

10-12 MARCH | VICTORIA, BC | SAANICH COMMONWEALTH PLACE

20

23

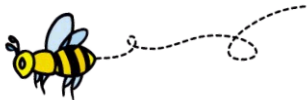
MARC LEPOOLE'S
Sting

H O S T E D B Y B O A R D W O R K S

MARC LEPOOLE'S STING 2023

MARCH 10 - 12, VICTORIA, BC

MEET MANAGER	Lisa Boog
TECHNICAL DIRECTOR	Jorge Betancourt
DATES	Friday, March 10 - Sunday, March 12, 2023
VENUE	Saanich Commonwealth Place 4636 Elk Lake Drive. Victoria, British Columbia V8Z 5M1 CANADA
FACILITY	Four 1 metre springboards Two 3 metre springboards One 1 metre platform Full platform complex with 3, 5, 7.5, and 10 metre platforms
ELIGIBILITY & RULES	<p>All Diving Plongeon Canada, USA Diving or other registered members of Federations affiliated with FINA divers may attend. (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).</p> <p>Age-group determination is the diver's age as of December 31st, 2023</p> <p>Diving Plongeon Canada rules will apply to all events. Please see below a summary of rules for all events. This is a Junior and Senior National Qualifying event. There will be no cuts in any event.</p> <p>Where one side of the pool is finished before the other, that side will be open for quiet warm-up. The Technical Director reserves the right to close down a side for warm-up if he deems it to be too noisy or disruptive to an event on the other side. Springboards will be open during platform warm-up and vice-versa.</p> <p>Events may run up to 1 hour ahead of the scheduled and posted times. A revised final schedule will be distributed upon the arrival of the teams.</p> <p>Divers may only dive one age group with the following exceptions: E group divers may compete in D1 springboard and platform events.</p>



NO SNOW GUARANTEE

We guarantee no snow during your visit to Victoria, the only place in Canada that receives no snow during winter. If there should be a snowfall, the Boardworks coaching staff will dress in bumblebee costumes for a period of 3 hours during the meet. We are that confident!

ENTRIES

All entries and fees must be received no later than **Wednesday, February 22, 2023**. Entries may be mailed or e-mailed to:

BOARDWORKS
4636 Elk Lake Drive
Victoria, BC V8Z 5M1

t. 250 - 479 - 0330
e. boardworksinfo@shaw.ca

ENTRY FEES

CDN\$**50.00** Diver Registration Fee
CDN\$**45.00** Event Fee per event (NQ & SC events count as one event)
Deck Entries are CDN\$55.00per event per diver. Deck entries will be accepted up until one hour prior to the beginning of the event.

Divers competing in both Group C or Group D National Qualification events AND Sting Championship events pay only one event fee per board.

Payment may be made by cheque (Payable to "Boardworks") or by e-transfer to boardworks-team@shaw.ca (please use password "sting").

DIVE SHEETS

All dive sheets must be submitted electronically using **Dive Sheet Generator**. Dive sheets must be submitted 24 hours prior to the event. Computers will be available on deck to enter dive sheets. To download a copy of Dive Sheet Generator, please visit:

https://www.integratedsports.net/iss_mms_diving_download.asp

AWARDS

A **\$100 Sting Cash Scholarship** will be awarded to the winners of the Open 3m and Platform (male & female) events

Medals for the top three finishers in all Sting Championship events. Ribbons for 4th to 6th place in all Sting Championship events

Special prizes to **"STUNG"** divers (those achieving the "Sting Standard") in the Sting Championship events

Awards for Top Male & Female divers

Award for Top Visiting Team

COMPETITION RULES:

General Competition Rules

The 2023 Marc LePoole's Sting will follow the **NEW 2023** Canadian Junior National dive requirements for Groups A, B, C & D and Diving Plongeon Canada Group E and Open rules.

Groups C & D will have National Qualifying (NQ) events for the Junior Development National Championships as well as Sting Championship (SC) events. Groups B, A & Open will only have Sting Championship (SC) events in which participants can achieve their National qualifying Standards for Junior Elite National Championships and Senior Nationals. Awards will be given for the Sting Championship events only.

Group E events will be a straight Sting Championships final at the 2023 Marc LePoole's Sting.

GROUP E EVENTS

Age specification: born 2014 or later

BOYS & GIRLS GROUP E PRELIMINARIES DIVE CHART						
E – 1m				E – 3m		
Dive Order	Dive #	DD		Dive Order	Dive #	DD
1	100A	1.8		1	001B	1.9
2	200A	1.8		2	002A	1.9
3-6	4 dives selected from three (3) or more groups. All dives shall have a DD of 1.8			3	100B (with hurdle)	1.9
				4-6	3 dives selected from three (3) or more groups. All dives shall have a DD of 1.9	

GROUP D BOYS & GIRLS

Age specification: D1 - born 2013 or later, D2 – born 2012

NATIONAL QUALIFICATION(NQ) EVENTS D1 & D2

1m	3m	Platform
<p>D1 Divers perform five (5) dives</p> <ul style="list-style-type: none"> Dive order and DD's are as presented in Table 1 <p>D2 Divers perform seven (7) dives</p> <ul style="list-style-type: none"> Dive order and DD's are as presented in Table 2 	<p>D1 Divers perform five (5) dives</p> <ul style="list-style-type: none"> Dive order and DD's are as presented in Table 1 <p>D2 Divers perform six (6) dives</p> <ul style="list-style-type: none"> Dive order and DD's are as presented in Table 2 	<p>D1 Divers perform five (5) dives</p> <ul style="list-style-type: none"> Dive order and DD's are as presented in Table 1 <p>D2 Divers perform seven (7) dives</p> <ul style="list-style-type: none"> Dive order and DD's are as presented in Table 2 <p>** At qualification events, dives may be performed on 3m or 5m platform ** At Jr. Development Nationals, all dives must be performed on 5m platform</p>

TABLE 1 - GROUP D1 NATIONAL QUALIFICATION DIVE CHART

1m			3m			Platform		
Dive Order	Dive	Prescribed DD	Dive Order	Dive	Prescribed DD	Dive Order	Dive	Prescribed DD
1	401C	1.6	1	401C	1.6	1	401C	1.6
2	101C	1.6	2	101C	1.6	2	101C	1.6
3	201C	1.6	3	201C	1.6	3	201C	1.6
4	301C	1.6	4	301C	1.6	4	301C	1.6
5	103C	1.6	5	103C	1.6	5	103C	1.6

TABLE 2 - GROUP D2 NATIONAL QUALIFICATION DIVE CHART

1m			3m			Platform		
Dive Order	Dive	Prescribed DD	Dive Order	Dive	Prescribed DD	Dive Order	Dive	Prescribed DD
1	401C or B	1.6	1	401C or B	1.6	1	401C or B	1.6
2	101C or B	1.6	2	101C or B	1.6	2	101C or B	1.6
3	201C	1.6	3	201C	1.6	3	201C	1.6
4	301C	1.6	4	301C	1.6	4	301C	1.6
5	103C	1.6	5	103C	1.6	5	103C	1.6
6	202C OR 302C or 203C	1.6	6	203C OR 403C	1.6	6	600A OR 612B OR 622C OR 622B	1.6
7	402C or 403C	1.6				7	203C OR 403C	1.6

National Qualification Standard – Group D1 & D2

- The diver must make the qualification score with the preliminary Dive list identified in Table 1 & Table 2
- In order to be fully qualified for an event (1m, 3m or platform) for Junior Nationals, a diver must:
 - ✓ Achieve the National Standard once in each event
 - ✓ If an athlete qualifies in 2 events, the athlete is automatically qualified on all 3 events
 - ✓ If an athlete qualifies on 3m, the athlete is automatically qualified on 1m

	GIRLS D1	BOYS D1	GIRLS D2	BOYS D2
1m	140	140	200	200
3m	140	140	205	205
Platform	140	140	205	205

GROUP D BOYS & GIRLS STING CHAMPIONSHIP (SC) EVENTS

1m	3m	Platform
Divers perform six (6) dives: <ul style="list-style-type: none"> • Dives must be selected from Table 3 • Dives must be different dive numbers 	Divers perform six (6) dives: <ul style="list-style-type: none"> • Dives must be selected from Table 3 • Dives must be different dive numbers 	Divers perform six (6) dives: <ul style="list-style-type: none"> • Dives must be selected from Table 3 • Dives must be different dive numbers
First Four (4) Dives: <ul style="list-style-type: none"> • Four (4) groups must be represented • Each dive assigned a DD of 1.6 	First Four (4) Dives: <ul style="list-style-type: none"> • Four (4) groups must be represented • Each dive assigned a DD of 1.6 	First Four (4) Dives: <ul style="list-style-type: none"> • Four (4) groups must be represented • Each dive assigned a DD of 1.6
Last Two (2) Dives: <ul style="list-style-type: none"> • Two (2) groups must be represented • FINA DD used • No DD limit • Only one or none can be 202C, 302C, 402C 	Last Two (2) Dives: <ul style="list-style-type: none"> • Two (2) groups must be represented • FINA DD used • No DD limit 	Last Two (2) Dives: <ul style="list-style-type: none"> • Two (2) groups must be represented • FINA DD used • No DD limit

TABLE 3 - GROUP D STING CHAMPIONSHIPS(SC) DIVE CHART

1M					3M				
101C	201C	301C	401C	5122D	101C	201C	301C	401C	5132D
101B	201B	301B	401B	5132D	101B	201B	301B	401B	5231D
101A	202C*	302C*	402C*	5221D	101A	203C	303C	403C	5331D
103C	203C	303C	403C	5321D	103C	203B	303B	403B	
103B					103B				
104C					105C				
104B									
*may only use one of these dive numbers									
PLATFORM									
Plat	Dive #	Plat	Dive #	Plat	Dive #	Plat	Dive #	Plat	Dive #
5m, 7.5m	101C /B	5m, 7.5m	201C	5m, 7.5m	301C	5m, 7.5m	401C/B	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	5231D
7.5m	105B	5m, 7.5m	205C					5m, 7.5m	5132D

GROUP C BOYS & GIRLS

Age specification: C1 - born 2011, C2 – born 2010

NATIONAL QUALIFICATION (NQ) EVENTS

1m	3m	Platform
<p>Divers perform eight (8) dives as presented in Table 4:</p> <ul style="list-style-type: none"> • Dive order, dives and DD's are as presented in Table 4 & 5 • Where there is a choice of dives within a dive order, the diver must select one of the dives • Dive number 5-6-7-8: Divers must choose four (4) dives of the dives listed. The four (4) dives must be from four (4) different dive groups. Only one or none can be 202C, 302C, 402C • All dives must be a different dive number 	<p>Divers perform eight (8) dives as presented in Table 4:</p> <ul style="list-style-type: none"> • Dive order, dives and DD's are as presented in Table 4 & 5 • Where there is a choice of dives within a dive order, the diver must select one of the dives • Dive number 5-6-7-8: Divers must choose four (4) dives of the dives listed. The four (4) dives must be from four (4) different dive groups. • All dives must be a different dive number 	<p>Divers perform eight (8) dives as presented in Table 4:</p> <ul style="list-style-type: none"> • Dive order, dives and DD's are as presented in Table 4 & 5 • Where there is a choice of dives within a dive order, the diver must select one of the dives • Dive number 6-7-8: Divers must choose three (3) dives of the dives listed. The three (3) dives must be from three (3) different dive groups • Divers may use 5m or 7.5 m platform only as indicated in Table 4 or 5 (NOTE: if only one platform is indicated for a specific dive, only that platform may be used) • All dives must be a different dive number

TABLE 4 - GROUP C1 NATIONAL QUALIFICATION (NQ) DIVE CHART

C1 - 1m		C1 - 3m		C1 - Platform	
1	401B or 401A	1.6 1.9	1	401B or 401A or 403C or 403B	1.6 1.9
2	101B or 103C or 103B	1.6	2	101B or 103C or 103B	1.6
3	201C	1.6	3	201C	1.6
4	301C	1.6	4	301C	1.6
5 6, 7, & 8	103C or 103B or 5122D or 5221D or 5321D or 202C* or 302C* or 402C*	1.6	5 6, 7, & 8	103C or 103B Or 5132D or 5231D or 5331D or 105C or 105B or 203C or 303C or 403C OR 403B	1.6 1.9
	104C or 104B or 105C or 203C or 303C or 403C or 5132D or 5231D or 5331D	1.9		6, 7, & 8	103C or 103B or 105C or 105B or 203C or 303C or 403C or 403B or 5231D or 5132D
*May only do a maximum of one (1) of these					

TABLE 5 - GROUP C2 NATIONAL QUALIFICATION (NQ) DIVE CHART											
C2 - 1m			C2 - 3m			C2 - Platform					
1	401A	1.9		1	401B or 401A or 403C or 403B	1.6 1.9		1	5m, 7m	401B or 403C or 403B	1.6 1.9
2	101B or 103C or 103B	1.6		2	101B or 103C or 103B	1.6		2	5m, 7m	101B or 103C or 103B	1.6
3	201C or 201B	1.6		3	201C or 201B	1.6		3	5m, 7m	201C or 201B	1.6
4	301C or 301B	1.6		4	301C or 301B	1.9		4	5m, 7m	301C or 301B	1.6
5	5122D or 5221D or 5321D or	1.6		5	5231D or 5132D or 5331D	1.9 1.6		5	5m, 7m	600A OR 612B OR 622C OR 622B	1.9
	5132D or 5231D or 5331D	1.9									
6	103C or 103B or	1.6		6, 7, & 8	103C or 103B or	1.6		6, 7, & 8	5m, 7m	103C or 103B or	1.6
	104C or 104B or 105C	1.9									
7	203C or 303C	1.9	203C or 203B or 303C or 303B or 403C or 403B or 105C or 105B		1.9	105C or 105B or 203C or 203B or 303C or 403C or 403B or 5231D OR 5132D	1.9				
8	403C	1.9									

National Qualification Standard – Group C1 & C2

- The diver must make the qualification score with the preliminary Dive list identified in Table 4 & Table 5
- In order to be fully qualified for an event (1m, 3m or platform) for Junior Nationals, a diver must:
 - ✓ Achieve the National Standard once in each event
 - ✓ If an athlete qualifies in 2 events, the athlete is automatically qualified on all 3 events
 - ✓ If an athlete qualifies on 3m, the athlete is automatically qualified on 1m

	GIRLS C1	BOYS C1	GIRLS C2	BOYS C2
1m	235	235	240	240
3m	235	235	240	240
Platform	235	235	240	240

GROUP C BOYS & GIRLS STING CHAMPIONSHIP (SC) EVENTS

1m	3m	Platform
<ul style="list-style-type: none"> Divers perform eight (8) dives Dives must be selected from Table 6 Must be eight (8) different dive numbers 	<ul style="list-style-type: none"> Divers perform eight (8) dives Dives must be selected from Table 6 Must be eight (8) different dive numbers 	<ul style="list-style-type: none"> Divers perform seven (7) dives Dives must be selected from Table 6 Must be seven (7) different dive numbers
<p>First four (4) dives:</p> <ul style="list-style-type: none"> Four (4) groups must be represented Each dive assigned a DD of 1.6 with the exception of 5231D, 5132D, 5331D which have an assigned DD of 1.9 One (1) dive can be 202C, 302C, 402C 	<p>First four (4) dives:</p> <ul style="list-style-type: none"> Four (4) groups must be represented Each dive assigned a DD of 1.6 with the exception of 403C, 403B, 5231D, 5132D, 5331D which have an assigned DD of 1.9 	<p>First four (4) dives:</p> <ul style="list-style-type: none"> Four (4) groups must be represented Each dive assigned a DD of 1.6 with the exception of 403C, 403B, 5231D, 5132D, 5331D which have an assigned DD or 1.9
<p>Last Four (4) dives:</p> <ul style="list-style-type: none"> Four (4) groups must be represented FINA DD used No DD limit 	<p>Last Four (4) dives:</p> <ul style="list-style-type: none"> Four (4) groups must be represented FINA DD used No DD limit 	<p>Last Three (3) dives:</p> <ul style="list-style-type: none"> Three (3) groups must be represented FINA DD used No DD limit

TABLE 6 - GROUP C STING CHAMPIONSHIPS DIVE CHART

1M					3M				
101C	201C	301C	401C	5122D	101C	201C	301C	401C	5132D
101B	202C*	302C*	401B	5132D	101B	201B	301B	401B	5231D
103C	203C	303C	401A	5221D	103C	203C	303C	403C	5331D
103B	202B	303B	402C*	5223D	103B	203B	303B	403B	5233D
104C			403C	5231D	105C	205C	305C	405C	5333D
104B			403B	5331D	105B				5134D
105C				5233D					
105B				5333D					
				5134D					
*may only use one of these dive numbers									
PLATFORM									
Plat	Dive #	Plat	Dive #	Plat	Dive #	Plat	Dive #	Plat	Dive #
5m, 7.5m	101C /B	5m, 7.5m	201C	5m, 7.5m	301C	5m, 7.5m	401C/B	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

GROUP B BOYS & GIRLS

Age specification: born 2008 or 2009

NATIONAL QUALIFICATION/STING CHAMPIONSHIP EVENTS

Boys & Girls B 1 metre	Total nine (9) dives	All dives must be a different dive number No foot first entries except *
	First five (5) dives	
	Last four (4) dives	Four (4) groups must be represented One (1) dive must be from group 100 or 400 One (1) dive must be from group 200 or 300 No DD limit
*May use a maximum of two (2) dives with a foot first entry from this list:		
		104C or 104B
		5221D or 5223D
		5122D or 5124D
		5321D or 5322D

Boys & Girls B 3 metre	Total nine (9) dives	All dives must be a different dive number No foot first entries are permitted
	First five (5) dives	
	Last four (4) dives	Four (4) groups must be represented One (1) dive must be from group 100 or 400 One (1) dive must be from group 200 or 300 No DD limit

Girls B Platform	Total seven (7) dives	All dives must be a different number Five (5) groups must be represented in the seven (7) dives No foot first entries are permitted
	First four (4) dives	
	Last three (3) dives	Three (3) groups must be represented One (1) dive must be from group 100 or 400 One (1) dive must be from group 200 or 300 No DD limit

Boys B Platform	Total eight (8) dives	All dives must be a different number Five (5) groups must be represented in the eight (8) dives No foot first entries are permitted
	First four (4) dives	
	Last four (4) dives	Four (4) groups must be represented One (1) dive must be from group 100 or 400 One (1) dive must be from group 200 or 300 One (1) dive must be from group 600, 6000 or 5000 No DD limit

National Qualification Standard – Group B

- In order to be fully qualified for an event (1m, 3m or platform) for Junior Nationals, a diver must:
 - ✓ Achieve the National Standard once in each event
 - ✓ If an athlete qualifies in 2 events, the athlete is automatically qualified on all 3 events
 - ✓ If an athlete qualifies on 3m, the athlete is automatically qualified on 1m

	GIRLS	BOYS
1m	295	305
3m	310	320
Platform	230	270

GROUP A BOYS & GIRLS

Age specification: born 2005, 2006 or 2007

NATIONAL QUALIFICATION/STING CHAMPIONSHIP EVENTS

Boys & Girls A 1 metre	Total ten(10) dives	All dives must be a different dive number
		No foot first entries except *
	First five(5) dives	Five (5) groups must be represented
		DD limit of 9.0
	Last five (5) dives	Five (5) groups must be represented
		No DD limit
	*May use a maximum of one (1) dives with a foot first entry from this list:	
		104C or 104B
		5223D, 5124D or 5323D

Boys & Girls A 3 metre	Total ten (10) dives	All dives must be a different dive number
		No foot first entries are permitted
	First five (5) dives	Five (5) groups must be represented
		DD limit of 9.5
	Last five (5) dives	Five (5) groups must be represented
		No DD limit

Girls A Platform	Total eight (8) dives	All dives must be a different number
		Five (5) groups must be represented in the eight (8) dives
		No foot first entries are permitted
	First four (4) dives	Four (4) groups must be represented
		DD limit of 7.6
	Last four (4) dives	Four (4) groups must be represented
		One (1) dive must be from group 100 or 400
		One (1) dive must be from group 200 or 300
		One (1) dive must be from group 600, 6000 or 5000
		No DD Limit

Boys A Platform	Total nine (9) dives	All dives must be a different number
		Six (6) groups must be represented in the eight (8) dives
		No foot first entries are permitted
	First four (4) dives	Four (4) groups must be represented
		DD limit of 7.6
	Last five (5) dives	Five (5) groups must be represented
		No DD limit

National Qualification Standard – Group A

- In order to be fully qualified for an event (1m, 3m or platform) for Junior Nationals, a diver must:
 - ✓ Achieve the National Standard once in each event
 - ✓ If an athlete qualifies in 2 events, the athlete is automatically qualified on all 3 events
 - ✓ If an athlete qualifies on 3m, the athlete is automatically qualified on 1m

	GIRLS	BOYS
1m	345	360
3m	380	385
Platform	290	340

OPEN MEN'S & WOMENS

NATIONAL QUALIFICATION/STING CHAMPIONSHIP EVENTS

1m & 3m Women	1m & 3m Men	Platform Women	Platform Men
General: <ul style="list-style-type: none"> • Divers perform five (5) dives • FINA DD • All dives must be of a different dive number • Five (5) groups must be represented 	General: <ul style="list-style-type: none"> • Divers perform six (6) dives • FINA DD • All dives must be of a different dive number • Five (5) groups must be represented 	General: <ul style="list-style-type: none"> • Divers perform five (5) dives • FINA DD • All dives must be of a different dive number • Five (5) groups must be represented 	General: <ul style="list-style-type: none"> • Divers perform six (6) dives • FINA DD • All dives must be of a different dive number • Five (5) groups must be represented

National Qualification Standard – Open

- In order to be fully qualified for an event (1m, 3m or platform) for Senior Nationals, a diver must:
 - ✓ Achieve the 100% standard in one competition

	WOMEN	MEN
1m	210	260
3m	245	330
Platform	245	330

ACCOMMODATION

Elk Lake Inn – IHG Hotels & Resorts

(formerly Howard Johnson Hotel & Suites)

4670 Elk Lake Drive

Victoria, BC

www.elklakeinn.com

Located Next Door to the Pool!

RATE

\$TBA/night (Double)

\$TBA/night (Single)

(Sorry! Kitchenettes are no longer available at this hotel)

RESERVATIONS

[Online reservations link TBA](#)

Accent Inn

3233 Maple Street

Victoria, BC

www.accentinns.com

6 minute drive to the pool, located near restaurants and Mayfair Shopping Mall

RATE

\$189/night (Double)

\$209/night (Double + Kitchenette)

RESERVATIONS

For individual reservations call **1-800-663-0298** and quote GROUP ID 6224335 “Marc LePoole’s Sting”.

All reservations will need to be made prior to **release date of February 8**

Individuals can still cancel up to 72 hours prior to arrival

MARC LEPOOLE'S STING 2023

SCHEDULE OF EVENTS

WEDNESDAY, MARCH 8			
11:15am – 1:00pm	Open Practice (Dryland available at 10:15am)		
4:00pm – 7:00pm	Open Practice (Dryland available at 3:30pm)		
THURSDAY, MARCH 9			
11:15am – 12:30pm	Open Practice (Dryland available at 10:15am)		
4:00pm – 7:00pm	Open Practice (Dryland available at 3:30pm)		
FRIDAY, MARCH 10			
7:30am – 8:30am	Open Practice (Dryland available at 7:00am)		
8:30am – 8:55am	Closed Practice for first event		
9:00am		Girls & Boys E 3 metre	
			Girls & Boys D1/D2 Platform (NQ)
	Girls & Boys C1/C2 1 metre (NQ)		
			Girls & Boys D Platform (SC)
	Girls & Boys C 1 metre (SC)		
	Boys A 1 metre (SC)	Girls A 3 metre (SC)	
	Boys B1 metre (SC)	Girls B 3 metre (SC)	
	Men's Open 1 metre (SC)	Women's Open 3 metre (SC)	
SATURDAY, MARCH 11			
7:30am – 8:30am	Open Practice (Dryland available at 7:00am)		
8:30am – 8:55am	Closed Practice for first event		
9:00am	Girls & Boys E 1 metre		
	Girls & Boys D1/D2 1 metre (NQ)	Girls & Boys C1/C2 3m (NQ)	
	Girls & Boys D 1 metre (SC)	Girls & Boys C 3m (SC)	
			Girls & Boys A Platform (SC)
			Girls & Boys B Platform (SC)
			Women's & Men's Open Platform (SC)
SUNDAY, MARCH 12			
7:30am – 8:30am	Open Practice (Dryland available at 7:00am)		
8:30am – 8:55am	Closed Practice for first event		
9:00am			Girls & Boys C1/C2 Platform (NQ)
		Girls & Boys D1/D2 3 metre (NQ)	
			Girls & Boys C Platform (SC)
		Girls & Boys D 3 metre (SC)	
	Girls B 1 metre (SC)	Boys B 3 metre (SC)	
	Girls A 1 metre (SC)	Boys A 3 metre (SC)	
	Women's Open 1 metre (SC)	Men's Open 3 metre (SC)	

*NQ = National Qualifying Events

*SC = Sting Championships Events

MARC LEPOOLE'S STING 2023- NATIONAL QUALIFICATION EVENTS REGISTRATION FORM

Club:		Coach:				Telephone:					
Address:							E-mail:				
				Age Group Events			Open Events			Fees	\$\$\$
Diver's Name	Age Group*	M	F	1m	3m	plat	1m	3m	plat	See fee schedule	TOTAL
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
GRAND TOTAL											

• PLEASE INDICATE C1 or C2 OR D1 or D2

DEADLINE FOR ENTRIES: **WEDNESDAY, FEBRUARY 22, 2023**

4636 Elk Lake Drive
 Victoria, British Columbia
 CANADA V8Z 5M1

tel:250-479-0330
 e-mail: boardworksinfo@shaw.ca

MARC LEPOOLE'S STING 2023 – STING CHAMPIONSHIP EVENTS REGISTRATION FORM

Club:		Coach:					Telephone:				
Address:							E-mail:				
				Age Group Events			Open Events			Fees	\$\$\$
Diver's Name	Age Group	M	F	1m	3m	plat	1m	3m	plat	See fee schedule	TOTAL
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
GRAND TOTAL											

DEADLINE FOR ENTRIES: **WEDNESDAY, FEBRUARY 22, 2023**

4636 Elk Lake Drive
 Victoria, British Columbia
 CANADA V8Z 5M1

tel: 250-479-0330
 e-mail: boardworksinfo@shaw.ca