

2024 DIVE MANITOBA SUMMER PROVINCIAL CHAMPIONSHIPS

June 7 to 9th, 2024

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



**DIVE
MANITOBA**

2024 DIVE MANITOBA SUMMER PROVINCIAL CHAMPIONSHIPS

This springboard and platform diving competition will include many levels of competition:

National (Diving Plongeon Canada rules),
Novice (Novice Event rules),
Synchro (Local rules),
Open (AQUA & Diving Plongeon Canada rules),
Masters (AQUA rules) and **Novice Masters** (Local rules),
High Diving (Manitoba Provincial rules).

This competition is sanctioned by Diving Canada as a qualifier. The “National (DPC)” events for age group divers will be qualifiers for Diving Canada’s 2024 Junior National Championships. The Open events will be qualifiers for Diving Canada’s Senior National Championships.

THE FACILITY

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

Built in 1967 for the Pan-American Games, the Pan-Am Pool was Canada’s original indoor Olympic sized pool, and it is still one of the biggest aquatic facilities in Canada. In 1999 the Pan Am Pool received a facelift in preparation for the 1999 Pan American Games, and again in 2017 prior to the Canada Summer Games. In 2017, Manitoba Diving acquired a new training room exclusive to divers complete with two trampolines, two dryboards and bouncy floor.

The diving facilities include:

- 2 x 1-meter Maxiflex “C” springboards
- 2 x 3-meter Maxiflex “C” springboards
- A freestanding concrete tower including 3m, 5m, 7.5m and 10 m platforms (all platforms are wide enough for synchronized diving)

The diving tank is 16 feet deep and offers a bubbler system located under the 5m and 10m platforms as well as under the 3m springboards as well as water sprayers under all boards.

COMPETITION INFORMATION

Host: Dive Manitoba

Meet Manager: Marie-Pier (MP) Berman

Technical Director: Svitlana Serbina

Executive Director: Ken Stevens

Judging:

Diving Canada has assigned H el ene Morneau as Meet Referee.
We welcome new and developing officials to participate as judges!

Entry Deadline: May 24th, 2024

Entries must be sent to Svitlana Serbina, Technical Director, by email:
entries.revolutiondiving@gmail.com

Entry Fees: \$ 60.00 per Competitor (includes lunch for athletes)
\$ 50.00 per Event (to a maximum of \$200.00 per athlete in event fees)
Entry fees will be due at the conclusion of the competition.

Rules:

Diving Plongeon Canada Age Group Rules:

<https://diving.ca/wp-content/uploads/2023/11/CDAG-Age-Group-Dive-List-Requirements-Nov-22-2023-EN.pdf>

Novice, Open, Synchro, Masters and High Diving event rules are laid out in this information package.
Age is determined by the diver's age as of December 31, 2024.
Group C & D will have prelims and finals as per DPC rules. All other events will be straight finals.

Awards:

Awards will be presented for each event directly after the event.
Gold, Silver and Bronze medals will be presented on the podium.
Ribbons will be presented to athletes placing 4th through 8th.

Hospitality:

Winnipeg is known for its reputation as a great host!
Parents and guests can purchase lunch tickets for \$15 per day at the retail booth.
Snacks can be purchased throughout the day from the retail booth.
Coffee and tea will be provided for coaches and judges throughout the day.
Lunch will be provided for athletes, coaches and judges.
Please be sure to tidy after yourself and put all garbage in the bins.

Dive Sheets:

Email rezman dive sheets to entries.revolutiondiving@gmail.com by Tuesday at 5:00 pm to facilitate entry organization for this event.

Computers will be set up at the pool on Thursday. Please visit the competition office to ensure that your dives sheets are correctly entered.

For National Age Group A & B events, use “Group A”, “Group B”

For National Age Group C & D, use “Group C2”, “C1”, “D2”, “D1”
(DPC Preliminary rules will be used and will reflect awards presented.)

For Novice Level events, use suffix “Tier II” – eg. “Group A Tier II” for all age groups.

For Synchro events, Groups A/B – register under A, Groups C/D – register under C.
JD synchro will be set up separately at the event.

For Masters events, use “Open Tier II” (the system will not allow Masters events to be scheduled in the same competition as non-Masters events). For Novice Masters events, use “Other Tier II”.

If you have any questions, please contact the Technical Director by email or the Computer Coordinator in person on pool deck.

Dive sheets must be submitted 24 hours prior to the event.

Changes to dive sheets must be submitted a minimum of 1 hour prior to the event’s posted start time.

No new dive sheets and no changes to entered dive sheets will be accepted within 1 hour of the posted start time of the event.

Late entries are \$50 per diver per event and will be accepted up to 1 hour prior to the event’s posted start time.

MEN'S & WOMEN'S OPEN EVENTS

	1 Metre	3 Metre	Platform
Male	6 dives from 5 directions	6 dives from 5 directions	6 dives from 6 directions
Female	5 dives from 5 directions	5 dives from 5 directions	5 dives from 5 directions

- No 101, 201, 301, 401, 102, 202, 302, 402, 5221, 5122 allowed.

NOVICE LEVEL EVENTS

- Novice level events follow rules set out for Age Group A, B, C, D, E and F.
- A diver may compete in a Novice level event as soon as they have the minimum dives required.
- A diver may compete in National level events and in Novice events on different boards; but a diver cannot compete in both the National level event and the Novice event on the same board.
- DD's: all jumps & Fall-ins are 1.0 / all Platform dives on 3m are 1.0 / all dives 5m and above are FINA DD.
- F & Es can repeat fall in, if in different position.

GROUP F (7 & under)

1m (5 dives): 100A, 001B, 200A, + 2 Dives (2 Groups)

3m (4 dives): 100A, 001D, 200A or 002D, + 1 Dive (1 Group)

GROUP E (8 & 9 yrs)

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)

GROUP D (10 & 11 yrs)

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)

GROUP C (12 & 13 yrs)

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)

GROUP B (14 & 15 yrs)

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)

GROUP A (16-18 yrs)

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)

MASTERS (18-29, 30-49, 50 and over)

1m/3m/Plt: men & women 4 dives (may use 100, 200, 001, 002)

SYNCHRO

A/B 3m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Dir)

HIGH DIVING EVENT

MANITOBA PROVINCIAL JUNIOR HIGH DIVING RULES:

- Two age categories: 13+ under // 14+ over

Same rules for both:

- 3 dives (no requirement for directions, choose your best dives!)

- any combination of 5m, 7.5m, 10m

- all dives must be feet first

MASTERS EVENTS

In age groups 25 to 69 years, each dive performed must have different dive number (FINA DD).

In 70+ age groups, the same dive number can be repeated using a different position (A, C or B) in dives with the same dive number. The number of dives required for each age group is:

Age	Men	Women
18 – 29	7	6
30 – 49	7	6
50 – 69	6	5
70 – 79	5	4
80 +	4	3

NOVICE MASTERS EVENTS

Novice Masters may use 100, 200, 001 and/or 002 as dives.

Each dive performed must have different dive number.

Based on the following age groups, the number of dives required is:

Age	Men	Women
18 – 29	4	4
30 – 49	4	4
50 +	4	4

SYNCHRO EVENTS

A/B 3m or Platform:

2 dives - set DD 2.0

3 dives - AQUA DD

Must cover 4 directions in the list.

C/D 3m or Platform:

2 dives - set DD 2.0

2 dives - AQUA DD

Must cover 3 directions in the list

JD Platform:

3 Dives from any platform:

100a/b/c, 200a/b/c, 001a/b/c, 002 a/b/c are allowed

All dives must have a different dive number.

Any jump/entries/dives from 3mP will be DD 1.0

Jumps on 5m will be: 100/200A = 1.0 // 100/200C = 1.2 // 100/200B = 1.3

All Entries on 5m will be DD 1.4

All actual dives from 5m and higher will use AQUA DD

(*Special entry fee of \$25 total for just this event with no other events)

NOTES:

- All combinations of genders allowed in a team"
- If a C diver wants to pair with a B diver, they must enter A/B event."
- A/B synchro and C/D synchro on both 3m and platform will take place at the same time. Divers can enter in EITHER platform or springboard.
- JD synchro takes place at a separate time as its own event

HOST HOTEL

Hilton Garden Inn Winnipeg South

495 Sterling Lyon Parkway Winnipeg, Manitoba R3P 2S8 Canada

Only a 7 Minute Drive to Pan Am Pool!

- ❖ Pet Friendly and Family Friendly
- ❖ Full Serviced on-site restaurant, with buffet breakfast + a la carte options, Dinner daily
- ❖ World Class Lounge & Patio, Whisky Bar and some great craft cocktails
- ❖ Each room equipped with a microwave, mini fridge, and Keurig Machine
- ❖ Pool and Hot Tub, with 24 hour access on site Fitness Center
- ❖ Full Service Catering Facilities
- ❖ On Site Laundry
- ❖ Short walking distance to Outlet Collection, and other shops and restaurants

Book by May 14, 2024 for your Special Dive Manitoba Rate

Booking Link:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=YWGMNGI&groupCode=DIVE&arrivaldate=2024-06-04&departuredate=2024-06-09&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

SCHEDULE (see next page)

There will be a minimum of 10 minutes of practice between C1/2 & D1/2 events, when split.
There will be a minimum of 20 minutes of practice time prior to all events.

Events may run up to 45 minutes ahead of the final scheduled times.

Springboards will be open for practice during platform restricted practice times.
Platforms will be open for practice during springboard restricted practice times.

COACHES MEETING:

A brief coaches' meeting will be held 10 minutes prior to the start of the competition on Friday. Please attend this short meeting with the Meet Referee at 8:50am!

**2024
Dive Manitoba Summer Provincials Competition**

June 7-9, 2024

THURSDAY OPEN PRACTICE: 3:30 - 6:30 PM - DRY LAND: 2:30 - 3:30 PM

FRIDAY, JUNE 7, 2024

Event	Start Time	End Time	DRY-LAND OPEN 7:00 // OPEN PRACTICE 8:00-8:30 // BOARDS CLOSED FOR FIRST EVENT WARM-UP 8:30 - 9:00 AM		
			open practice	Practice Novice C & D	open practice
1	9:00 AM			NOVICE C & D PLATFORM (C-/D-)	
			Awards for previous events // Practice Girls & Boys D Platform		
2			GIRLS & BOYS D1-D2 PLATFORM (D1-/D2-) competition separate 10 min warm up between D1/D2 (if separate)		
			Awards for previous events // Practice Girls & Boys C Platform		
3			GIRLS & BOYS C1 -C2 PRELIMS PLATFORM (C1-/C2-) competition separate 10 min warm up between C1/C2 (if separate)		
			Awards for previous events // Practice E & Novice E Platform		
4				E & NOVICE E PLATFORM (E-/NE-)	
			// Awards for previous events //		
5			Practice Girls & Boys A 1m		Practice Novice A & B 3m
			GIRLS & BOYS A 1M (-)		NOVICE A & B 3M (A-/B-)
			// Awards for previous events //		
6					Practice Girls B 3m
					GIRLS & BOYS B 3M (-)
7				Practice D finals	// Awards for previous events //
				GIRLS & BOYS D FINALS (-)	
			Awards for previous events // Practice C finals		
8				GIRLS & BOYS C FINALS (-)	
			Practice Girls & Boys Open 1m		Practice Masters & Novice Masters 3m
			OPEN 1M (-)		MASTER AND NOVICE MASTER 3M (M-/NM-)
			// Awards for previous events //		
9				High Diving warm-up	// Awards for previous events //
10				Junior Provincial High Diving Event	

SATURDAY, JUNE 8, 2024

Event	Start Time	End Time	DRY-LAND OPEN 7:00 // OPEN PRACTICE 8:00-8:30 // BOARDS CLOSED FOR FIRST EVENT WARM-UP 8:30 - 9:00 AM		
			Practice E & Novice E 1m		Practice Girls & Boys C 3m
1	9:00 AM		E & NOVICE E 1M (E-/NE-)		GIRLS & BOYS C1 -C2 3M (C1-/C2-)*
			// Awards for previous events //		
2				Practice Girls & Boys A Platform	
				GIRLS & BOYS A PLATFORM (-)	
3			Practice Girls & Boys D 1m	// Awards for previous events //	Practice Novice C & D 3m
			GIRLS & BOYS D1-D2 1M (D1-/D2-)*		NOVICE C & D 3M (C-/D-)
4				Practice Open Platform	
				OPEN PLATFORM (-)	
5				Practice Girls & Boys B Platform	
				GIRLS & BOYS B PLATFORM (-)	
6			Practice D finals		Practice C finals
			GIRLS & BOYS D FINALS (-)		GIRLS & BOYS C FINALS (-)
7			Practice Master and Novice Master 1m		
			MASTER AND NOVICE MASTER 1M (M-/NM-)		
8				Practice Synchro on all boards	
				A/B + C/D synchro (-)**	A/B + C/D Synchro (-)**

SUNDAY, JUNE 9, 2024

Event	Start Time	End Time	DRY-LAND OPEN 7:00 // OPEN PRACTICE 8:00-8:30 // BOARDS CLOSED FOR FIRST EVENT WARM-UP 8:30 - 9:00 AM		
			Practice Novice C & D 1m		Practice Girls & Boys D 3m
1	9:00 AM		NOVICE C & D 1M (C-/D-)		GIRLS & BOYS D1-D2 3M (D1-/D2-)*
			// Awards for previous events //		
2				Practice Novice A & B & Masters Platform	// Awards for previous events //
				NOVICE A/B, MASTER & NOVICE MASTER PLATFORM (A-/B-/M-/NM-)	
3			Practice Novice A/B 1m	// Awards for previous events //	Practice Girls A 3m
			NOVICE A/B 1M (A-/B-)		GIRLS & BOYS A 3M (-)
			Practice Girls & Boys C 1m		// Awards for previous events //
4			GIRLS & BOYS C1-C2 1M (C1-/C2-)*	JD Synchro (-)	
5			Practice Girls B 1m		Practice D finals
			GIRLS & BOYS B 1M (-)		GIRLS & BOYS D FINALS (-)
			Practice C finals		Practice E & Novice E 3m
6			GIRLS & BOYS C FINALS (-)		E & NOVICE E 3M (E-/NE-)
					Practice Girls & Boys Open 3m
7					OPEN 3M (-)

* C1/C2 and D1/D2 events will have a 10 minute warm-up between the two categories.

** A/B & C/D Synchro pick either platform or 3m

Events may run up to 45 minutes ahead of scheduled time.