



2023 SASK PROVINCIALS  
February 3, 4, & 5, 2023  
LAWSON AQUATIC CENTER  
REGINA, SASKATCHEWAN  
Jr & Senior NATIONAL QUALIFIER  
NOVICE EVENTS

## The Facility



The Lawson Aquatic Center is a Class "A" facility, and is home for the Regina Diving Club. The Lawson is equipped with three competition one-meter "Maxiflex" Type B springboards, two three-meter "Maxiflex" Type B springboards, as well as a three-meter, five-meter, seven and a half-meter, and ten-meter platform. The Lawson is outfitted with a bubbler system, "roughtex" surfaced platforms, and a new water-level sprayer system. The Lawson Aquatic Center is an excellent training facility, in addition to a great competition venue.

Lawson Aquatic Centre  
1717 Elphinstone Street  
Regina SK.  
306-777-7323

## Your Competition Hosts

As the Regina Diving Club celebrates its 33<sup>RD</sup> season in 2023, we welcome visiting teams to our hometown and facility.

Since 1989 thousands of kids have been introduced to the sport of diving, and many have gone on to represent the city of Regina, province of Saskatchewan, and our nation at events both domestically and internationally.

The Regina Diving Club prides itself on its hosting abilities as it showcases many of Western Canada's top divers.



## Hotel Information: N/A

Diving Plongeon Canada Sanctioned Competition:  
Junior National Qualifying Event and Senior National Qualifying Event.

### Technical Director:

Laura Desautels  
Phone: 1.306.209.4615

Head Coach—Regina Diving Club  
Email: [Laura@reginadiving.ca](mailto:Laura@reginadiving.ca)

### Meet Referee:

TBD

### Entry Fees:

\$ 60.00 per athlete (Includes hospitality all weekend & Judging fee)  
\$ 30.00 per event

### Hospitality

The Regina Diving Club always provides an excellent Hospitality Room! **Athletes will have unlimited use of this service and is included in their \$60 registration fee.** The Hospitality Room is also available to coaches and officials at no charge.

### Entry Deadline:

Entries may be emailed to [LAURA@REGINADIVING.CA](mailto:LAURA@REGINADIVING.CA) by **JANUARY 18, 2023**.  
Entries submitted after the due date will be an additional \$20.00 per athlete.

### Dive sheets:

Please submit dive sheets by **January 30, 2023** using the Rezman dive sheet generator. Email to: [LAURA@REGINADIVING.CA](mailto:LAURA@REGINADIVING.CA)

### Events Procedures:

1. National events & Novice events will be run simultaneously.
2. National events will be run using 5 judges, all other events will be run using 3 judges.
3. There will be a minimum of 20 minutes per event warm up.
4. Technical Director reserves the right to move events no more than one hour ahead of schedule.
5. Competition schedule is subject to change dependent upon competitor registration numbers.
6. All DPC rules will apply for National events, please refer to [DPC Handbook & Rulebook](#).

### Awards:

Medals – Gold, Silver and Bronze  
Ribbons – 4<sup>th</sup> to 8<sup>th</sup>

# NATIONAL REQUIREMENTS – please refer to DPC rule book

## PROVINCIAL REQUIREMENTS

### **GROUP E (8 & 9 yrs)**

1m (6 Dives): 100A w/ hurdle, 200A, 4 dives from 3 groups (all dives dd 1.8)

3m (6 Dives): 001D, 002D, 100B w/ hurdle, 3 dives from 3 groups (all dives dd 1.9)

Plt (6 Dives): 001D, 002D, 100B, 3 dives from 2 groups (all dives dd 2.0) (3m and 5m)

## NOVICE DIVE REQUIREMENTS

### **JD (7 & under)**

1m (5 dives): 100A, 100B, 200A, 001B, 002A

### **GROUP E (8 & 9 yrs)**

1m (5 dives): 100A, 200A, 001B/002A + 2 Dives (2 Dir –can include fall in)

3m (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir –can include fall in)

PLT (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir – can include fall in)

### **GROUP D (10 & 11 yrs)**

1m (5 dives): 3 Dives with 5.4 d.d. limit, 2 without d.d. limit (3 Dir)

3m (5 dives): 001D or 002D, 2 with 3.8 d.d. limit, 2 without limit (3 Dir)

PLT (5 dives): 001D, 002D + 3 dives (3 Dir)

### **GROUP C (12 & 13 yrs)**

1m (6 dives): 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Dir)

3m (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Dir)

PLT (5 dives): 001D or 002D + 4 dives (4 Dir)

### **GROUP B (14 & 15 yrs)**

1m (7 dives): 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Dir)

3m (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)

PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)

### **GROUP A (16-18 yrs)**

1m (8 dives): 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Dir)

3m (7 dives): 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Dir)

PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)

### **MASTERS (18-29, 30-49, 50 and over)**

1m/3m/Plt: men & women 4 dives (may use 100, 200, 001, 002)

### **SPECIAL RULES:**

1. Diver's fully qualified for Canadian Age group nationals are not eligible to compete
2. DD's: All jumps & fall ins are 1.0
3. E's can repeat fall in if in different position
4. No dives with ½ twist
5. PLT: All dives on 3m plt are 1.0  
All dives 5m & above are Fina DD.
6. Masters: all dives must have different dive numbers, except 70+ can repeat in different position)