

**Diving Plongeon Canada
and
Edmonton Springboard and
Platform Diving Club**



Present the

**2011 Summer Senior National
Championships**

and 2011 Pan American Games Trials



**Edmonton, AB
June 2-5, 2011**

GENERAL INFORMATION

The 2011 Summer Senior National Championships are sanctioned by Diving Plongeon Canada and Alberta Diving, and hosted by Edmonton Springboard and Platform Diving Club.

Date: June 2-5, 2011

Facility: Kinsmen Sports Centre
9100 Walterdale Hill

Host Club: Edmonton Springboard and Platform Diving Club
Edmonton, AB
7 River Heights Dr
Edmonton, AB
T6M 2R1
(780) 444-7300
espdiver@telusplanet.net

Meet Manager: Trevor Palmatier trevorpalmatier@telus.net
On-site Meet Manager: Sandy Sehn sandysehn@hotmail.com

Technical Chair: David Flewwelling espdiver@telusplanet.net

EVENTS: Men's and women's 1m, 3m, and 10m platform
Men's and women's 3m & 10m synchro

EQUIPMENT LIST

- 4 x 1-meter springboards – Duraflex
- 4 x 3-meter springboards – Duraflex
- Platform: 3m, 5m, 7.5m & 10m (not stacked)
- Sprinklers/agitators under all springboards and platforms

RULES

The 2010-2011 FINA and Diving Plongeon Canada Rules shall be the official rules for this event. If there are any inconsistencies between this package and the Rule Book, the Rule Book shall prevail. Any decisions made at this championship by the Jury of Appeal shall be final. The Rule book is also available at www.diving.ca

JUDGING

Refer to 2010-2011 Diving Plongeon Canada Rule Book. Dress code is in effect. All judges will be required to wear white shirts and black bottoms. For finals black pants and closed toe shoes are mandatory.

ENTRANCE CRITERIA

Refer to 2010-2011 Diving Plongeon Canada Rule Book.

SENIOR POINT STANDARDS

Refer to 2010-2011 Diving Plongeon Canada Rule Book.

COACH CERTIFICATION REQUIREMENTS FOR NATIONAL CHAMPIONSHIPS

To attend a Diving National Championship, coaches must be fully certified Level 2 in the old system or at the Competition-Introduction Level. Coaches not having full certification may attend provided they are with a coach from their club who is fully certified at Level 2 or Competition-Introduction or at a higher level

ENTRY FEES AND ENTRY DEADLINE

We ask that you enter and submit your lists for individual and synchro events for the Summer Senior Nationals using the Dive Sheet Generator. www.rezman.net

If you are unable to submit your lists over the internet, you will be able to fill in your dive sheets electronically when you arrive. Dive sheets can also be submitted at the same time as your entries.

For all dive sheets received through the Dive Sheet Generator, you will receive an e-mail notification confirming receipt. Should you not receive this confirmation, please contact us.

Entry forms are also available for downloading on the Diving Plongeon Canada web site; (<http://www.diving.ca/pdf/competition/2011/EntryFormSSN11.pdf>)

Registration Fee:	\$50.00 per diver
Entry Fee:	\$50.00 per diver per individual event \$50.00 per synchro team/ per event

All fees are payable to the Canadian Amateur Diving Association Inc.. Payment can be made by VISA, Mastercard, cheque or money order. If paying by credit card, an administrative fee of 3% will be added to the total.

Entry Deadline: **May 18th, 2011**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, May 18th, 2011. Entries received after this date will be assessed a \$100.00 late entry fee payable to CADA.

Mail or Fax to: Diving Plongeon Canada
700 Industrial Ave., Suite 312
Ottawa, ON K1G 0Y9
Fax: (613) 736-0409 E-mail: jeff@diving.ca

Diving Canada will verify the results on the database. The club will be contacted if results sheets are required.

Refer to 2010-2011 Diving Plongeon Canada Rule Book for further information.

RESULTS

Participating clubs and unattached diver/coach will be able to download the full results booklet from www.diving.ca the week following the event.

Diving Plongeon Canada will be providing live internet results and video throughout the competition. Results can be accessed through www.diving.ca or through www.rezman.net.

Live internet video will be broadcasted for the entire event. Please promote this feature to family and friends of athletes.

DOPING

Doping tests may be conducted at the 2011 Summer Senior National Championships.

A Therapeutic Use Exemption (TUE) application is required to be submitted by divers who need to take a substance that is banned. Exemptions are to be granted by CCES. TUEs cannot be issued retroactively, **so must be approved by CCES at least 21 days before the Summer Nationals.**

Within Canada, TUEs are not required for glucocorticosteroids or beta-2 agonists, but must be declared at the time a doping test is undertaken, and TUEs submitted retroactively. A complete medical review will be required.

NOTE: This does not apply to Registered Testing Pool athletes who MUST have TUEs submitted at least 21 days in advance – to FINA – with a copy to CCES. RTP athletes cannot apply TUEs retroactively.

AS WELL: Divers who are selected for international competitions, including Canada Cup, must obtain exemptions from FINA (with a copy to CCES) a minimum of 21 days prior to the application international competition. TUEs cannot be applied retroactively.

For information on banned and permitted substances:

2011 prohibited list: <http://www.diving.ca/english/html/athletesmanual.htm>.
Substance classification booklet: <http://www.cces.ca/files/pdfs/CCES-PUB-SubstanceClassification-E.pdf>
CCES substanceinquiries@cces.ca
CCES toll-free 1-800-672-7775 (all inquiries are treated confidentially)

AWARDS AND MEDALS

Note: We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshalling and towels and jeans are not permitted. Appropriate time will be provided between the final event and the award ceremonies.

Awards to be given:

- Top 3 overall in individual events
- Top 3 synchro teams

- Beverley Boys Outstanding Diver Trophy (top male and top female divers – must dive on all three boards)
- National Championship Banner to club that accumulates the most competition points

MEETINGS & HOSPITALITY

Opening Ceremonies

No opening ceremony is being planned for this competition

On-site Hospitality

The local organizing committee will be providing hospitality to coaches, officials and volunteers on competition days at the pool.

Athlete & Spectator Food

Food will be available for purchase at Moo's Cafeteria at the Kinsmen Sports Centre for athletes and spectators.

Media Open House:

Wednesday June 1st, 10h00 to 12h00, Kinsmen Sports Centre

Coaches Meeting:

Wednesday June 1st, 18h00, Location TBD

Officials Meetings:

Thursday, June 2nd, 07h00 at Location TBD

Sunday evening:

A closing awards presentation will commence right after the last final on Sunday evening. At this point, the Beverley Boys Awards and National Championship Banner will be presented.

HOTEL INFORMATION

The Coast Edmonton Plaza Hotel

10155 105 Street Edmonton, AB, T5J 1E2

\$99.00 + tax/ night for a Comfort Double Room

Free Internet in all rooms

Parking is an additional \$15/night

The Coast Edmonton House All Suites Hotel

10205 – 100 Ave, Edmonton, AB, T5J 4B5

\$119.00 + tax/night for a Comfort Double Room

Free Internet in all rooms

Parking is an additional \$15/night

Reservations:

David Bauer

Code: Canadian Diving Championships

1 (780) 423-7534

d.bauer@coasthotels.com

CAR RENTALS

Edmonton International Airport is serviced by 6 car rental companies, all of which can be accessed by the following link: http://flyeia.com/ground_transportation/car_rentals

Alamo	1-877-222-9075	
Weekly rate	\$177.92	compact
	\$268.65	standard
	\$309.98	minivan
Avis	1-800-879-2847	
Weekly rate	\$189.54	compact
	\$287.79	standard
	\$250.74	minivan
Budget	1-800-661-7027	
Weekly rate	\$169	compact
	\$249	standard
	\$439	minivan
Enterprise	1-800-261-7331	
Weekly rate	\$168.51	compact
	\$240.84	standard
	\$512.41	minivan
Hertz	1-800-263-0600	
Weekly rate	\$223.49	compact
	\$338.49	standard
	sold out	minivan
National	1-800-227-7368	
Weekly rate	\$238.00	compact
	\$260.69	standard
	\$310.00	minivan

MEDICAL SERVICES

Kinsmen Sports Centre Physical Therapy Clinic – (located at the pool)

9100 Walterdale Hill, Edmonton, AB, T6E 2V3
(780) 432-9555 tel. | (780) 439-2965 fax.

Hours of Operation are Monday to Friday, 6:45 am to 6:45 pm.
Latest they will accept new assessments is 6:30 pm
\$110 for assessments, \$60 / treatment

Kinsmen Sports Centre Massage Therapy – (located at the pool)

9100 Walterdale Hill, Edmonton, AB, T6E 2V3
780 / 433-8434 tel.
Aurel Hamran, RMT, SMT(C), HSc. Dip. S.I.M.
Judy Simon, RMT

TRAINING SCHEDULE

Lundi 30 mai 2011 / Monday, May 30th		
Pratique libre	9-12 and 14-17	Open practice
Mardi 31 mai 2011 / Tuesday, May 31st		
Pratique libre	9h00 – 17h00	Open practice
Mercredi 1 juin 2011 / Wednesday, June 1st		
Pratique libre	9h00 – 17h00	Open practice

COMPETITION SCHEDULE

Jeudi 2 juin 2011 / Thursday June 2nd		
Pratique libre	08h00	Open practice
Pratique reserve 1m	09h15	1m Restricted practice
Femmes – 1m Préliminaires	10h00	Women – 1M Prelim
Pratique reserve 3m	12h00	3m Restricted practice
Hommes – 3m synchro finale	12h30	Men - 3M Synchro Final
Pratique reserve 1m	13h30	1m Restricted practice
Femmes – 1m finale	14h00	Women 1M Final
Pratique reserve 10m	15h00	10m Restricted practice
Femmes – 10m synchro finale	15h30	Women 10M Synchro Final
Pratique libre		Open practice
Vendredi 3 juin 2011 / Friday June 3rd		
Pratique libre	08h00	Open practice
Pratique reserve 1m	09h15	1m Restricted practice
Hommes – 1m Préliminaires	10h00	Men – 1M Prelim
Pratique reserve 3m	12h00	3m Restricted practice
Femmes – 3m synchro finale	12h30	Women - 3M Synchro Final
Pratique reserve 1m	13h30	1m Restricted practice
Hommes – 1m finale	14h00	Men 1M Final
Pratique reserve 10m	15h00	10m Restricted practice
Hommes – 10m synchro finale	15h30	Men 10M Synchro Final
Pratique libre		Open practice
Samedi 4 juin 2011 / Saturday June 4th		
Pratique libre	08h00	Open practice
Pratique reserve 3m	09h15	3m Restricted practice
Femmes – 3m Préliminaires	10h00	Men – 3M Prelims
Pratique reserve 10m	12h00	10m Restricted practice
Hommes – 10m Préliminaires	12h30	Women – 10M Prelims
Pratique reserve 3m	14h00	3m Restricted practice
Hommes – 3m finale	14h30	Men – 3M Final
Pratique reserve 10m	15h30	10m Restricted practice
Femmes – 10m finale	16h00	Women – 10M Final
Pratique libre		Open practice
Dimanche 5 juin 2011 / Sunday June 5th		
Pratique libre	08h00	Open practice
Pratique reserve 3m	09h15	3m Restricted practice
Femmes – 3m Préliminaires	10h00	Women – 3M Prelims
Pratique reserve 10m	12h00	10m Restricted practice
Hommes – 10m Préliminaires	12h30	Men – 10M Prelims
Pratique reserve 3m	14h00	3m Restricted practice
Femmes – 3m finale	14h30	Women – 3M Final
Pratique reserve 10m	15h30	10m Restricted practice
Hommes – 10m finale	16h00	Men – 10M Final
Remise des prix	16h45	Awards Ceremony

Canadian Diving Championships

Comfort Double Rooms: \$119.00

Above room rates do not include applicable taxes

Features Include: Spacious suite accommodation in downtown Edmonton with the finest in travel amenities. We feature fully equipped kitchens, separate living rooms with dining areas and private balconies for your enjoyment.

Our Amenities

- Fitness Facilities
- Rutherford's Restaurant & Lounge
- Indoor Swimming Pool
- Covered Parkade
\$15.00 per day
- 24-Hour Business Centre

Complimentary

- Wireless Internet Access
- Local and toll-free calls
- Downtown Area Shuttle

**For Individual Bookings
Call: 1-800-663-1144**

**For Club Bookings Contact
David Bauer at
780-423-7534 or
d.bauer@coasthotels.com**

Please book your room by May 18, 2011

**10205 – 100 Ave, Edmonton, AB, T5J 4B5
Tel: (780) 420-4000 / Fax: (780) 420-4363**





Canadian Diving Championships

**Room Rate
Comfort Double: \$99.00**

The Coast Edmonton Plaza Hotel
Is a 4-Star downtown property boasting
299 spacious guestrooms featuring:

- No charge local telephone calls and no charge long distance access calls
- Complimentary WIRELESS internet access in all guestrooms
- Complimentary high speed internet access in Superior and Premium rooms
- In-room coffee, tea & hot chocolate service
- In-room luxurious bath robes, iron & board, hair dryer and humidifier
- Parking: - \$15 per vehicle/night in parkade
- 105 Street Café and adjacent MALT's Lounge
- 24 Hour Room Service with cafe pricing
- On site full service AHAVA® Day Spa offering therapeutic treatments
- No charge Health Club with pool, whirlpool, steam room and fitness equipment
- Check in 3:00 pm Check out 11:00 am

**For Individual Bookings
Call: 1-800-663-1144**

**For Club Bookings Contact
David Bauer at
780-423-7534 or
d.bauer@coasthotels.com**

10155 105 Street, Edmonton, AB T5J 1E2
Tel: (780) 423-4811 / Fax: (780) 425-5882



DIVING PLONGEON CANADA
ENTRY FORM / FORMULAIRE D'INSCRIPTION
2011 Summer National Championships / Les championnats nationaux senior d'été 2011

Membership # / # de membre	Name of Competitor / Nom de l'athlète	Coach / Entraîneur NCCP level / Niveau PNCE	Sexe	Individual Events / Épreuves individuelles			Synchro Events / Épreuves Synchro		Qualification standard – date/location/meet
				1M	3M	10M	M	Partner	

All competitors must have qualified to enter / Tous les compétiteurs doivent se qualifier pour être admissibles

Club: _____ E-mail: _____ Tel: _____ Fax: _____

Registration fee: \$50.00 per diver
Entry fee: \$50.00 per diver per individual event
 \$50.00 per synchro team

Amount enclosed:

Cheque \$ _____
 Credit Card (Add 3% Admin fee) \$ _____

Visa _____ MasterCard _____ Expiry Date _____

Credit Card # _____

Authorized Signature _____

Return completed Entry Form and payment to / Retournez le formulaire et paiement à:

Diving Plongeon Canada
 312-700 Industrial Ave
 Ottawa ON K1G 0Y9
 Fax: 613-736-0409
 E-mail: jeff@diving.ca

DUE MAY 18, 2011/ DATE-LIMITE 18 MAI 2011

Cheques & money orders should be made payable to the *Canadian Amateur Diving Association Inc.* Les chèques et les mandats-poste doivent être payables à l'ordre de : *Association canadienne du plongeur amateur Inc.*

I hereby agree to adhere to the Code of Conduct, and all my divers have been advised of this Code. / J'accepte par les présentes de respecter le code de conduite, et tous mes plongeurs et plongeuses ont été avisés de ce code de conduite.

Signature of Coach/ Signature de l'entraîneur :

DIVING CANADA CODE OF CONDUCT

Diving Canada is committed to providing an environment in which all individuals are treated with respect. Further, Diving Canada supports equal opportunity and prohibits discriminatory practices. Members are expected to conduct themselves at all times in a manner consistent with the values of Diving Canada that include fairness, integrity, open communication and mutual respect. Irresponsible behaviour by members can do severe damage to the sport of diving and to the support that all levels of divers have worked so hard to achieve. Conduct that violates these values may be subject to sanctions pursuant to Diving Canada's Discipline Policy.

In addition to the above, the following specific behaviours will be subject to sanction pursuant to Diving Canada's Discipline Policy.

1. not complying with the by-laws, rules, regulations or policies of Diving Canada, as adopted and amended from time to time;
2. verbally or physically abusing team mates, opponents, officials, coaches, spectators or sponsors;
3. showing disrespect to officials, including the use of foul language and obscene or offensive gestures;
4. abusing aquatic facilities or equipment or any other properties which Diving Canada has contracted;
5. failing to comply with the conditions of entry of a diving meet including any rules with regard to clothing or advertising;
6. failing to be available to meet reasonable requests for interviews by the media;
7. any other unreasonable conduct which brings the sport of diving into disrepute, including but not limited to , abusive use of alcohol, non-medical use of drugs, use of alcohol and cigarettes by minors.

The Diving Canada Discipline Code of Conduct shall govern all disciplinary matters to the extent that it conflicts with or augments to Code of Conduct of any provincial/territorial diving association.

CODE DE CONDUITE DE PLONGEON CANADA

Plongeon Canada s'engage à offrir un environnement dans lequel tout individu est traité avec respect. En outre, Plongeon Canada appuie l'égalité des chances et interdit les pratiques discriminatoires. Les membres sont censés se comporter à tous moments d'une manière qui est compatible avec les valeurs de Plongeon Canada qui incluent l'équité, l'intégrité, la communication ouverte, et le respect mutuel. Un comportement irresponsable de la part des membres peut faire du tort au sport de plongeon ainsi qu'à l'appui que les plongeurs et plongeuses de tous les niveaux se sont évertués à obtenir. Une conduite qui ne respecte pas ces valeurs peut être sujette à une sanction, conformément à la politique en matière de discipline de Plongeon Canada.

En plus de ce qui précède, les comportements suivants en particulier seront sujets à une sanction, conformément à la politique en matière de discipline de Plongeon Canada.

1. Défaut de se conformer aux statuts, au règlement, aux règles, ou aux politiques de Plongeon Canada, tels qu'ils auront été adoptés ou amendés de temps à autre;
2. L'abus verbal ou physique de ses coéquipiers ou coéquipières, ses adversaires, les officiels ou officielles, les entraîneurs ou entraîneuses, les spectateurs ou spectatrices, ou les commanditaires;
3. Manquer de respect envers les officiel(le)s, incluant injurier quelqu'un et utiliser des gestes obscènes ou offensifs;
4. L'abus d'installations ou d'équipement aquatiques ou de tous autres biens pour lesquels Plongeon Canada s'est engagée par contrat;
5. Ne pas observer les conditions de participation à une compétition de plongeon y compris les règles ayant trait à l'habillement ou à la publicité;
6. Ne pas être disponible pour répondre aux demandes raisonnables d'interviews de la part des médias;
7. Toute autre conduite qui fait tomber le sport de plongeon dans le discrédit, y compris, mais sans toutefois limitée à, l'abus d'alcool, l'usage non médical des drogues, et la consommation de boisson alcoolisée ou l'usage du tabac par les mineur(e)s.

La politique en matière de discipline et le Code de conduite de Plongeon Canada détermineront toutes questions de discipline en cas de conflit avec ou d'augmentation du code de conduite d'une association provinciale ou territoriale quelconque.