



**Capitol City Diving Club Invitational 2006**

February 18<sup>th</sup> & 19<sup>th</sup>

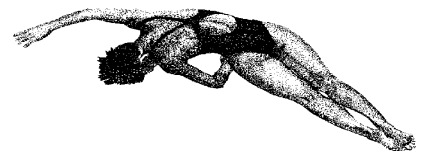
Tier I, II, & III



# 2006 Capitol City Diving Club Invitational

February 18<sup>th</sup> & 19<sup>th</sup> 2006

- Location:** Nepean Sportsplex  
1701 Woodroffe Avenue  
Nepean, Ontario K2G 1W2 Pool Telephone: (613) 580-2424 x41261
- Host Club:** *Capitol City Diving Club*  
Telephone: (613) 228-9270 Fax: (613) 580-2717  
email: [ottawadiving@rogers.com](mailto:ottawadiving@rogers.com) website: [www.capitolcitydiving.com](http://www.capitolcitydiving.com)  
[www.nodc.ca](http://www.nodc.ca)
- Technical Director:** Robyn Wilkes & Luda Zakharenko  
**Meet Director:** Adam Beales
- Contact:** Robyn Wilkes
- Rules/Eligibility:** DPC (Diving Plongeon Canada) and Dive Ontario rules apply.
- Facilities:** 2 Type "C" One Metre Springboards  
2 Type "C" Three Metre Springboards  
3, 5, 7½, 10 Metre Platforms
- Dive Sheets:** Must be in the hands of the Meet Office **24 hours** before the posted start time of the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario .
- Entry Fees:** \$15.00 per diver registration; \$15.00 per diver per event  
\$15.00 per diver per event for deck entries (**entries due by February 10, 2006**)
- Age of Competitor:** Determined by diver's age as of **December 31, 2006.**
- Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> with ribbons for 4<sup>th</sup> – 6<sup>th</sup>.



## Dive Requirements:

### TIER I

Divers who can complete the following dive requirements on the 1 and 3 meter board.

**Open and Masters** upon request and Registration.

|                   |                                       |   |
|-------------------|---------------------------------------|---|
| 1 Metre & 3 Meter | Group D<br>(11 & under)               | 4 Compulsory (1M DD 7.2)<br>(3M DD 7.6)<br>3 Optionals      |
|                   | Group C<br>(12 & 13 yrs.)             | 5 Compulsory<br>(DD 1m9.0/3m9.5)<br>3 Optionals             |
|                   | Groups B, & A<br>(14-15 & 16-18 yrs.) | 5 Optionals Only  |
|                   | Open Men & Women                      | Women – 5 Optionals Only<br>Men – 6 Optionals Only          |
|                   | Master 25 – 39 & Master 40 +          | 25–39: 3 comp (5.4) – 2 Opts<br>40 +: 3 comp (5.4) – 2 Opts |

### TIER II

Divers who can complete the following dive requirements on the 1 and 3 meter board.

|         |                            |                                     |
|---------|----------------------------|-------------------------------------|
| 1 Metre | Group D<br>(11 & under)    | 3 Compulsory (DD 5.4)<br>3 optional |
|         | Group C<br>(12&13yrs.)     | 4 Compulsory (DD 7.2)<br>3 Optional |
|         | Group B<br>(14& 15 yrs.)   | 5 Compulsory (DD 9.0)<br>3 Optional |
|         | Group A<br>(16 to 18 yrs.) | 5 Compulsory (DD 9.0)<br>4 Optional |
| 3 Metre | Group D<br>(11 & under)    | 3 Compulsory (DD 5.4)<br>3 Optional |
|         | Group C<br>(12&13yrs.)     | 4 Compulsory (DD 7.6)<br>3 Optional |
|         | Group B<br>(14& 15yrs.)    | 4 Compulsory (DD 7.6)<br>4 Optional |
|         | Group A<br>(16 to 18yrs.)  | 5 Compulsory (DD 9.5)<br>4 Optional |

### TIER III

Divers who can complete the following dive requirements on the 1 meter board

|              |                            |                                     |
|--------------|----------------------------|-------------------------------------|
| 1 Metre only | Group D<br>(11 & under)    | 2 Compulsory (DD 3.7)<br>2 Optional |
|              | Group C<br>(12&13yrs.)     | 2 Compulsory (DD 3.7)<br>2 Optional |
|              | Group B<br>(14& 15yrs.)    | 4 Compulsory (DD 7.6)<br>2 Optional |
|              | Group A<br>(16 to 18 yrs.) | 4 Compulsory (DD 7.6)<br>2 Optional |



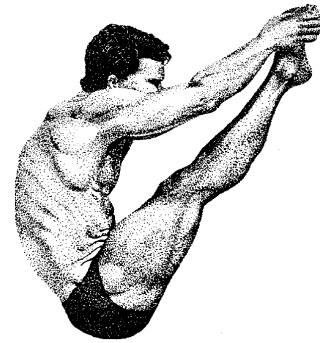


**CAPITOL CITY  
DIVING CLUB**

## SCHEDULE OF EVENTS

**Saturday February 18<sup>th</sup>**

Open Practice: 7:30am – 8:30am  
 Coach's Meeting: 8:30am – 8:40am  
 Closed Practice: 8:40am – 9:00am



**Events Begin: 9:00am**

| Event # | One Meter Board    | Event # | Three Meter Board               |
|---------|--------------------|---------|---------------------------------|
| 1       | GIRLS LEVEL I D    | 9       | GIRLS LEVEL I B<br>OPTIONS ONLY |
| 2       | BOYS LEVEL I D     | 10      | BOYS LEVEL I B<br>OPTIONS ONLY  |
| 3       | GIRLS LEVEL I C    | 11      | GIRLS LEVEL I A<br>OPTIONS ONLY |
| 4       | BOYS LEVEL I C     | 12      | BOYS LEVEL I A<br>OPTIONS ONLY  |
| 5       | GIRLS LEVEL II D   | 13      | GIRLS LEVEL II B                |
| 6       | BOYS LEVEL II D    | 14      | BOYS LEVEL II B                 |
| 7       | GIRLS LEVEL II C   | 15      | GIRLS LEVEL II A                |
| 8       | BOYS LEVEL II C    | 16      | BOYS LEVEL II A                 |
|         | AWARDS EVENTS 1 –8 |         | AWARDS EVENTS 9 - 16            |
| 17      | GIRLS LEVEL III B  |         |                                 |
| 18      | BOYS LEVEL III B   |         |                                 |
| 19      | GIRLS LEVEL III A  |         |                                 |
| 20      | BOYS LEVEL III A   |         |                                 |
| 21      | Master Men & Women |         | AWARDS EVENTS 17 – 20           |

**\*Open and Masters Events can be run upon coaches' request.**

**\*Masters Events will follow DPC & Fina Rules.**

**\*Some events may be combined depending on the number of entries.**

**\*There will be a closed practice before each event of no less then 20 minutes.**

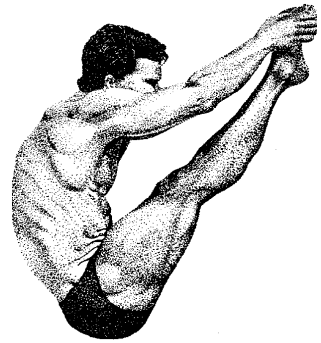


**CAPITOL CITY  
DIVING CLUB**

## SCHEDULE OF EVENTS

**Sunday February 19<sup>th</sup>**

Open Practice: 7:30am – 8:30am  
 Coach's Meeting: 8:30am – 8:40am  
 Closed Practice: 8:40am – 9:00am



**Events Begin: 9:00am**

| Event# | One Meter Board                 | Event # | Three Meter Board   |
|--------|---------------------------------|---------|---------------------|
| 21     | GIRLS LEVEL III D               | 25      | GIRLS LEVEL I D     |
| 22     | BOYS LEVEL III D                | 26      | BOYS LEVEL I D      |
| 23     | GIRLS LEVEL III C               | 27      | GIRLS LEVEL I C     |
| 24     | BOYS LEVEL III C                | 28      | BOYS LEVEL I C      |
|        | AWARDS EVENTS 21-24             | 29      | GIRLS LEVEL II D    |
| 33     | GIRLS LEVEL I B<br>OPTIONS ONLY | 30      | BOYS LEVEL II D     |
| 34     | BOYS LEVEL I B<br>OPTIONS ONLY  | 31      | GIRLS LEVEL II C    |
| 35     | GIRLS LEVEL I A<br>OPTIONS ONLY | 32      | BOYS LEVEL II C     |
| 36     | BOYS LEVEL I A<br>OPTIONS ONLY  |         | AWARDS EVENTS 25-32 |
| 37     | GIRLS LEVEL II B                |         |                     |
| 38     | BOYS LEVEL II B                 |         |                     |
| 39     | GIRLS LEVEL II A                |         |                     |
| 40     | BOYS LEVEL II A                 |         |                     |
| 41     | Master Men & Women              |         | AWARDS EVENTS 33-40 |

\*Open and Masters Events can be run upon coaches request.

\*Masters Events will follow DPC & Fina Rules.

\*Some events may be combined depending on the number of entries.

\*There will be a closed practice before each event of no less then 20 minutes.



## HOTEL INFORMATION

### HOTELS

Days Inn Ottawa West  
350 Moodie Dr, Nepean Ontario K2H 8G3  
(613) 726-1717 Contact Sherley Brophy  
(613) 726-1462 Fax

### CAR RENTALS

Phone numbers for major Car Rental companies are as follows:

|          |                |            |                |
|----------|----------------|------------|----------------|
| Avis     | 1-800-879-2847 | Budget     | 1-800-268-8900 |
| Discount | 1-800-263-2355 | Hertz      | 1-800-263-0600 |
| Tilden   | 1-800-387-4747 | Enterprise | 1-800-736-8222 |
|          |                | Enterprise | 1-613-228-8206 |

