes@travelodgeqc.com

You need to mention the diving championship in order to benefit from the rates suggested in the ad.

Hospitality:

Complimentary breakfast and lunch will be provided to working coaches, officials and volunteers during the competition.

Healthy lunch box will be available for those who will order (menu and order form you will be forwarded soon).

Food (for coaches and officials only) will be tolerated on the pool deck.

Parking :

PEPS underground parking will be free during the championship

Annexe A

Competition schedule

There will be 15 minutes for lunch every day

***Reserved practice:*

A 20 minutes-period will be allowed for single event and a 30 minutes-period for combined events

Find below the events for each day. Please be aware that the order of the events can change for each day after compiling registrations.

Thursday

13h - Warmup on the pool deck

13h30 - General practice

14h30 - Coaches and officials meeting

14h45 - Restricted practice for the first event

15h05 – First events of the day

Thursday, June 6th			
	1m	Tower	3m
Event 1	BoysC1-C2 preliminary	BoysD1-D2 preliminary	
Event 2	Girls C1-C2 preliminary	Girls D1-D2 preliminary	
Break time		45 minutes	
Event 3	Girls and Boys C final	Girls and Boys D final	

Junior & senior diving championship | 2019

Friday, Saturday, Sunday

7h30 to 8h00: Warmup on the pool deck

8h00 to 9h00: General practice

9h00 to 9h15: Coaches and officials meeting

9h15 to 9h30: Restricted practice for the first event

9h35 : First events of the day

Friday, June 7th			
	1m	Tower	3m
Event 4		Girls C1-C2 preliminary	Girls D1-D2 preliminary
Event 5		Boys C1-C2 preliminary	Boys D1-D2 preliminary
Event 6	Girls A		Boys A
Lunch Break		15 minutes	
Event 7	Girls B		Boys B
Event 8		Girls and Boys C final	Girls and Boys D final
Event 9	Women senior		Men senior
Saturday, June 8th			
	1m	Tower	3m
Event 10	Girls D1-D2 preliminary		Girls C1-C2 preliminary
Event 11	Boys D1-D2 preliminary		Boys C1-C2 preliminary
Event 12	Boys B	Girls-Boys A	
Lunch Break		15 minutes	
Event 13			Girls B
Event 14	Girls and Boys C final	Women and Men senior	

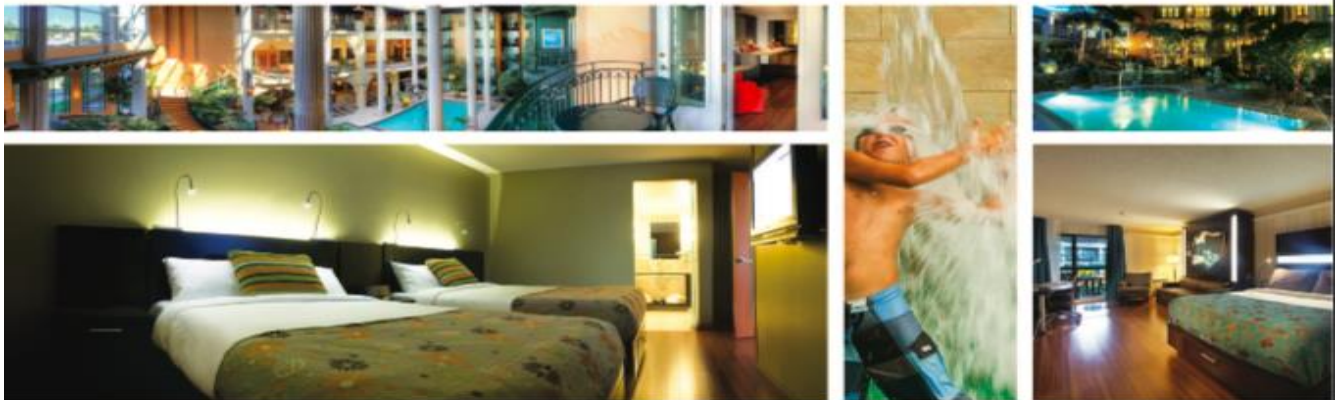


6-7-8 & 9 June 2019

Junior & senior diving championship | 2019

Event 15	High Dive	Girls and Boys C final
<hr/>		
Sunday, June 9th		
	1m	3m
Event 16	Tower	
	Girls B	
Event 17	Boys A	Girls A
Lunch Break	15 minutes	
Event 18	Boys B	
Event 19	Men Senior	Women Senior
Event 20	Junior Synchro	

Annexe B



<p>Auberge Québec</p> <p>à partir de 95\$ par nuit +T.</p>	<p>Hôtel Lindbergh</p> <p>à partir de 119\$ par nuit +T. Minimum de 2 nuits</p>	<p>Hôtel Québec Inn AÉROPORT DE QUÉBEC</p> <p>à partir de 119\$ par nuit +T.</p>	<p>L'HÔTEL QUÉBEC</p> <p>à partir de 120\$ par nuit +T. Samedi à 140\$</p>	<p>Hôtel PLAZA QUÉBEC</p> <p>à partir de 120\$ par nuit +T. Samedi à 140\$</p>	<p>MUS+ AÉROPORT DE QUÉBEC</p> <p>à partir de 120\$ par nuit +T. Samedi à 140\$</p>	<p>Palace Royal CENTREVILLE</p> <p>à partir de Tarif Jour par nuit +T.</p>
--	---	--	--	--	---	--

Salles de lavage (\$) | Stationnements intérieurs et extérieurs gratuits*
 Vestiaires pour équipements sportifs | Menus sportifs
 Restaurants, bars et discothèques | Piscines & bains à remous



= Petit-déjeuner continental inclus

Les services offerts peuvent varier d'un hôtel à l'autre. Les prix indiqués peuvent varier les samedis.
 *À l'exception de l'hôtel Palace Royal.

Pour réservation de groupe avec les tarifs suggérés, mentionnez :

Code de groupe #4894549
Champ. Prov. Plongeon Jr & Sr / Du 6 au 9 juin 2019

1 800 567-5276
 hotelsjaro.com

Annexe C

Travelodge
BY WYNDHAM
HÔTEL & CENTRE DE CONGRÈS
QUÉBEC

1.800.463.5241

À PARTIR DE
109+
Taxes

Inclus dans votre tarif de chambre :

- Piscine intérieure chauffée
- Internet Wi-Fi haute-vitesse gratuit.
- Centre de conditionnement physique gratuit.
- Vaste stationnement gratuit.
- Chambres avec réfrigérateur et cafetière.
- Restaurant Bar (\$)

POUR INFORMATION :

Jany Grijalva
418.653.4906 Ext: 6110
groupes@travelodgeqc.com
3125 Boul. Hochelaga, Québec
G1W 2P9

COMPÉTITION ARO CLUB
DE PLONGEON DE QUÉBEC