



DIVING PLONGEON CANADA  
and the  
WINDSOR DIVING CLUB

Present the  
**2024 OLYMPIC TRIALS & SUMMER SENIOR  
NATIONAL DIVING CHAMPIONSHIPS**

Windsor, ON

May 17th to 19th, 2024

[diving.ca](https://diving.ca)



## GENERAL INFORMATION

The 2024 Olympic Trials Summer & Senior National Diving Championships are sanctioned and hosted by Diving Plongeon Canada with the help of the Windsor Diving Club.

<b>Dates</b>	May 17-19th, 2024
<b>Facility</b>	Windsor International Aquatic and Training Centre 401 Pitt St W, Windsor, ON N9A 0B2 <a href="#">Website</a> +1 (519) 974-2782
<b>Competition Director</b>	Jeff Feeney <a href="mailto:jeff@diving.ca">jeff@diving.ca</a>
<b>Registration and Payment</b>	Neris Gonzalez Lopez <a href="mailto:neris@diving.ca">neris@diving.ca</a>
<b>Technical Chair</b>	Mitch Geller
<b>Meet Referee</b>	Jeremy Comfort

**1**

## 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.

## OLYMPIC TRIALS

- We are only holding Olympic Trials in the following events:
  - Women's 3m – one quota spot
  - Women's 10m – one guaranteed quota spot and one potential quota spot (to be determined by AQUA in June)
  - Men's 10m – one quota spot open (Rylan Wiens has earned his selection for the second earned quota spot)

## ENTRANCE CRITERIA, ELIGIBILITY & SELECTION

Because this is the Olympic year, the Summer Nationals will be restricted to higher qualification scores. The Olympic Trials will take place within a Restricted Senior Summer Nationals. This means that some athletes may qualify to compete in the SSN event but will not be eligible for selection to the Olympic Team.

- SSN will be used for
  - selection to the Italian - World Aquatics Recognized Event
  - scores will count towards achieving Level 5 on the DPC Performance Grid
- Olympic Trials will be used to select the Olympic Team
- Specific selections for each of these events can be found in the Coaches Corner.

Please see the full selection criteria at the link [HERE](#).

Please note that Special Considerations and Invitations will also be sent out by DPC's technical committee.

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

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

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2

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
<b>Considered a 'Certified Responsible Coach':</b> <ul style="list-style-type: none"> <li>• Competition Introduction - DPC screened and certified coach</li> <li>• NCCP Level 2 Certified plus MED and DPC screened coach</li> </ul>	Permitted to coach at national championships/trials without restrictions.
<b>Considered a 'coach-in-training':</b> <ul style="list-style-type: none"> <li>• Competition Introduction - DPC screened coach with a locker status of "In training" and completed MED or</li> <li>• A Competition Introduction - DPC screened coach with a "trained" status and completed MED training</li> </ul>	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.
<b>Non-NCCP certified Instruction Beginner Pre-Diving levels</b>	Not permitted to coach at a national championships/trials. No possibility of exemptions.

**3**

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 Bradley ([tracy@diving.ca](mailto: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 MAY 7TH**

**NOTE.** We are currently working on updating and making our Interpodia registration system for events more efficient, so for right now, we are using the google form below for diver registration. Thank you for your understanding.

**INDIVIDUAL ATHLETE REGISTRATION FORM IS AVAILABLE [HERE](#).**

Please contact [neris@diving.ca](mailto:neris@diving.ca) if you are having trouble with registration or need to make changes to your submitted form.

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

4

**MUST BE MADE BEFORE MAY 7TH**

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:

- E-transfer to [joanne@diving.ca](mailto:joanne@diving.ca) (if prompted please use "**SSN**" as the answer to the security question). Please enter club, athlete name(s) and event(s) in the description.
- Cheque payable to Diving Plongeon Canada (if payment is made by cheque, please send an email to Neris to notify her).

Please contact [neris@diving.ca](mailto:neris@diving.ca) for any question/concern regarding payments.

## STATEMENT OF DIVES

### MUST BE SUBMITTED BEFORE 10AM ON MAY 16TH

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach edition, **version 17.4** 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](mailto:smayer@diving.ca).

#### RULE REMINDERS REGARDING STATEMENT OF DIVES FOR ALL CANADIAN NATIONAL EVENTS

<b>Deadline for submission of statement of dives</b>	The statement of dives shall be submitted <b>no later than 24 hours before the posted start time of the first event</b> of the competition. Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.
<b>Deadline for dive list change before an individual preliminary event or straight synchro final</b>	In individual preliminary events, no changes to the statement of dives shall be permitted within <b>1 hour</b> of the posted start time of the competition, subject to CD 6.3.1.
<b>Deadline for dive list change after an individual preliminary event for the finals</b>	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 <b>(30) minutes</b> 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.

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.**

**If there is a discrepancy between this page of the meet package and the DPC Competition Regulations posted on our website, then the DPC rules will take precedence.**

## 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 sport nationalities are eligible to compete in finals but cannot displace eligible Canadians.

## 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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**6**

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**



**DIVING  
PLONGEON  
CANADA**

**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.

**7**

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](mailto: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, May 16th at 18:00 at the pool

**Officials Meeting**

Friday, May 17th at 08:30 at the pool

## MEET HOTEL

### **Holiday Inn Express Windsor Waterfront**

33 Riverside Drive East, Windsor, ON N9A 2S4

+1 (519) 258-7774

- 700 meters to the pool (10min walk).
- \$165/night Two Queens or One King.
- Breakfast buffet included in rate.
- Booking deadline is April 20th.
- 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 pool [HERE](#).
- See some nearby grocery stores from the pool [HERE](#).

8

## 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**

#### **Windsor Regional Hospital - Ouellette Campus**

7mins drive from/to the pool  
1030 Ouellette Ave, Windsor, ON N9A 1E1  
[Website](#)

#### **Windsor Regional Hospital - Metropolitan Campus**

12mins drive from/to the pool  
1995 Lens Ave, Windsor, ON N8W 1L9  
[Website](#)

### **WALK-IN CLINICS**

See some options at the link [HERE](#).

## SCHEDULE

<b>Monday May 13th</b>	13:00 – 17:00	Open Training
<b>Tuesday May 14th</b>	09:00 – 12:00 14:00 – 18:00	Open Training
<b>Wednesday May 15th</b>	09:00 – 12:00 14:00 – 18:00	Open Training
<b>Thursday May 16th</b>	09:00 – 12:00 14:00 – 18:00	Open Training
<b>Friday May 17th</b>	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	<b>Events start at 10:00</b>	<b>Women – 1m – Prelim Men – 3m – Prelim Women – 1m – Final Men – 3m – Final</b>
<b>Saturday May 18th</b>	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	<b>Events start at 10:00</b>	<b>Men – 1m – Prelim Women – 10m – Prelim Men – 1m – Final Women – 10m – Final</b>
<b>Sunday May 19th</b>	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	<b>Events start at 10:00</b>	<b>Women – 3m – Prelim Men – 10m – Prelim Women – 3m – Final Men – 10m – Final</b>

\*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 graphic features a purple and pink wavy background. In the top left is the Sportity app icon. The Sportity logo is centered at the top. Below it, text reads: "For direct event information please download the Sportity app and insert this password:". A large white box in the center contains the word "Windsor". Below this, the text "Sportity app is available in" is followed by "Available on the App Store" and "Get it on Google play" buttons. Two QR codes are positioned below these buttons. The website "www.sportity.com" is in the bottom left corner.



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