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DIVING PLONGEON CANADA

Sport MANITOBA

Manitoba

Welcome to the 2026 Dive Manitoba Summer Provincials!

Please read through this package, as it should answer most questions about the competition. If you have any further questions, please see Svitlana Serbina Technical Director or Wil Hedges, Meet Manager.

OFFICIALS

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

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 (eg. “Group B”, or “Group C1”)
    - Novice events: Use Tier II suffix (eg. “Group B Tier II)
    - Masters event: Choose the category “Open Tier II” and put (M) to indicate “Master” - or category Novice Masters “Other Tier II” (NM) to indicate “Novice Master” after the name of the diver
    - If you haven’t done this, please check in with the Results Room.
- Coaches and Athletes can also use the computers located on the pool deck, at the score entry tables, for electronic dive sheet submissions on Thursday.
- 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 24 hours prior to the event (Dive sheets for Friday’s events are due by 6:00 pm on Thursday).
- Late dive sheets will be subject to a $50.00 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 Brandon Christopher or Jason Kelly 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.
- Divers are NOT allowed to enter/exit the pool deck through the blue door behind the platforms; they should use the change rooms. Coaches, Officials and Organizing Committee members can use the door. Please police your divers!!
- Please help us to maintain a clean and organized pool deck by steering divers who are not diving off the pool deck and in 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 event: Gold, Silver and Bronze medals and 4^{th} – 8^{th} place ribbons for each event.

FOOD SERVICES

- All food is included in the athlete's registration fee. No passes are required for athletes.
- Lunch and snacks will be served on Friday, Saturday and Sunday.
- The *Diver's Hospitality Area* is located on the second floor along the walking track. Food is available here for athletes.
- Snacks can be purchased throughout the day from the retail booth located across from the diving dry-land training area on the second floor.
- There is NO FOOD allowed on deck.
- The Pan Am Pool is a NUT FREE facility.
- There is a *Coaches & 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 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 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 Wil Hedges.
- E-transfers can be sent to diving@sportmanitoba.ca.

DON'T GET A 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 20 minutes warm-up and a maximum of 30 minutes warm-up prior to each event.
- Events may run up to 45 minutes ahead of schedule.

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