



DIVING PLONGEON CANADA
and the
SASKATOON DIVING CLUB

Present the
2024 SPEEDO
JUNIOR ELITE NATIONAL CHAMPIONSHIPS

Saskatoon, SK

July 4th to 7th, 2024

diving.ca



GENERAL INFORMATION

The 2024 Speedo Junior National Diving Championships are sanctioned by Diving Plongeon Canada and Dive Sask, and hosted by the Saskatoon Diving Club.

Dates	July 4-7th, 2024
Facility	Shaw Centre 122 Bowlt Crescent, Saskatoon, SK S7M 0L1 Website +1 (306) 975-7744
Host Club	Saskatoon Dive Club 510 Cynthia Street, Saskatoon, SK S7L 7K7 Steve Carroll - sdcoach@gmail.com +1 (306) 955-3483 Website
Competition Director	Neris Gonzalez Lopez - neris@diving.ca
Meet Managers	Amy Deck - amydeck@live.com Kathleen Goertzen - kathleen@preciousportrait.ca
Technical Chair	Andrée Pouliot-Deschamps - andree@diving.ca
Meet Referee	BJ Shields - Beattie3@hotmail.com

FORMAT

- Boys and Girls
- Group B (14-15) – Individual 1m, 3m and Platform
- Group A (16 - 18) – Individual 1m, 3m and Platform
- Preliminaries and Finals
- Top ten (10) divers from the preliminaries advance to the Finals

EQUIPMENT

- (2) one-metre Duraflex "B" boards
- (2) three-metre Duraflex "B" boards
- Freestanding concrete tower including 3m, 5m, 7.5m and 10m platforms all with a non-skid, rough-teck surface
- Full sprayer systems are located under all competition boards
- Dry-land training area with mats, trampoline and dryboard

**WE FLY
PLUS HAUT**

ENTRANCE CRITERIAS & RULES

Refer to Diving Plongeon Canada Rule Book, Addendums and most recent email communications for further information.

Canadian, Exhibition and Visitor Status

Please refer to the [Age Group Competition Rules](#) (Version from November 22nd, 2023) for details regarding Canadian, Exhibition and Visitor status.

Qualification Standards

Please refer to the [Junior National Qualification Standards](#) (p.13, Version from November 22nd, 2023) for the 2024 Junior National Qualification Standards.

Qualified Divers List

The eligible athlete list will be available [HERE](#).
(on diving.ca > Resources > Athletes > Junior and Senior Qualified Athletes).

**Please verify that your athletes that should be qualified are on the list.
An updated list will be uploaded once all provincial qualifying competitions are over.**

Please contact Neris if some of your divers are missing from the list by providing the below information:

- Diver's Full Name, Club and Age Group
- Competition, Event and Scores where they met the standard

General Competition Rules

The [DPC Competition Regulations](#) (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 DPC Appeal Rules are also available on our [website](#).

Dive List Requirements

The 2024 Age Group Dive List Requirements are available [HERE](#).

SELECTION MEET

The 2024 Speedo Junior Elite National Championships will be used as the qualification event for the World Junior Trials which will be held in October 2024 in Gatineau, QC (Dates TBC). More details regarding the selection criteria will be sent in a separate communication.

COACH CERTIFICATION REQUIREMENTS FOR JUNIOR/SENIOR NATIONAL CHAMPIONSHIPS AND TRIALS EVENTS

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

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) 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.

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.

Please direct all judging questions and concerns to the meet referee.

MEETINGS

Parents Meeting	Wednesday, July 3rd from 16:00 to 17:00 at the pool HPAD-CDI Information Session by Andrée Pouliot-Deschamps <i>Who should attend? ALL parents and coaches</i>
Technical Meeting	Wednesday, July 3rd at 17:30 at the pool
Officials Meeting	Thursday, July 4th at 08:30 at the pool

DOPING

Doping control procedures may be in place at the competition.

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 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

REGISTRATION

MUST BE SUBMITTED BEFORE JUNE 24TH

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

Please contact 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

MUST BE MADE BEFORE JUNE 24TH

Registration Fee	\$85.00 per diver
Entry Fee	\$85.00 per diver per individual event

6

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 (if prompted please use "JRELITE" 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 for any question/concern regarding payments.

STATEMENT OF DIVES

ALL LISTS MUST BE SUBMITTED BEFORE 10AM ON JULY 3RD

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 neris@diving.ca.

RULE REMINDERS REGARDING STATEMENT OF DIVES FOR ALL CANADIAN NATIONAL EVENTS

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

Reminder. For Age Groups A and B, Coaches must **ONLY** submit a preliminary dive list.

If a diver qualifies for a Final, the dives without limit from their Preliminary list will automatically be transferred to their Finals list. If a diver wants to make a change to their dive list for finals, they have 30 minutes after the end of their preliminary event to make a change by-hand with the secretariat.

RIP CONTEST RULES

Each club must submit their dive list including

Preliminary round

- Each club will be represented by one diver
- Each diver will perform a dive from 7,5m or 10m
 - Must be a headfirst entry dive
- Top-6 divers will advance to in finals, should there be a tie for 6th place, the additional diver(s) will advance.

Final round

- Top-6 divers from the preliminaries will advance to finals
- All divers will start with 0 point in finals
- The diver order will be determined by the preliminary results
 - Start list will be in reverse order
- Each diver will perform a dive from 7,5m or 10m
 - The dive must be a different dive than used in preliminaries.

There will be an award for the Top-3 best rippers in the country!

8

In case of a Tie, there will be a dive-off.

AWARDS & RECOGNITIONS

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 three will receive medals.
- All finalists be recognized.
- Outstanding Canadian of each age group (male & female).
- National Championship Banner to club that accumulates the most points.
- Isabel Warren Award – Top compulsory divers in Boys and Girls Group B.
- Eligibility for all awards can be found in **Section CDAG 4.4.2** of the Rulebook.

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.

9



LIVE RESULTS
HERE



DIVING
PLONGEON
CANADA

RESULTS BOOKLET
HERE
after the event

HOST HOTEL

Please find all booking details at the link [HERE](#).

Host Hotel: Sheraton Cavalier (612 Spadina Crescent E, Saskatoon, SK S7K 3G9)

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 and Parents

Athletes and Parents 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](#).
 - There are several restaurants in the area. Boston Pizza will be providing a special teams menu for attendees.
 - Chopped Leaf, Tim Hortons, Montana's, Booster Juice and Subway near the pool.
- See some nearby grocery stores from the pool [HERE](#).

10

BANQUET

Date	July 7th
Location	Sheraton Cavalier (612 Spadina Crescent E, SK, S7K 3G9)
Price	\$65.00 per person

Ticket Deadline payment June 24th

Tickets are available for coaches, athletes and families.

Clubs are asked to email neris@diving.ca by **June 24th** with the total number of tickets their club requires and the payment **MUST** be sent before **JUNE 24th**.

Payments can be made by e-transfer to joanne@diving.ca (if prompted please use "JRELITE" as the answer to the security question) Please do not forget to include club name, and number of tickets in the description.

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 HOSPITAL		WALK-IN CLINICS	
St Paul Hospital	1702 20th Street West S7M 0Z +1 (306) 655-5000 Open 24hrs Website	Walk in Clinic Walmart (Jack Nathan Health) 225 Betts avenue +1 (306) 652-6400 Monday-Friday 3-7pm Website	
OTHER			
Kate Thompson	Lakeside Medical Clinic 130-215 Lakeside Drive +1 (306) 374-6884 Monday-Friday 8am-10pm Saturday-Sunday 9am-9pm Website	Primacy west end Walk in Medical Clinic 411 Confederation Drive +1 (306)700-5252 Monday-Friday 9am-6pm / Saturday 10am-4pm Website	

SCHEDULE

Monday July 1st	13:00 – 18:00	Open Training
Tuesday July 2nd	08:00 – 17:00	Group Training
Wednesday July 3rd	08:00 – 17:00	Group Training
Thursday July 4th	08:00 – 09:25	Open Training
	09:25 – 09:55	Restricted Training
	Events start at 10:00	Boys B 3m Girls A 1m Girls B Platform RIP Contest / Opening Ceremony
Friday July 5th	08:00 – 09:25	Open Training
	09:25 – 09:55	Restricted Training
	Events start at 10:00	Boys A 3m Boys B 1m Girls A Platform
Saturday July 6th	08:00 – 09:25	Open Training
	09:25 – 09:55	Restricted Training
	Events start at 10:00	Girls B 3m Boys A 1m Boys B Platform
Sunday July 7th	08:00 – 09:25	Open Training
	09:25 – 09:55	Restricted Training
	Events start at 10:00	Girls A 3m Girls B 1m Boys A Platform

*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.

***Training groups will be published once registration is received 10 days prior to the event.

****1M and 3M events will happen simultaneously.

Note regarding Prelims

For events with more than 210 dives, the following will be followed for the preliminary part of the competition:

- The final list of registered competitors will have the normal random start list prepared
- This start list will be split into two equal parts – Preliminary A and Preliminary B
 - Where there is an uneven number of competitors, Preliminary A will have the extra competitor
- Preliminary A will go first followed 20 minutes later by Preliminary B
 - During the 20 minutes, divers in Preliminary B will be allowed on the boards
- At the end of Preliminary B, the scores of all divers from both preliminaries will be combined and the divers will be ranked. The ranking of the event will be published/posted.
- Should any diver(s) scratch after the start lists of Preliminary A and Preliminary B have been published, there will be no changes to the original make up of Preliminary A or Preliminary B. The scratched diver(s) will simply be removed from the affected preliminary.
- The same judges panel will be used for both Preliminaries.

SPORTITY | LIVE EVENT INFORMATION



 *Sportity*

For direct event information please download the Sportity app and insert this password:

Saskatoon

Sportity app is available in

 Available on the App Store

 Get it on Google play

www.sportity.com

 