



2024 Western Canadian Diving Championships

May 3-5, 2024

Lawson Aquatic Centre

Regina, SK

Thursday May 2, 2024		Open Practice: 2:30 - 4:00 PM (dryland 1:30 PM) Open Practice: 5:30 - 7:00 PM (dryland 4:30 PM)	
Friday May 3, 2024	1M	3M	Platform
7:30 - 9:00 AM	Open Practice	Open Practice	Closed Practice at 8:40
9 - 10 AM	Boys & Girls A		Boys & Girls D2 & D1
10 - 11 AM		Boys & Girls B	
11 - 12 PM	Men's & Women's Open		Boys & Girls C2 & C1
12 - 1 PM	Novice A, B Novice C, D	Boys & Girls E Novice E	
Until 5 PM		Open Practice	
Sat May 4, 2024	1M	3M	Platform
7:30 - 9:00 AM	Closed practice at 8:40	Closed Practice at 8:40	Open Practice
9:00 - 10 AM	Boys & Girls B	Boys & Girls C2 & C1	
10 - 11 AM			Boys & Girls E Novice E
11 - 12 PM	Boys & Girls D2 & D1	Boys & Girls A	
12 - 1 PM		Men's & Women's Open	Novice A, B Novice C, D
1 - 2 PM	C/D Mixed Synchro	A/B Mixed Synchro	
Until 5 PM		Open Practice	
Sunday May 5, 2024	1M	3M	Platform
7:30 - 9:00 AM	Closed Practice at 8:40	Open Practice	Closed Practice at 8:40
9 - 10 AM	Boys & Girls C2 & C1		Boys & Girls A
10 - 11 AM		Boys & Girls D2 & D1	
11 - 12 PM	Boys & Girls E Novice E		Boys & Girls B
12 - 1 PM	JD		Men's & Women's Open
1 - 2 PM		Novice A, B Novice C, D	

*There will be at least 20 minutes of closed/restricted practice before each event.

*Awards will be presented in the middle and at the end of each day.

*Tentative schedule: this may change depending on number of registrations

NATIONAL DIVE REQUIREMENTS

All DPC rules will apply to all National Qualifying events, please refer to the DPC Handbook & Rulebook.

GROUP E: Age: 9 years and under on December 31st of the year of the competition.

1m (6 dives)	Hurdle 100A, 200A & 4 dives (3 groups). All dives have a degree of difficulty of 1.8
3m (6 dives)	Hurdle 100B, 001B, 002A & 3 dives (3 groups). All dives have a degree of difficulty of 1.9
Plt (6 dives)	100B, 001B, 002A & 3 dives (2 groups). All dives have a degree of difficulty of 2.0. *3 metre & 5 metre platforms may be used.

JD EVENT: Age: 7 years and under on December 31st of the year of the competition.

1m (5 dives)	100A, 100B, 200A & 001B, 002A. All dives have a degree of difficulty of 1.8
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NOVICE EVENTS - 2024 Requirements (Age as of December 31st of the year of the competition).

<p style="text-align: center;">GROUP F (7 & under)</p> <p>1m (5 dives): 100A, 001B, 200A, + 2 Dives (2 Groups) 3m (4 dives): 100A, 001D, 200A or 002D, + 1 Dive (1 Group)</p> <p style="text-align: center;">GROUP E (8 & 9 yrs)</p> <p>1m (5 dives): 100A, 200A, 001B/002A + 2 Dives (2 Dir –can include fall in) 3m (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir –can include fall in) PLT (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir – can include fall in)</p> <p style="text-align: center;">GROUP D (10 & 11 yrs)</p> <p>1m (5 dives): 3 Dives with 5.4 d.d. limit, 2 without d.d. limit (3 Dir) 3m (5 dives): 001D or 002D, 2 with 3.8 d.d. limit, 2 without limit (3 Dir) PLT (5 dives): 001D, 002D + 3 dives (3 Dir)</p> <p style="text-align: center;">GROUP C (12 & 13 yrs)</p> <p>1m (6 dives): 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Dir) 3m (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Dir) PLT (5 dives): 001D or 002D + 4 dives (4 Dir)</p> <p style="text-align: center;">GROUP B (14 & 15 yrs)</p> <p>1m (7 dives): 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Dir) 3m (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir) PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)</p> <p style="text-align: center;">GROUP A (16-18 yrs)</p> <p>1m (8 dives): 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Dir) 3m (7 dives): 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Dir) PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)</p> <p style="text-align: center;">MASTERS (18-29, 30-49, 50 and over)</p> <p>1m/3m/Plt: men & women 4 dives (may use 100, 200, 001, 002)</p> <p style="text-align: center;">SYNCHRO</p> <p>A/B 3m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Dir) C/D 1m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (3 Dir)</p>	<p style="text-align: center;">SPECIAL RULES:</p> <ol style="list-style-type: none"> 1. Diver's that have met a National standard on any board are not eligible for Novice Events. 2. DD's: All jumps & fall ins are 1.0 3. F & E's can repeat fall in if in different position 4. Plt: All dives on 3m plt are 1.0 All dives 5m & above are Fina DD 5. Masters: all dives must have different dive numbers, except 70+ can repeat in different position)
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