



DIVING
PLONGEON
CANADA



DIVING PLONGEON CANADA
and
REVOLUTION DIVING CLUB

present the

2024 WINTER SENIOR NATIONAL DIVING CHAMPIONSHIPS

Winnipeg, MB

December 15th to 17th, 2023

diving.ca

GENERAL INFORMATION

The 2024 Winter Senior National Diving Championships are sanctioned by Diving Plongeon Canada and Dive Manitoba and hosted by Revolution Diving Club.

Dates	December 15th to 17th 2023
Facility	Pan Am Pool 25 Poseidon Bay, Winnipeg, MB R3M 3E4 Website +1 (204) 986-5890
Competition Director	Sarah Mayer smayer@diving.ca
Co-Meet Managers	Wil Hedges and Marie-Pier Berman
Technical Chair	Mitch Geller
Meet Referee	Ainsley Oliver

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COMPETITION FORMAT

- Events held at this championship will include individual (men and women) 1M springboard, 3M springboard, and platform. There will NOT be synchro events.
- For all events, men will perform 6 dives and women will perform 5 dives as per Diving Canada rules.
- There will be a preliminary and a final.
- The top 8 divers from the prelims will advance to the final.
- For each segment of the competition, the divers score will start at "0" points.

SELECTION MEET

This WSN will be the trials event for several international opportunities.

1. Rostock International Competition, Jan 2024.
2. World Aquatic Championships, Feb 2024.
3. Canada Cup, May 2024 (partially used for selection).

All selection criteria can be found on the Coaches Corner after October 1.

ENTRANCE CRITERIA, SENIOR POINT STANDARDS & QUALIFICATION

To enter an event at the 2024 WSN, a diver shall have qualified on the basis of one (1) or more of the following criteria.

- Members of the current senior national team are qualified to compete in all events.
- A diver placing in the top-8 in any given event in any of the senior national championships or special senior trials events during the current and previous diving season will be qualified for that event.
- Divers who have equaled or surpassed the current season's senior national qualification standard in any given event at any designated qualifying competition held during the eighteen (18) months prior to the scheduled first day of national competition will be qualified for that event.
 - Women = 230 points on 3M and/or platform and 210 points on 1M
 - Men = 330 points on 3M and/or platform and 310 points on 1M
- Divers placing in the top-2 at a provincial senior qualification competition in their OWN province will be qualified for that event.
- Canadian divers in the NCAA program that have not qualified under 1 to 4 above, must apply to Diving Plongeon Canada for qualification for the national championships. To be considered, the diver must have qualified for their university zones/division championships in the current year and must submit their dive sheets and scores to the Diving Plongeon Canada office. DPC's Technical Leadership will make a decision on the diver's qualification. Please submit requests to andree@diving.ca and smayer@diving.ca.

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The qualified athlete list will be made available [HERE](#).

(on diving.ca > Resources > Athletes > Junior and Senior Qualified Athletes).

Please contact Sarah Mayer for any missing divers or mistakes on the list.

The following dives will not be permitted in lists at Senior National Championships:

3M and PLAT	101, 103, 201, 301, 401, 403
1M	101, 103, 201, 301, 401, 102, 202, 302, 402, 5221, 5122, 5321

COACH CERTIFICATION REQUIREMENTS FOR JUNIOR/SENIOR NATIONAL CHAMPIONSHIPS AND TRIALS EVENTS

Coach Certification Status	Pool and Dryland Coaching Access
Considered a 'Certified Responsible Coach': <ul style="list-style-type: none"> • Competition Introduction - DPC screened and certified coach • NCCP Level 2 Certified plus MED and DPC screened coach 	Permitted to coach at national championships/trials without restrictions.
Considered a 'coach-in-training': <ul style="list-style-type: none"> • Competition Introduction - DPC screened coach with a locker status of "In training" and completed MED or <ul style="list-style-type: none"> • A Competition Introduction - DPC screened coach with a "trained" status and completed MED training 	May apply for a one-time exemption to be able to attend a national event with a Certified Responsible Coach. The Certified Responsible Coach is required to be on pool deck and in dryland training with the coach-in-training during training/competition at all times.
Non-NCCP certified Instruction Beginner Pre-Diving levels	Not permitted to coach at a national championships/trials. No possibility of exemptions.

If a coach from your club does not meet the required standard for a Certified Responsible Coach and instead falls within the possibility of obtaining a one-time exemption as a coach-in-training, please fill in the declaration form, which you can **download HERE**, and submit to Tracy (tracy@diving.ca) at least two weeks in advance to be considered for an exemption.

Failure to submit the form within the specified timeframe or attending a national championships or trials without a written exemption, will immediately disqualify the coach from being admitted as a coach-in-training on pool deck or within dryland areas.

The Certified Responsible Coach will need to provide direct supervision and take full responsibility for the actions of the coach-in-training while attending a national championships or trials, including, without limitation, in all diving-related activities on pool deck and in dryland training. The Certified Responsible Coach will be required to sign a release form declaring that they will take on the responsibility and assume liability for the coach-in-training at the event.

REGISTRATION

MUST BE SUBMITTED BEFORE DECEMBER 5TH

****NEW** Registration will be made via H2OREG via the link below:**
<https://h2oreg.com/#!/events/971-championnats-nationaux-seniors-dhiver-2024-winter-senior-national-championships>

Please contact neris@diving.ca if you are having trouble with registration or need to make changes to your registration form submitted.

Note. Declaration of status Visitor and Exhibition must be made upon registration and could be penalized by the late entry fee if not declared in time.

PAYMENTS

MUST BE MADE BEFORE DECEMBER 5TH

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Registration Fee	\$85.00 per diver
Entry Fee	\$85.00 per diver per individual event
Entries and Payments received after the deadline will be assessed a \$250.00 late fee per diver payable to DPC (as per DPC rules).	

Payment can be made by:

- Through H2O by credit card when doing your registration (fees will apply at check-out).
- Cheque payable to Diving Plongeon Canada (if payment is made by cheque, please send an email to Sarah Mayer to notify her).
- E-transfer to joanne@diving.ca (if prompted please use "WSN" as the answer to the security question). Please enter club, athlete names and events in the description.

Please contact neris@diving.ca for any question/concern regarding payments.

STATEMENT OF DIVES

MUST BE SUBMITTED BEFORE 10AM ON DECEMBER 14TH

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach edition, **version 17.3** or higher). Download the new version [HERE](#). **Please submit only ONE file per club.** Dive lists can also be submitted by each athlete via the online Dive Sheet Generator available [HERE](#).

If you are having issues submitting your dive lists, contact smayer@diving.ca.

RULE REMINDERS REGARDING STATEMENT OF DIVES FOR ALL CANADIAN NATIONAL EVENTS

Deadline for submission of statement of dives	The statement of dives shall be submitted no later than 24 hours before the posted start time of the first event of the competition. Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.
Deadline for dive list change before an individual preliminary event	In individual preliminary events, no changes to the statement of dives shall be permitted within 1 hour of the posted start time of the competition, subject to CD 6.3.1.
Deadline for dive list change after an individual preliminary event for the finals	In all semi-final or final competitions, the diver or the diver's representative may change the statement of dives before the commencement of any semi-final or final of the competition, provided the amended statement is lodged with the Competition Secretariat, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the previous submission.
Deadline for dive list change before a final synchro or team event	In synchronized or team final events, if a diver substitution is accepted within the prescribed time, a change in the statement of dives shall be permitted provided the change is lodged with the Competition Secretariat at least one (1) hour before the posted start time.

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Please refer to the rules on our website [HERE](#) for more details.

The diver and the diver's representative are responsible for the accuracy of the statement in the list.

RULES

The **new DPC Competition Regulations** (also available under Resources > Rule book) shall be the official rules for this event. Any decisions made at this championship by the Jury of Appeal shall be final. The Competition Regulations and DPC Appeal Rules are also available on our **website**.

For club points and senior qualification scores, diver scores and rankings used will be based on 1st to 8th in the finals.

Non-Canadians and divers with other sports nationalities are eligible to compete in finals but cannot displace Canadian citizens.

JUDGING

Level 4 and 5 judges have been assigned to judge at the event. Local judges may be present on deck to shadow judge and observe. Event Referees will wear red tops and use electronic whistles. All judges will be required to wear white tops, black bottoms, and dark shoes. For finals long black pants are mandatory.

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Please direct all judging questions and concerns to the meet referee.

RESULTS & WEB BROADCAST

The full results booklet will be available on www.diving.ca the week following the event. Diving Plongeon Canada will be providing live internet results and video throughout the competition. Live results and video can be accessed through www.diving.ca and a web broadcast will be available through www.CBCsports.ca.



WEB BROADCAST
HERE



LIVE RESULTS
HERE
LIVE VIDEO
HERE



DIVING
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RESULTS BOOKLET
HERE
after the event

AWARDS & MEDALS

We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshaling/athlete presentations, towels are not permitted. A full outfit (including pants, shorts, or leggings) is strongly recommended. There will be athlete presentations for all finals right before the first dive of each event.

Awards to be given:

- Top-3 overall in individual events
- National championship banner (based on club points listed in the [new rules](#))
- Beverly Boys Award
 - The criteria for the Bev Boys Award combines the results of both WSN and SSN each year. The award will be presented at the SSN.

DOPING

Doping control procedures may be in place at the competition.

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Divers are responsible for bringing a photo ID (passport, school card), in case they get selected for doping control. A photocopy saved on their phone could be used. Divers are also responsible for any medication/supplement they are taking. Please check [GlobalDro](#) and follow the steps to verify if your medication is not allowed. If this is the case, please contact ivonne@diving.ca to learn what needs to be done.

OTHER USEFUL RESOURCES

DPC website > Resources > Athletes > Anti-doping program

Canadian Centre for Ethics in Sport > Anti-doping > The Prohibited list

Canadian Centre for Ethics in Sport > Anti-doping > Medical Exemptions

Canadian Centre for Ethics in Sport toll free line at +1 (800) 672-7775

MEETINGS

Technical Meeting

Thursday, December 14th at 18:00 at the pool

Officials Meeting

Friday, December 15th at 08:30 at the pool

MEET HOTEL

Winnipeg Airport Hampton Inn by Hilton

730 Berry Street. Winnipeg, MB R3H 0S6

- 2-mins from airport, 15-mins to the pool, 5-mins drive to shopping centre
- Full-Breakfast included

\$132.00 for a king bed OR two queen beds and \$142.00 for a king bed with a sofa bed
Booking reservation details can be found [HERE](#).

HOSPITALITY

Food for Coaches, Staff, Officials and Volunteers

Lunch, snacks, and beverages will be provided on competition days at the pool.
Bring your own re-usable water bottle and coffee mug.

Food for Athletes

Athletes will be required to provide their own meals and snacks.
Bring your own re-usable water bottle.

- See some nearby restaurants from the Pan Am Pool [HERE](#).
- See some nearby grocery stores from the Pan Am Pool [HERE](#).
- See some nearby restaurants from the Meet Hotel [HERE](#).
- See some nearby grocery stores from the Meet Hotel [HERE](#).

MEDICAL SERVICES

First aid will be available at the competition venue during training and competition days for divers. Lifeguards will be onsite at the competition venue to provide first aid during training and competition. Ice will be available at the competition venue for the treatment of injuries.

CLOSEST HOSPITALS		CLOSEST WALK-IN CLINIC	
Saint-Boniface Hospital	13mins drive from/to the pool 409 Tache Ave, Winnipeg, MB R2H 2A6 Website	Sunshine Medical Clinic	4mins drive from/to the pool 1000 Taylor Ave, Winnipeg MB R3M 3Z4 Website
Victoria General Hospital	15mins drive from/to the pool 2340 Pembina Hwy, Winnipeg MB R3T 2E8 Website		

DRAFT SCHEDULE

Monday December 11th	13:00 – 17:00	Open Training
Tuesday December 12th	09:00 – 12:00 14:00 – 18:00	Open Training
Wednesday December 13th	09:00 – 12:00 14:00 – 18:00	Open Training
Thursday December 14th	09:00 – 12:00 14:00 – 18:00	Open Training
Friday December 15th	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	Women – 1m – Prelim Men – 3m – Prelim Women – 1m – Final Men – 3m – Final
Saturday December 16th	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	Men – 1m – Prelim Women – 10m – Prelim Men – 1m – Final Women – 10m – Final
Sunday December 17th	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	Women – 3m – Prelim Men – 10m – Prelim Women – 3m – Final Men – 10m – Final

*The schedule is subject to changes. A detailed schedule will be sent out once registration is received.

**Dryland is available one hour prior to posted pool times.

SPORTITY | LIVE EVENT INFORMATION



The banner features a purple and pink gradient background. In the top left is the Sportity logo, a stylized 'S' in a blue square. To its right is the word 'Sportity' in a white, cursive font. Below this, the text 'For direct event information please download the Sportity app and insert this password:' is written in white. A large white rounded rectangle in the center contains the word 'Winnipeg' in a bold, black, sans-serif font. Below the rectangle, the text 'Sportity app is available in' is followed by two app store logos: 'Available on the App Store' and 'Get it on Google play'. Under each logo is a QR code. The website 'www.sportity.com' is written in white at the bottom left of the banner.

 *Sportity*

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Winnipeg

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