

## **CHAPTER R-3: SENIOR NATIONAL CHAMPIONSHIPS**

### **1. COMPETITION/EVENTS**

- 1.1. This competition shall be scheduled over a six (6) day period from a Tuesday to a Sunday, with the diving facility being available over all six (6) days. There should be a minimum of practice time on:
  - 1.1.1. Tuesday, Wednesday and Thursday, of eight (8) hours per day preferably encompassing the same times of the day as the competitions on the following three (3) days.
- 1.2. There will be a minimum of two (2) hours practice time prior to the start of the first event of each day during the competition and one (1) hour practice upon completion of the last event each day. On the last day of competition, the one (1) hour practice time at end of day is not required.
- 1.3. The practice immediately before each event will be restricted to the athletes competing in that event for a minimum of thirty (30) minutes, and a maximum of one (1) hour.
- 1.4. Divers will have a minimum of fifteen (15) minutes to train between any two sessions of an event that are held back to back at Senior Nationals/trials.
- 1.5. Senior national championships will include three (3) metre and platform individual events as the “core” events that will be held at all senior national championships.
- 1.6. Senior national championships may include one (1) metre individual, three (3) metre synchronized or platform synchronized events, if deemed appropriate by DPC for any current selections.
- 1.7. Senior national championships may be held in one (1) of two (2) different formats. The format to be used will be dependent on the selection criteria to be used for the trials event held in conjunction with the national championships.

### Format A

Preliminaries	All	
Finals 1m	Top 8 divers	
Finals 3m & Plat	Top 12 divers will advance	
	1m	2 sessions
	3m	2 sessions
	Platform	2 sessions

### Format B

Preliminaries	All	
Semi-Finals	12 divers will advance	
Finals	8 divers will advance	
	3m	3 sessions
	Platform	3 sessions

- 1.8. Where there is a tie for 12<sup>th</sup> place there will be thirteen (13) divers advance to the next session. Where there is a tie for 8<sup>th</sup> place there will be nine (9) divers advance to the next session.
- 1.9. For Format B, where there are twelve (12) or less competitors, there will only be two (2) sessions.
- 1.10. Dive lists will be performed according to the FINA Rules (D 3.1 to D 3.7.5 and any additional DPC Rules).
- 1.11. In platform events, divers will perform their dives off the ten (10) metre platform with the exception that a maximum of one (1) dive may be performed head first off the seven and a half (7.5) metre or five (5) metre platform.

## 2. ENTRANCE CRITERIA

- 2.1. To enter an event at these championships, a diver shall have qualified on the basis of one (1) or more of the following criteria:
- 2.1.1. Qualified for All Events:
- 2.1.1.1. Any diver who is a member of the current Canadian Senior National Team.
- 2.1.2. Qualified for a Particular Event:
- 2.1.2.1. Any diver who placed in the top eight (8) in that event at any of the senior national championships (Winter Senior Nationals, Summer Senior Nationals or national trials), held during the current and previous diving season.

- 2.1.2.2. Any diver who has equalled or surpassed the current season's Senior Point Standard for that event at any senior designated qualifying competition held during the twelve (12) months prior to the scheduled first day of competition.
- 2.1.2.2.1. Divers may compete in the platform qualification events and qualify without a list that conforms to the rule R3 1.11. However, a conforming list must be used at the national championships.
- 2.1.2.3. Canadian divers in the NCAA program that have not qualified under 2.1.1 and 2.1.2 must apply to Diving Canada for qualification for the national championships. To be considered, the diver must have qualified for their University Zones in the current year and must submit their dive sheets and scores to the Diving Canada office.

### 3. DESIGNATED SENIOR QUALIFYING STANDARDS

3.1. DPC's senior point standards for 2018 - 2021 are as follows:

	<b>1m</b>	<b>3m</b>	<b>10m</b>
<b>Women</b>	210	245	245
<b>Men</b>	260	330	330

3.2. In the Olympic year, unless a separate Summer Senior Nationals is held, qualification for the Olympic Trials/Summer Nationals will be defined by the Olympic team selection process.

### 4. SENIOR AWARDS

- 4.1. Medals for first to third places shall be supplied for individual and synchro events by DPC and shall be presented by the Host Committee to the divers placing in the top three (3) in each event. Only the medal winners shall be acknowledged in the awards ceremony.
- 4.2. DPC shall also supply one (1) annual trophy for the top male diver and one (1) annual trophy for the top female diver combined from the winter and summer senior national events. These awards shall be referred to as the "Beverly Boys' Outstanding Diver Trophies", and shall be presented once per year at the conclusion of the summer national championships.
  - 4.2.1. The winners of the Beverly Boys' Outstanding Diver Trophies will be the athletes who have earned the highest total of Senior National points based on the grid below. Divers can count points from both the individual 3m and individual 10m events. In addition to the trophy, the winning athletes will also be presented with a financial scholarship on behalf of DPC.

- 4.2.1.1. Divers must compete in both the Winter and Summer National Championships.
- 4.2.1.2. Divers placings will be considered from the 3m and/or the 10m events.
- 4.2.1.3. Divers placings will be used from both the Winter and Summer National Championships.
- 4.2.1.4. Senior National Points will be calculated using the chart below.

Placing	Points	Placing	Points
1 <sup>st</sup> place	18	7 <sup>th</sup> place	6
2 <sup>nd</sup> place	15	8 <sup>th</sup> place	5
3 <sup>rd</sup> place	12	9 <sup>th</sup> place	4
4 <sup>th</sup> place	9	10 <sup>th</sup> place	3
5 <sup>th</sup> place	8	11 <sup>th</sup> place	2
6 <sup>th</sup> place	7	12 <sup>th</sup> place	1

- 4.3. DPC shall also supply a pennant to be awarded by the Host Committee at the conclusion of the championships to the club that has accumulated the most club points over all events in the championships.