

Vaudreuil/Dorion diving club

Welcome !

We're back. The tradition carries on ; our club and the City of Vaudreuil/Dorion welcomes you to it's 4th regional and masters competition. Through this competition we wish to promote enthusiasm towards our newest recruits by allowing them to be part of a meet suited to their regional level.

We wish to be supportive of our young divers as well as our older ones by inviting the latter to join us for this event. Given the fact that there are few competitions for this group of divers, we are moving forward by inviting them to perform on a 5mtr platform as well as on the 3mtr and 1mtr. one.

This competition will be held on March 26th and 27th at the Campus de la cite des jeunes pool. You will find below all details pertaining to this invitation. The success of this event rests solely upon your participation.

Organizers

Date: March 26th and 27th 2011

Venue : Campus de la cite des jeunes pavillon pool

Features : 2 x 1m springboard

1 x 3m springboard

1 5m tower

Aquatic advisor :

Director of competition :

Technical director :

Referee/Judge :

Registration : Please send registration form via email to

Registration deadline: Monday march 14th 2011 at midnight

Payment : Please issue checks on behalf of :

Regulations: FINA, L'APCA and FPAQ rule book

* Fall ins and dives accepted

Dive sheets : Dive sheets must be submitted to the Dive Sheet engine Rezman on march 23rd 2011 latest. If you do not have Rezman, please download it at... or send us your lists via email through Excel .

Please note that all coaches must provide us with a paper copy listing their athlete's dives ASAP. For the 2 first events of the day in cat. F and E, we will need the sheets before 7:30.

Thanks for your kind collaboration. Please note that no changes will be tolerated within 30 minutes of a particular event.

Registration fee : \$20. (non refundable)

Fee per event : \$10.

Awards: Medals to first, second and third. Ribbons to 4th and 5th

Rules and regulations :

Age group
base and DD
Total

year of birth
Optionals

Fall ins are allowed

Front fall in : 101F DD : 1.0

Back fall in : 201F DD : 1.1

Dives are allowed with a DD of 0.5

Doing more than one dive with the same number won't be allowed but you may execute a 101F with a 101C or a 201F with a 201A or C (for regional divers)

5211A are not allowed at the regional level.

Athletes having their passport in their age category are excluded.

Outclassing won't be possible. Divers may only enter within their age classification so no possibilities of exhibition.

SCHEDULE FOR COMPETITION

Ongoing 1M and 3M competition

Saturday March 26th 2011

7h00 warmup for all

8h00 officials and trainers meeting

8h15 warmup reserved for events 1 and 2

8h30 competition begins

SCHEDULE

Sunday march 28th 2010

7h00 warmup for all

8h00 officials and trainers meeting

8h15 warmup reserved for events 9 and 10

8h30 Competition begins

There will be 15 minutes of practice reserved prior to each event. There will be a 45 minute lunch recess most likely after event 4 and 10. There is a

cafeteria at your disposal. A snack bar is also on site.

** Please note that no food items will be tolerated around the pool or the bleachers. Thanks for your understanding.

DIRECTIONS TO VAUDREUIL-DORION.

The pool is located behind the cite des jeunes campus on Chemin Paul-Guerin-Lajoie

From highway 40 West: Take exit 35 (Avenue St-Charles Vaudreuil-Dorion)
Take a left at the light on St-Charles
Take a right on Chemin Paul-Guerin-Lajoie
The pool is behind the campus in pavilion J

From highway 20 West : After Taschereau Bridge, Take a right at KFC on St-Henri Avenue
Take a right on St-Charles
Take a left on Chemin Paul-Guerin-Lajoie
The pool is located behind the campus in pavilion J