

**INVITATION TO THE
POLAR BEAR CLASSIC
&
JUNIOR TRIALS
SPRINGBOARD AND PLATFORM
DIVING COMPETITION**



MARCH 16-19, 2023

*Pan Am Pool, 25 Poseidon Bay,
Winnipeg, Manitoba, Canada*

TEAM INFORMATION PACKAGE

Welcome to the Polar Bear Classic!

Welcome to **Winterpeg!** We are so glad to host your team at our annual diving competition! Despite the cold outside, our goal is to warm everyone with our famous Winnipeg hospitality. Please read through this package, as it should answer most questions about the competition. If you have any further questions, please see Juan Campuzano, Technical Director.

OFFICIALS

- The Meet Referee is Janet Nutter.
- Coaches may be called upon to help judge events. Please sign up with the Meet Referee.

EVENTS & JUDGING PANELS

- This competition will host two different levels of competition:
 - **Senior / Open Events**
 - These events are sanctioned qualifying events for the Canadian Senior National Championships and are open to divers of all ages who meet the Diving Canada qualifications for open / senior level competition.
 - These events must be judged by a Diving Canada qualified judging panel (minimum of 2 national level officials on each panel).
 - Senior events are straight finals.
 - **Junior Diving Plongeon Canada (DPC) National Qualification Events**
 - These events are sanctioned qualifying events for the Canadian Junior National Championships and are only open to junior divers who meet the dive requirements as outlined by DPC. (For a full description, please refer to the Diving Canada rulebook (www.diving.ca) or the Dive Manitoba page (divemanitoba.ca/polarbear/))
 - These events must be judged by a Diving Canada qualified judging panel (minimum of 2 national level officials on each panel).
 - Age Groups A & B will be straight Finals.
 - Age Group C will have finals, C FINALS will be composed of 4 divers from C1 and 6 divers from C2.
 - Age Groups D will be Preliminaries only (final results from Prelims)
 - Age Group E will be straight finals
- The springboard events will be running independently. When one event finishes on 1m or 3m, the practice for the next event on that springboard will begin, except when an event is ongoing on platform.

DIVE SHEET DEADLINES

- Dive sheets can be emailed directly to entries.revolutiondiving@gmail.com .
- When selecting diver events, use the following categories:
 - DPC National Qualifying events: Age Group only (A, B, C1, C2, D1, D2)
 - If you haven't done this, please check in with the Results team.
- Coaches and Athletes can also use the computers located on the pool deck, at the score entry tables, for electronic dive sheet submissions on Wednesday.
- According to Diving Canada rules, dive sheets submitted electronically do not have to be signed in person. The timestamp on the dive sheet is the signature.
- All sheets must be handed in no later than 9:00 am on the day before the event (Dive sheets for Thursday's events are due by 6:00 pm on Wednesday).
 - For C divers, please enter prelims and finals dive sheets in advance of the prelims event, as there will only be a 15-minute warm-up between the two events.
- Late dive sheets will be subject to a \$25.00 CDN fee.
- No sheets will be accepted within 1 hour prior to the posted start time of the event.
- Changes to dive sheets can be made up to 1 hour before the event. To change a dive sheet, report to Adam Berman on the pool deck, at the office area.
- There will be a board posted with dive sheet errors. Please check it regularly to see if your divers are listed. To correct errors, report to the Office Area on pool deck.

DRY-LAND, DECK ACCESS & SPECTATOR VIEWING

- Coaches must be **with** their divers when using the dry-land training room.
- Due to construction in the facility, all entry-exit from the pool deck area is through the changerooms (the blue door area will still likely be inaccessible by the time of this event)
- Please help us to maintain a clean and organized pool deck by steering divers who are not diving off the pool deck and into the stands as much as possible.

PRESENTATIONS

- Awards ceremonies for each event will be presented shortly after the event, during the warm-up for the following event. Please ensure that divers are dressed and ready for the awards presentations, so that we can avoid schedule delays.
- Divers meet by the bulkhead on the 1-metre side of the pool for award ceremonies.
- We ask all divers to wear their team uniform with pants or shorts for award presentations. Please no towels on the podium!
- The following awards will be presented for each final event: Gold, Silver and Bronze medals and 4th – 8th place ribbons for each event.

FOOD SERVICES

- The *Diver's Hospitality Area* is located on the second floor on the north side track area. Food is available here for athletes, coaches and officials.
- Parents and guests will be able to purchase food at the cost of \$15 for lunch, from the hospitality counter. Snacks can be purchased throughout the day from the retail booth located in the canteen.
- Lunch and snacks will be served on Thursday, Friday, Saturday and Sunday.
- All food is included in the athlete's registration fee. No passes are required for athletes.
- Athletes must adhere to a NO FOOD on deck policy.
- The Pan Am Pool is now a NUT FREE facility.
- There is a *Coaches, Volunteers & Officials Hospitality Lounge* in the Boardroom located in the hallway behind the diving area on the way to the men's change room. Food and drinks will be provided here for coaches and officials only on Thursday, Friday, Saturday and Sunday.

MEDICAL

- **Pan Am Sports Clinic** is located in the pool parking lot (the building with the blue roof). Athletes will require their medical card in order to use the medical services. This clinic is for non-life-threatening bone, joint and soft tissue injuries. Patients can use the walk-in service or make an appointment. Walk-in patients are assessed and given a return time based on their medical need. Once daily capacity has been reached, the Minor Injury Clinic accepts only urgent walk-in patients. Phone: 204-927-2654. Hours: Monday to Friday 8:00 am – 6:00 pm / Saturday 8:00 am to 3:00 pm / Sunday 8:00 am to 3:00 pm. (Doors open at 7:00 am on weekdays, 7:45 am on weekends.)
- For other medical needs, use the following website: www.myrightcare.ca for links to Winnipeg's emergency departments, quick care clinics, walk-in clinics, injury clinics, family doctors, poison centre, etc.
- The Winnipeg Regional Health Authority website also provides an up to date listing of the current wait times in all emergency departments throughout the city, for fastest service: www.wrha.mb.ca/wait-times/index.php

RETAIL CLOTHING SALES

- The Retail Booth will be located on the 2nd floor at the canteen. Please let your divers know that they should check out the goods!
- The retail booth will be open throughout the competition.

PAYING YOUR BILL

- Payment of entry fees can be made in person to Meet Manager Marie-Pier Berman.
- E-transfers can be sent to joan@picassoperformance.com, please ensure you cc revolutiondiving.meetmanager@gmail.com when sending e-transfers.

DON'T GET A SPEEDING TICKET!

- Just a head's up to all visiting teams to be cautious about the 50km/hr speed limit on Grant Ave between the pool and Pembina Hwy. This is a route that you will surely be taking on your travels between the pool and your hotel. There are "red light" cameras on this route, as well as "undercover" parked cars just waiting to take your picture! You won't know you've gotten a ticket until you get home and it is on your credit card! So driver beware... just stick to the 50km/hr speed limit, and you will be fine!

EVENT SCHEDULE

- There will be a minimum of 30 minutes of practice time prior to all Trials events.
- There will be a minimum of 15 minutes of practice prior to C & D finals.
- There will be a minimum of 20 minutes of practice time prior to all other events.
- Events may run up to 30 minutes ahead of schedule.
- **We will be streaming some of the events during the competition.** The link will be posted on the Dive Manitoba social media pages (Facebook, Instagram, Twitter).

Reminder – a coaches meeting is scheduled for 7pm on Wednesday, March 15th at Pan Am Pool in the Boardroom located in the hallway behind the diving area on the way to the men's change room

THANKS FOR COMING... LET'S MAKE IT A GREAT MEET! 😊