



Capitol City Diving Club Invitational 2007

February 17th & 18th
Tier I, II, & III



2007 Capitol City Diving Club Invitational

February 17th & 18th 2007

- 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 website: www.capitolcitydiving.com
www.nodc.ca
- Technical Director:** Luda Zakharenko
Meet Director:
- Contact:** Robyn Wilkes
- Rules/Eligibility:** DPC (Diving Plongeon Canada) and Dive Ontario rules apply.
- Facilities:** 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Metre Platforms
- Dive Sheets:** Must be submitted electronically via e-mail at ottawadiving@rogers.com or as per DPC rules book, in hands of the Meet Office **24 hours** before the posted start time of the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario .
- Entry Fees:** \$25.00 per diver registration; \$15.00 per diver per event
\$25.00 entry fees includes registration, breakfast and lunch during competition.
\$20.00 per diver per event for deck entries (**entries due by February 9, 2007**)
- Age of Competitor:** Determined by diver's age as of **December 31, 2007**.
- Awards:** Medals for 1st, 2nd, 3rd with ribbons for 4th – 6th.



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 Meter & 3 Meter	Group E (9 & Under) Group D (10 & 11 yrs)	6 dives (DPC Rules) 4 Compulsory (1M DD 7.2) (3M DD 7.6) 3 Optionals
	Group C (12 & 13 yrs.)	5 Compulsory (DD 1m9.0/3m9.5) 3 Optionals
	Groups B, & A (14-15 & 16-18 yrs.)	5 Optionals Only
	Open Men & Women	Women – 5 Optionals Only Men – 6 Optionals Only
	Master 25 – 39 & Master 40 +	25–39: 3 comp (5.4) – 3 Opts 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 Meter	Group D (11 & under)	3 Compulsory (DD 5.4) 3 optional
	Group C (12&13yrs.)	4 Compulsory (DD 7.2) 3 Optional
	Group B (14& 15 yrs.)	5 Compulsory (DD 9.0) 3 Optional
	Group A (16 to 18 yrs.)	5 Compulsory (DD 9.0) 4 Optional
3 Meter	Group D (11 & under)	3 Compulsory (DD 5.4) 3 Optional
	Group C (12&13yrs.)	4 Compulsory (DD 7.6) 3 Optional
	Group B (14& 15yrs.)	4 Compulsory (DD 7.6) 4 Optional
	Group A (16 to 18yrs.)	5 Compulsory (DD 9.5) 4 Optional

TIER III

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

1 Meter	Group D (11 & under)	2 Compulsory (DD 3.7) 2 Optional
	Group C (12&13yrs.)	2 Compulsory (DD 3.7) 2 Optional
	Group B (14& 15yrs.)	4 Compulsory (DD 7.6) 2 Optional
	Group A (16 to 18 yrs.)	4 Compulsory (DD 7.6) 2 Optional
3 Meters	All Age Groups	6 Dives 101F, 201F,100B, Plus 3 dives from different groups,DD1.9



Hotel & Car Information

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

HOTELS

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



GROUP CONFIRMATION

Hotel: Days Inn Ottawa West
350 Moodie Drive
Ottawa, ON
K2H 8G3

Contact: Shirley Brophy
General Manager

Telephone: 1-800-616-7719 or 613-726-1717

Email: reservations@daysinnottawawest.com

Our Website: www.daysinnottawawest.com

Confirmation #: TBA

Event Name: 2006 Capitol City Diving Club Invitational

Contact: Fernando Henderson/Robyn Wilkes

Arrival Date: Friday February 16th, 2007

Departure Date: Sunday February 18th, 2007

Room Type: 50 non-smoking double bedded rooms

Rate: \$105 plus taxes

Comp Amenities: Parking
Local telephone calls
Continental breakfast
High speed internet
Refrigerators in every room
Onsite laundry services
Hospitality room for team functions

Cut Off Date: February 01, 2007

Rooming List: Will call in individually

Payment Details: Each individual responsible for payment of own

Cancellation Policy: By 4PM on date of arrival

****D'Arcy McGee's Irish Pub on site****