

2024 Alberta Winter Provincial Championships/Junior Team Trials

2024 Age Group National Qualifier &
Junior Teams Selection



www.divecalgary.ca

February 15-18, 2024

MNP Community and Sport Centre
2225 Macleod Trail, S
Calgary, Alberta

**2024 Alberta Winter Provincial Championships
February 15-18, 2024**

Hosting Club: Dive Calgary

Technical Director: Ashley Glessing
Meet Manager: Ruby Tang

Entry Fees:

\$60 registration fee per athlete (includes registration fee and official fee)
\$30 entry fee per event

Entry Deadline and Registration information: ****Thursday February 8th, 2024**

All entries must be sent to Dive Calgary by February 8th 2024:

Email: meet@divecalgary.ca (with the subject "2024 AB Winter Provincial registration")
Phone: 403-830-9463

Dive sheet deadlines are as follows:

- Thursday events are due Wednesday by **5:00 p.m.**
- Friday, Saturday and Sunday event dive sheets are due at 9am the day before the event.
- Changes to dive sheets may be made up to 1 hour prior to any given event, as per Diving Plongeon Canada rules.

Medals will be awarded to the top three in each event and the top three Albertans in each event. Ribbons will be awarded to 4th - 8th place.

Hospitality:

Dive Calgary always provides an excellent Hospitality Room! The Hospitality Room is available to divers, coaches and officials at no charge.
Hospitality Room will be located beside the result room behind the tower.

Facility: 4 one metre springboards
 4 three metre springboards
 3, 5, 7.5, 10 metre platforms with bubble machine
 Bubble machine under all platforms and 3 metre springboard
 Choice of a built-in sprayer system under each diving board or use

Rules:

[Age Group Dive List Requirements – Nov 22, 2023](#)

****Please note the 2024 Winter Provincials is a 4-day meet starting on Thursday (Feb 15) – Sunday (Feb 18)****

Age Groups:

Age of competitor will be determined by their age as of Dec 31, 2024

D1 – Divers born in 2014 or later

D2 – Divers born in 2013

C1 – Divers born in 2012

C2 - Divers born in 2011

B – Divers born in 2009 or 2010

A – Divers born in 2006, 2007 or 2008

- All events will be a straight final (no cuts)
- Springboard events will be run simultaneously.
- Each event will be given a minimum 20 minute warm-up prior to the start of the event, Springboards will be open practice during platform warm-ups and vice-versa.
- Events may run up to 1 hour ahead of the scheduled times. Please note that the attached event schedule is approximate. Once entries have been received, a revised schedule will be completed and distributed to teams upon their arrival.
- Divers may dive in one age group only with the following exception: E group divers may compete in Group D events as well.
- Age Group events will run in accordance to Age Group national rules. Lists must be performed with dives with limit followed by dives without limit.
- Senior event divers must meet the minimum DD requirement (see below)
- A revised schedule with updated times will be e-mailed out 2-3 days after the registration deadline as well as handed out upon arrival if needed.

Provincial events

- We will be running Provincial level events. Please see dive requirements for “Provincial (P1) rules”

Junior Dive Requirements and Rules

[Age Group Dive List Requirements – Nov 22, 2023](#)

Junior Qualifying Competitions

- All sanctioned qualifiers must be monitored by a DPC assigned meet referee.
- There must be a minimum of 2 National level judges (not including the meet referee) on each judging panel.
- Only divers using lists adhering to the junior national dive requirements will be eligible to compete in the national qualifier events.

<u>OPEN Rules</u>	<u>Number of optional dives</u>	<u>Minimum DD</u>
Womens Open 1m	5 optional dives	10.2 Minimum
Womens Open 3m	5 optional dives	10.5 Minimum
Womens Open Platform	5 optional dives	10.1 Minimum
Mens Open 1m	6 optional dives	12.1 Minimum
Mens Open 3m	6 optional dives	12.6 Minimum
Mens Open Platform	6 optional dives	12.4 Minimum

PROVINCIAL LEVEL

AGE GROUP RULES (PAG Rules)

PAG 1 FINA Rules of competition will apply in all age group competitions.

PAG 2 Age Categories

All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

PAG 3 Diving Events

PAG 3.1 Group A

PAG 3.1.1 Age: 16, 17, or 18 years on December 31st of the year of the competition.

PAG 3.1.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.0, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be covered. 5 metre, 7.5 metre and 10 metre platforms may be used.

PAG 3.2 Group B

PAG 3.2.1 Age: 14 or 15 years on December 31st of the year of the competition.

PAG 3.2.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.0, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. 5 metre, 7.5 metre and 10 metre platforms may be used.

PAG 3.3 Group C

PAG 3.3.1 Age: 12 or 13 years on December 31st of the year of the competition.

PAG 3.3.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.2, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. All five (5) groups must be covered.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 3 metre - 5 metre - 7.5 metre

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group. 3 metre, 5 metre and 7.5 metre platforms may be used, however a maximum of three (3) dives may be performed on the 3 metre platform. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0.

PAG 3.4 Group D

PAG 3.4.1 Age: 10 or 11 years and under on December 31st of the year of the competition.

PAG 3.4.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise six (6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise six (6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.7, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 3 metre or 5 metre

This competition shall comprise five (5) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and two (2) dives without limit of degree of difficulty, each dive selected from a different group. 3 metre and/or the 5 metre platforms may be used. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0.

PAG 3.5 Group E

PAG 3.5.1 Age: 9 years and under on December 31st of the year of the competition.

PAG 3.5.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise of six (6) different dives; two (2) dives including 100A with a hurdle and 200A, and four (4) dives selected from three (3) groups. All dives shall have a degree of difficulty of 1.8.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise of six (6) different dives; three (3) dives including 100B with a hurdle, 001B, 002A, and three (3) dives selected from three (3) groups. All dives shall have a degree of difficulty of 1.9.

Girls' and Boys' Platform - 3 metre - 5 metre

This competition shall comprise of six (6) different dives; three (3) dives including 100B, 001B, 002A, and three (3) dives selected from two (2) groups. 3 metre and 5 meter platforms may be used. All dives shall have a degree of difficulty of 2.0.

PAG 3.6 Age group combined Synchronized Diving

PAG 3.6.1 Age: 18 years and under on December 31st of the year of the competition.

PAG 3.6.2 Competition Format

Girls' and Boys' Synchronised Diving - 3 metre

This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

PAG 3.7 Special Rules applying to all Provincial Level Events

PAG 3.7.1 Age: 18 years and under on December 31st of the year of the competition.

PAG 3.7.2 Twisting Dives

On all Boards twisting dives with less than a minimum of one (1) somersault (511X, 521X, 531X, 541X) shall have degree of difficulty of 1.0.

PAG 3.7.3 3 metre Platform Dives

Dives on 3m Platform are all worth 1.0

PAG 3.7.4 Group E Degree of Difficulty

The special rules for Degree of Difficulty listed in PAG 3.7.2 and 3.7.3. above do not apply to Group E events. Group E degree of difficulty assignments are 1.8 for all dives on 1m, 1.9 for all dives on 3m and 2.0 for all dives on Platform.

PROVINCIAL LEVEL RULES

		<i>Total # of Dives</i>	<i>Required Dives</i>	<i>Optional Dives</i>	<i>Minimum # of Groups Covered</i>	<i>Special Rules</i>
GROUP A BOYS & GIRLS	<i>1M</i>	9	5 (9.0 D.D. limit)	4	5	
	<i>3M</i>	9	5 (9.5 D.D. limit)	4	5	
	<i>Plt</i>	8	4 (7.6 D.D. limit)	4	5	10m, 7.5m, 5m plat may be used
GROUP B BOYS & GIRLS	<i>1M</i>	8	5 (9.0 D.D. limit)	3	5	
	<i>3M</i>	8	5 (9.5 D.D. limit)	3	5	
	<i>Plt</i>	7	4 (7.6 D.D. limit)	3	4	10m, 7.5m, 5m plat may be used
GROUP C BOYS & GIRLS	<i>1M</i>	7	4 (7.2 D.D. limit)	3	5	
	<i>3M</i>	7	4 (7.6 D.D. limit)	3	4	
	<i>Plt</i>	6	4 (7.6 D.D. limit)	2	4	-3m, 5m and 7.5m platform may be used -Max 3 dives from 3m platform
GROUP D BOYS & GIRLS	<i>1M</i>	6	3 (5.4 D.D. limit)	3	3	
	<i>3M</i>	6	3 (5.7 D.D. limit)	3	3	
	<i>Plt</i>	5	3 (5.4 D.D. limit)	2	3	3m and 5m platform may be used
GROUP E BOYS & GIRLS	<i>1M</i>	6	2, must use: 100A with hurdle 200A	4 (from 3 groups)	3	All dives 1.8
	<i>3M</i>	6	3, must use: 001B 002A 100B with hurdle	3 (from 3 groups)	3	All dives 1.9
	<i>Plt</i>	6	3, must use: 001B 002A 100B	3 (from 2 groups)	2	-All dives 2.0 -3m and 5m platform may be used
BOYS & GIRLS Synchronized Diving	<i>3M</i>	5	2 (each assigned a D.D. of 2.0)	3	4	
Special Rules Applied to All Events	<ol style="list-style-type: none"> In all events, on all boards, twisting dives with less than a minimum of one (1) somersault (511X, 5211X, 5311X, 5411X) shall have degree of difficulty of 1.0. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0. The above D.D. special rules for degree of difficulty do not apply to E Group events. In Group E assigned D.D. is used for every dive: 1.8 on 1m, 1.9 on 3m and 2.0 on Platform. 					

HOST HOTELS

Hotel BlackFoot

5940 Blackfoot Trl SE, Calgary, AB T2H 2B5
8 mins drive from MNP Community and Sport Centre

2 queen bed \$152/night
Free Parking , Free Breakfast

Reservation cutoff date – Thursday, February 1, 2024

Booking

Please call Jane Douglas, Director of Sales and Corporate Relations at 403-259-1712 or jdouglas@hotelblackfoot.com for direct booking

Please specify the event as :”Alberta Winter Provincials & Dresden Cup Trials (Diving)”.

Calgary Marriott Downtown Hotel

110 9 Ave SE, Calgary, AB T2G 5A6
6 mins drive, 19 mins walk from MNP Community and Sport Centre

2 double beds \$177/night
Free Parking

Reservation cutoff date – Thursday, January 25, 2024

Booking

Please find reservation link below to make reservations

[Click Here: Book your group rate for 2024 Alberta Winter Provincials & Dresden Cup Trial”](#)

OR

Please call Marriott reservations at 1(800) 228-9290

Please include event “2024 Alberta Winter Provincials & Dresden Cup Trials (Diving)” when you call in.

OTHER THINGS TO DO!

Set dramatically between prairies and peaks, Calgary is a chic metropolis known for its western hospitality, sport culture, lively festivals, quirky arts scene, and innovative culinary experiences. Surrounded by incomparable natural beauty, Calgary is a place where you can explore wonders like the Canadian Rockies or Alberta Badlands by day and be back in time for dinner.

Visitor Guide

<https://www.visitcalgary.com/visitor-guide>



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be part of the energy™

Training Schedule

Tuesday February 13 & Wednesday February 14

Dryland 12-1pm ; 3-4pm

Water 1-3pm ; 4-7:30pm

Schedule - 2024 Alberta Winter Provincials

10-01-2024

Thursday

Start	Finish	<u>1 Metre - Comp Pool side</u>	<u>1 Metre - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	CLOSED practice	open practice	open practice	open practice	CLOSED practice
9:00 AM	10:00 AM			Girls D1	10 0:30	Girls C1
	0:10					10 1:00
10:10 AM	11:10 AM			Girls D2	10 0:45	Girls C2
	0:40	CLOSED practice	open practice	open practice	open practice	CLOSED practice
12:00 PM	2:00 PM	Girls B	20 1:45		Boys B	20 2:00
	0:30	CLOSED practice	open practice	open practice	open practice	CLOSED practice
2:30 PM	3:30 PM		Boys D1	10 0:30		Boys C1
	0:10					10 1:00
3:40 PM	4:40 PM		Boys D2	10 0:35		Boys C2
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
5:20 PM	7:20 PM		Girls A	20	Boys A	20 2:00

Friday

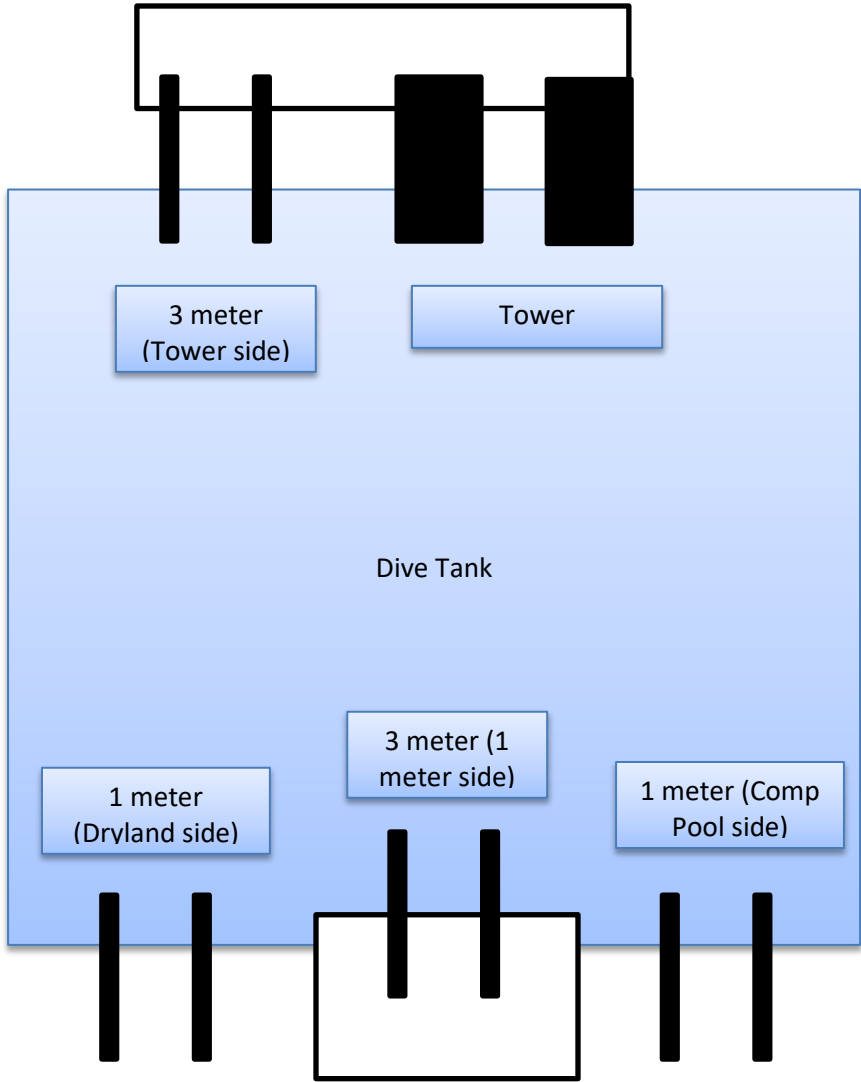
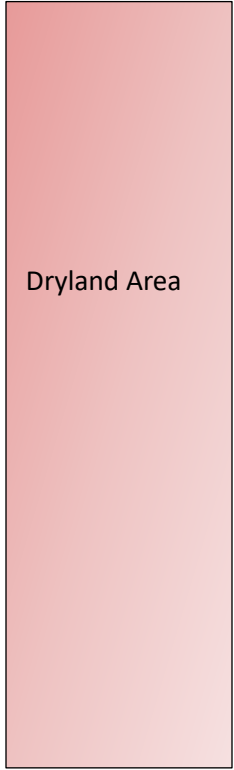
Start	Finish	<u>1 Metre - Comp Pool side</u>	<u>1 Metre - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	CLOSED practice	open practice	open practice	CLOSED practice	open practice
9:00 AM	10:10 AM	Girls C1	15 1:10		Boys C1	15 1:20
	0:10	CLOSED practice			CLOSED practice	
10:20 AM	11:30 AM	Girls C2	15 1:10		Boys C2	15 1:20
	0:40	open practice	CLOSED practice	open practice	open practice	CLOSED practice
12:10 PM			Girls D1	10 0:30		Girls B
	0:10					20 1:45
	1:55 PM		Girls D2	10 0:30		
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
2:35 PM	4:45 PM	Boys A	20 2:00		Girls A	20 2:10
	0:30	CLOSED practice	open practice	open practice	CLOSED practice	open practice
5:15 PM	5:45 PM	Boys/Girls C & D P1 & E	15 1:00		Boys D1	10 0:30
	0:10					
5:55 PM	6:25 PM				Boys D2	10 0:30
	0:30	open practice	CLOSED practice	open practice	open practice	CLOSED practice
6:55 PM	7:40 PM		Mens/Womens	5 0:20		Mix P1 A & B
						5

Saturday

<u>Start</u>	<u>Finish</u>	<u>1 Meter - Comp Pool Side</u>	<u>1 Meter - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	open practice	open practice	CLOSED practice	open practice	CLOSED practice
9:00 AM	9:40 AM					Girls D1 10 0:40
	0:10					
9:50 AM	10:45 AM					Girls D2 10 0:55
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
11:25 AM	12:10 PM	Boys C1 10	0:45		Girls C1 10	0:45
	0:10	CLOSED practice	open practice	open practice	CLOSED practice	open practice
12:20 PM	1:05 PM	Boys C2 10	0:45		Girls C2 10	0:45
	0:40	open practice	CLOSED practice	open practice	open practice	CLOSED practice
1:45 PM	4:00 PM			Boys/Girls C & D P1 & E 15	1:00	Boys A 20 2:15
	0:30	CLOSED practice	open practice	open practice	CLOSED practice	open practice
4:30 PM	6:30 PM		Mix P1 A & B 5			Boys B 20 2:00
	0:30					
7:00 PM	7:20 PM				Mens/Womens 5	0:20

Sunday

<u>Start</u>	<u>Finish</u>	<u>1 Meter - Comp Pool Side</u>	<u>1 Meter - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	open practice	CLOSED practice	open practice	open practice	CLOSED practice
9:00 AM	9:35 AM					Boys D1 10 0:35
	0:10					CLOSED practice
9:45 AM	10:30 AM					Boys D2 10 0:45
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
11:10 AM	1:10 PM	Boys B 20	1:45		Girls B 20	2:00
	0:40	open practice	open practice	CLOSED practice	open practice	CLOSED practice
1:50 PM	3:50 PM					Girls A 20 2:00
	0:30	open practice	open practice	CLOSED practice	open practice	CLOSED practice
4:20 PM	5:05 PM			Mix P1 A & B 5	0:30	Boys/Girls C & D P1 & E 15 1:00
	0:30					CLOSED practice
5:35 PM	6:00 PM					Mens/Womens 5 0:25



REGISTRATION FORM 2024 Albrta Winter Provincial

CLUB:							ENTRY DEADLINE: <u>February 8, 2023</u> (Entries received after will be charged an additional late fee, \$20.00/athlete) Please send Registration Form to: DIVE CALGARY via e-mail: meet@divecalgary.ca									
COACH(es):																
ADDRESS																
PHONE:																
EMAIL:							National		Prov/Prov						Total Fees	
				Indicate i.e D1, C2						Open			Registration (\$60)	Event (\$30/event)		
DIVERS'S NAME	Age Group	M	F	1m	3m	Plt	1m	3m	Plt	1m	3m	Plt				

Divers' Registration Fee: Number of Divers _____ x \$60 = _____
 Number of events _____ x \$30 = _____