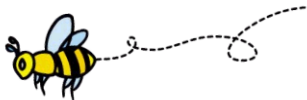


MARC LEPOOLE'S STING 2024

MARCH 15 - 17, VICTORIA, BC

MEET MANAGER	Lisa Boog
TECHNICAL DIRECTOR	Jorge Betancourt
DATES	Friday, March 15 - Sunday, March 17, 2024
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, 2024</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 **Monday, February 26, 2024**.
Entries may be mailed or e-mailed to:

BOARDWORKS
4636 Elk Lake Drive
Victoria, BC V8Z 5M1
Email: boardworksinfo@shaw.ca

ENTRY FEES

CDN\$50.00 Diver Registration Fee
CDN\$50.00 Event Fee per event (NQ & SC events count as one event)
Deck Entries are CDN\$55.00 per 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 2024 Marc LePoole's Sting will follow the Diving Plongeon Canada National dive requirements. For Groups A, B, C & D and Diving Plongeon Canada Group E and Open rules. Please click on the link [here](#) to view the Diving Plongeon Canada Junior Rules.

National Qualification events (NQ) events follow the DPC "Preliminaries" rules and Sting Championship (SC) events follow the DPC "Finals" rules for Groups C & D. Groups B & A will be Sting Championships events only and will follow the DPC Preliminaries rules. Open events follow Aqua rules.

Awards will be given for the Sting Championship events only.

Group E events will be a straight Sting Championships final at the 2024 Marc LePoole's Sting.

GROUP E EVENTS

Age specification: born 2015 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	

ACCOMMODATION

Holiday Inn – IHG Hotels & Resorts

(formerly Howard Johnson Hotel & Suites)

4670 Elk Lake Drive

Victoria, BC

Located Next Door to the Pool!

Accent Inn

3233 Maple Street

Victoria, BC

www.accentinns.com

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

MARC LEPOOLE'S STING 2024

SCHEDULE OF EVENTS

WEDNESDAY, MARCH 13			
11:15am – 1:00pm	Open Practice (Dryland available at 10:15am)		
4:00pm – 7:00pm	Open Practice (Dryland available at 3:30pm)		
THURSDAY, MARCH 14			
11:15am – 12:30pm	Open Practice (Dryland available at 10:15am)		
4:00pm – 7:00pm	Open Practice (Dryland available at 3:30pm)		
FRIDAY, MARCH 15			
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 16			
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 17			
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 2024- NATIONAL QUALIFICATION EVENTS REGISTRATION FORM

Club:		Coach:				Telephone:					
Address:							E-mail:				
							Open Events			Fees	\$\$\$
Age Group Events											
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: **MONDAY, FEBRUARY 26, 2024**
 E-mail: boardworksinfo@shaw.ca

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

MARC LEPOOLE'S STING 2024 – 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: **MONDAY, FEBRUARY 26, 2024**
 E-mail: boardworksinfo@shaw.ca

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