

**INVITATION TO
THE POLAR BEAR CLASSIC
SPRINGBOARD AND PLATFORM
DIVING COMPETITION**



FEBRUARY 23-25, 2024

**Pan Am Pool, 25 Poseidon Bay,
Winnipeg, Manitoba, Canada**

Invitation to DIVE

Please join us this year for the annual Polar Bear Classic Diving Invitational, held in memoriam of lifelong supporter of the art and sport of diving, Vaughan Baird, at the historic Pan Am Pool in Winnipeg, Manitoba. For more information on Vaughan Baird's incredible contribution to diving, please visit www.divemanitoba.ca.

The Pan Am Pool was built for the 1967 Pan Am Games and was the first Olympic-sized indoor facility in Canada. Winnipeg hosted a second Pan Am Games, and the pool underwent a major facelift in preparation for hosting the 1999 Pan Am Games. The Pan Am Pool completed more renovations, including construction of a brand-new dryland training room, prior to hosting the 2017 Canada Summer Games, as well as new audio systems and roofing in 2018.

Facilities include three 1-metre springboards, two 3-metre springboards and 3-metre, 5-metre, 7.5-metre and 10-metre platforms, all wide enough for synchronized diving. Dryland includes two trampolines, two dry boards, somersaulting platform and bouncy floor.

REVOLUTION DIVING is excited to welcome you to our competition.
Alternate between the pool and the snow... join us at the Polar Bear Classic!

Sincerely,
Revolution Staff & Volunteers

P.S. Don't forget to pack your mittens! ☺

COMPETITION INFORMATION

DATE: February 23-25, 2024

HOST CLUB: REVOLUTION DIVING
MEET MANAGER: Marie-Pier Berman
TECHNICAL DIRECTOR: Dallas Ludwick
EXECUTIVE DIRECTOR: Ken Stevens



LOCATION: Pan Am Pool, 25 Poseidon Bay, Winnipeg, Manitoba, CANADA

EVENTS: 2024 Canadian National Qualifier with sanctioned Age Group and Open events on 1-metre, 3-metre and platform (Diving Plongeon Canada Rules)
Novice events on 1-meter, 3-meter and platform

RULES: Diving Plongeon Canada Age Group Rules:
<https://diving.ca/wp-content/uploads/2023/11/CDAG-Age-Group-Dive-List-Requirements-Nov-22-2023-EN.pdf>
Novice event rules are laid out in this information package.
Age is determined by the diver's age as of December 31, 2024.
All events will be straight finals.

ENTRIES: Email registration to Technical Director at entries.revolutiondiving@gmail.com
Diver registration and event entries must be received by February 2, 2024

ENTRY FEES: \$60 registration fee per athlete (includes lunch for athletes)
\$50 per event

AWARDS: Medals will be awarded to the top three in each event
Ribbons will be presented to 4th – 8th in each event

DIVE SHEETS: Email dive sheets in advance to: entries.revolutiondiving@gmail.com
Dive sheets must be submitted a minimum of 24 hours prior to the event.
Changes to dive sheets must be submitted a minimum of 1 hour prior to the event's posted start time.
No new dive sheets will be accepted within one hour of the posted start time of the event.
For National Age Group A & B events, use "Group A", "Group B".
For National Age Group C & D, use "Group C2", "C1", "D2", "D1".
For Novice Level events, use suffix "Tier II" – eg. "Group A Tier II" for all age groups.

MEN'S & WOMEN'S OPEN EVENTS

	1 Meter	3 Meter	Platform
MALE	-6 dives from 5 directions -D.D. minimum 12.6	-6 dives from 5 directions -D.D. minimum 12.8	-6 dives from 6 directions -D.D. minimum 13.2
FEMALE	-5 dives from 5 directions -D.D. minimum 10.6	-5 dives from 5 directions -D.D. minimum 10.8	-5 dives from 5 directions -D.D. minimum 11.5

NOVICE LEVEL EVENTS

Novice level events follow rules set out by the western provinces for Age Group A, B, C, D and E. A diver may compete in a Novice level event as soon as they have the minimum dives required. A diver may compete in National level events and in Provincial and/or Novice events on different boards; but a diver cannot compete in both the National level event and the Provincial or Novice event on the same board.

Group E - 9 and under

1m (5 dives): 100A, 200A, 001B or 002A + 2 Dives* from 2 directions

3m (5 dives): 100B, 200A, 001D or 002D + 2 Dives* from 2 directions

Platform (5 dives): 100B, 200A, 001D or 002D + 2 Dives* from 2 directions

*Optional dives can be fall-ins.

*You can repeat a fall-in if it is in a different position.

Group D - 10 - 11

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

3m (5 dives): 001D or 002D, 2 dives with 3.8 d.d. limit, 2 dives no limit (3 Dir)

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

Group C - 12-13

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

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

Platform (5 dives): 001D or 002D + 4 dives (3 Dir)

Group B - 14-15

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

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

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

Group A - 16-18

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

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

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

Notes:

- Divers qualified for the Junior National Championships on any board are not eligible to compete in Novice events.
- All Jumps and Fall-ins are D.D. 1.0
- Above, dives specified as 'Dives' must not be jumps or fall-ins (except in Group E).
- Dives in position D means you can choose the position, but you must specify the choice.
- 001 = Front fall-in 002 = Back Fall-in D = choice of position, pos. must be specified

HOSPITALITY

Athletes and Parents:

- Lunch will be provided for athletes, cost is included in the diver registration fee
- Parents and guests can purchase lunch tickets for \$15 per day at the retail booth
- Snacks can be purchased throughout the day from the retail booth located at the canteen

Coaches and Judges:

- Coffee and tea will be provided for coaches and judges throughout the day
- Lunch will be provided for coaches and judges

COMPETITION SCHEDULE

Tentative schedule is attached.

The final event schedule will be provided after the registration deadline.
The technical director reserves the right to amend the schedule based on entries received.
Events may change time within the day they are scheduled, but we endeavor to keep the events on the day listed in the tentative schedule.

There will be a minimum of 10 minutes of practice between C1/2 & D1/2 events, when split.
There will be a minimum of 20 minutes of practice time prior to all events.

Events may run up to 30 minutes ahead of the final scheduled times.

Springboards will be open for practice during platform restricted practice times.
Platforms will be open for practice during springboard restricted practice times.

COACHES MEETING:

A brief coaches meeting will be held 10 minutes prior to the start of competition on Friday.
Please attend this short meeting with the Meet Referee at 8:50am!

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THURSDAY OPEN PRACTICE: 3:00 - 5:00 PM - DRY LAND: 2:00 PM (TO BE CONFIRMED)

FRIDAY, FEBRUARY 23, 2024

Event	Start Time	End Time	DRY-LAND OPEN 7:00 // OPEN PRACTICE 8:00-8:30 // BOARDS CLOSED FOR FIRST EVENT WARM-UP 8:30 - 9:00 AM		
1	9:00 AM		Practice Novice C & D		
			NOVICE C & D PLATFORM (C-/D-)		
2			Awards for previous events // Practice Girls & Boys D Platform		
			GIRLS & BOYS D1-D2 PLATFORM (D1-/D2-) competition separate 10 min warm up between D1/D2		
3			Awards for previous events // Practice Girls & Boys C Platform		
			GIRLS & BOYS C1-C2 PLATFORM (C1-/C2-) competition separate 10 min warm up between C1/C2		
4			Practice Girls B 1m	// Awards for previous events //	Practice Novice A & B 3m
			GIRLS B 1M (-)		NOVICE A & B 3M (A-/B-)
5			Practice E & Novice E Platform		
			E & NOVICE E PLATFORM (E-/NE-)		
6			// Awards for previous events //		
					Practice Girls A 3m
6					Practice Boys B 3m
			Practice Boys A 1m	// Awards for previous events //	BOYS B 3M (-)
			BOYS A 1M (-)		
7			// Awards for previous events //		
					Practice Open 3m
					OPEN 3M (.)

SATURDAY, FEBRUARY 24, 2024

Event	Start Time	End Time	DRY-LAND OPEN 7:00 // OPEN PRACTICE 8:00-8:30 // BOARDS CLOSED FOR FIRST EVENT WARM-UP 8:30 - 9:00 AM		
1	9:00 AM		Practice Novice C & D 1m		Practice Girls & Boys D 3m
			NOVICE C & D 1M (C-/D-)		GIRLS & BOYS D1-D2 3M (D1-/D2-)
2			Awards for previous events // Practice Girls & Boys B Platform		
			GIRLS & BOYS B PLATFORM (.)		
3			Practice Novice A/B 1m	// Awards for previous events //	Practice Boys A 3m
			NOVICE A/B 1M (A-/B-)		BOYS A 3M (-)
4			Practice Girls A 1m	// Awards for previous events //	Practice E & Novice E 3m
			GIRLS A 1M (-)		E & NOVICE E 3M (E-/NE-)
5			Practice Girls & Boys C 1m	// Awards for previous events //	
			GIRLS & BOYS C1-C2 1M (C1-/C2-)		
6			Practice Open 1m	// Awards for previous events //	
			OPEN 1M (.)		
7			// Awards for previous events //	Practice High Diving	// Awards for previous events //
				HIGH DIVING (.)	

SUNDAY, FEBRUARY 25, 2024

Event	Start Time	End Time	DRY-LAND OPEN 7:00 // OPEN PRACTICE 8:00-8:30 // BOARDS CLOSED FOR FIRST EVENT WARM-UP 8:30 - 9:00 AM		
1	9:00 AM		Practice E & Novice E 1m		Practice Girls & Boys C 3m
			E & NOVICE E 1M (E-/NE-)		GIRLS & BOYS C1-C2 3M (C1-/C2-)
2			// Awards for previous events //		
			Practice Girls & Boys A Platform		
			GIRLS & BOYS A PLATFORM (.)		
3			Practice Girls & Boys D 1m	// Awards for previous events //	Practice Novice C & D 3m
			GIRLS & BOYS D1-D2 1M (D1-/D2-)		NOVICE C & D 3M (C-/D-)
4			Practice Boys B 1m		
			BOYS B 1M (-)		
5			Practice Novice A & B		
			NOVICE A/B PLATFORM (A-/B-)		
6			Practice Open Platform		
			OPEN PLATFORM (.)		

C1/C2 and D1/D2 events will have a 10 minute warm-up between the two categories.
 Events may run up to 30 minutes ahead of scheduled time.