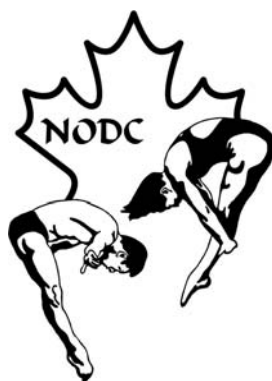


Nepean Ottawa Diving Club Invitational 2007



November 30 - December 2, 2007





Nepean Ottawa Diving Club Invitational November 30 - December 2, 2007

- Location:** Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, Ontario K2G 1W2 Pool Telephone: (613) 580-2424 X 41261
- Host Club:** *Nepean Ottawa Diving Club, c/o Nepean Sportsplex*
Telephone: (613) 228-9270 Fax: (613) 580-2717
email: ottawadiving@rogers.com website: www.capitolcitydiving.com
- Technical Director:** Fernando Henderson
Meet Director:
- Contact:** Robyn Leroux
- Rules/Eligibility:** DPC (Diving Plongeon Canada) and Fina rules will apply.
NOTE: Meet Specific rules on page 4
- Facilities:** 4 Type "B" One Metre Springboards
2 Type "B" Three Metre 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 as a *National Qualifying Event*.
- Entry Fees:** \$30.00 per diver registration; \$15.00 per diver per event (entry fees
include registration, breakfast and lunch during competition.)
\$20.00 per diver per event for deck entries
(entries due by November 22, 2007)



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Age of Competitor: Determined by diver's age as of December 31, 2007.

<u>Group</u>	<u># of Dives With Limit (max DD)</u>	<u># of Dives Without Limit</u>	<u>National Qualifying Scores</u>
Boys & Girls D	4 (7.2) - 1 metre	3	G - 190 & B - 190
	4 (7.6) - 3 metre	3	G - 200 & B - 200
	4 (7.6) - plt	2	G - 175 & B - 175
Boys & Girls C	5 (9.0) - 1 metre	3	G - 245 & B - 230
	5 (9.5) - 3 metre	3	G - 255 & B - 240
	4 (7.6) - platform	3	G - 225 & B - 225
Boys & Girls B	5 (9.0) - 1 metre (Full)	4	G - 300 & B - 280
	5 (9.5) - 3 metre (Full)	4	G - 315 & B - 290
	G - 4 (7.6) - plt	3	G - 245
	B - 4 (7.6) - plt	4	B - 265
Girls A	5 (9.0) - 1 metre (Full)	5	355
	5 (9.5) - 3 metre (Full)	5	380
	4 (7.6) - plt	4	300
Boys A	5 (9.0) - 1 metre (Full)	5	345
	5 (9.5) - 3 metre (Full)	5	365
	4 (7.6) - plt	5	315
Women's Open	1 metre (Opts)	5	210
	3 metre (Opts)	5	235
	Platform (Opts)	5	220
Men's Open	1 metre (Opts)	6	260
	3 metre (Opts)	6	275
	Platform (Opts)	6	270



Nepean Ottawa Diving Club Invitational

Meet Specific Rules

There will be a closed practice before each event of no less than 20 minutes.

A time table of events will be given to each coach upon arrival, however it should be noted that events may run slightly ahead of schedule. The technical director reserves the right to amend the schedule upon receipt of entries. Based on entries some events may be combined. **COACHES PLEASE BE ADVISED THAT AGE GROUPS A & B WILL START WITH OPTIONALS AND FINISH WITH COMPOLSORIES.**

Entry fees: \$30.00 entry fees includes registration, breakfast and lunch during competition, Friday, Saturday & Sunday.

Awards: Medals for top three & ribbons 4th to 6th
Awards will be presented immediately following the closed practice.

Group E Dive Requirements: (Group E events will run, right before Group D).

1 Meter (Boys & Girls)- Total of six (6) dives

Front jump layout with approach (100 A) and back jump layout (200 A).

Four (4) additional dives from three (3) Groups.

All dives have a degree of difficulty of 1.8

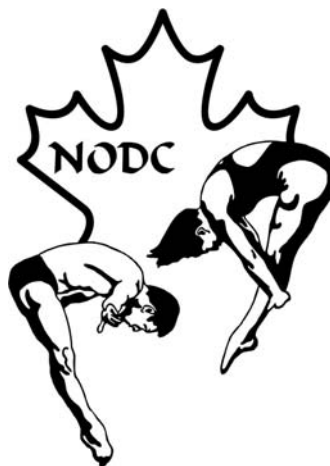
3 Meters (Boys & Girls) - Total of six (6) dives

Standing front fall in

Back fall in and front jump pike with approach.

Three (3) additional dives from three (3) groups.

All dives have a degree of difficulty of 1.9



Nepean Ottawa Diving Club Invitational

SCHEDULE OF EVENTS

Friday, November 30th, 2007

Open Practice 7:30 a.m. - 8:30 a.m.

Coach's Meeting - 8:30 a.m.

9:00 a.m. Events Begin

<u>Event #</u>	<u>Platform</u>	<u>Event #</u>	<u>Platform</u>
1	Boy's D	2	Girl's D
3	Boy's A	4	Girl's A
5	Boy's B	6	Girl's B
7	Boy's C	8	Girl's C
9	Boy's E/D (1 metre)	10	Girl's E/D (3 metre)
11	Men's Open	12	Women's Open

Saturday, December 1st, 2007

Open Practice 7:30 a.m. - 8:30 a.m.

9:00 a.m. Events Begin

<u>Event #</u>	<u>1 Metre</u>	<u>Event #</u>	<u>3 Metre</u>
13	Girl's B	14	Girl's A
15	Boy's A	16	Boy's C
17	Girl's E/D	18	Boy's E/D
19	Boy's B	20	Girl's C
21	Men's Open	22	Women's Open

Sunday, December 2nd, 2007

Practice 7:30 a.m. - 8:30 a.m.

9:00 a.m. Events Begin

<u>Event #</u>	<u>1 Metre</u>	<u>Event #</u>	<u>3 Metre</u>
23	Girl's A	24	Girl's B
25	Boy's C	26	Boy's A
27	Girl's C	28	Boy's B
29	Women's Open	30	Men's Open



Nepean Ottawa Diving Club Invitational

CAR RENTALS

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

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

Contact: Shirley Brophy
General Manager
1-800-616-7719 or 613-726-1717
reservations@daysinnottawawest.com
www.daysinnottawawest.com

Group Name: 2007 Nepean Ottawa Diving Club Invitational

Arrival Date: Thursday November 29th, 2007

Departure Date: Sunday December 2nd, 2007

Room Type: 30 non-smoking double bed rooms

Rate: \$110 plus taxes

Comp Amenities: Parking, Local telephone calls, Continental breakfast, High speed internet, Refrigerator in every room, and Hospitality room for team functions. ****D'Arcy McGee's Irish Pub on site****

Cut Off Date: November 9th, 2007

Rooming List: Will call in individually

Payment Details: Each individual responsible for payment of own

Cancellation Policy: By 4PM on date of arrival

2007 Nepean Ottawa Diving Club Invitational

	<u>Diver's Name</u> Last Name, First Name	Birthdate (MM/DD/YY)	M/F	Age Group	AG 1M	AG 3M	AG Plt	Open 1M	Open 3M	Open Plt
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
		Total Numbers:								

Registration Cost: \$30.00 X

Event Cost: \$15.00 X

Club Name: _____

Coach's Name: _____

Please email entry to: ottawadiving@rogers.com

Please come prepared to pay the fees as they will be calculated at the meet.

Make checks payable to **NEPEAN OTTAWA DIVING CLUB**

Entry Due Date: **November 22, 2007**

Birthdate is required.