

# 2009 BC CHAMPIONSHIPS



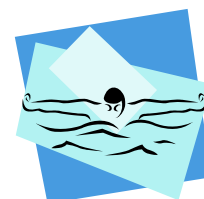
**WATER POLO**



**DIVING**



**SYNCHRO**



**SWIMMING**

## **BC Summer Swimming Association**

205-2323 Boundary Road, Vancouver, BC V5M 4V8  
Tel : (604) 473-9447 Fax: 604-473-9660  
[www.bcssa.bc.ca](http://www.bcssa.bc.ca)

**Hosted by Fraser Valley Organizing Committee**



# BC SUMMER SWIMMING ASSOCIATION 51<sup>st</sup> BC CHAMPIONSHIPS (BCCH)

**DATES:** August 17<sup>th</sup> to 23<sup>rd</sup>, 2009

- |  |  |
|--|--|
| <p>1. <b>WATER POLO</b><br/>August 17, 2009<br/>7:00 am – 9:00 pm<br/>August 18, 2009<br/>7:00 am – 8:00 pm<br/>August 19, 2009<br/>7:00 am - 12:00 pm</p> <p>3. <b>SYNCHRO</b><br/>August 19, 2009<br/>4:30 pm – 9:30 pm<br/>August 20, 2009<br/>11:30 am – 4:30 pm</p> | <p>2. <b>DIVING</b><br/>August 18, 2009<br/>8:00 pm – 10:00 pm<br/>August 19, 2009<br/>12:00 pm – 4:30 pm<br/>August 20, 2009<br/>7:00 am – 11:30 am</p> <p>4. <b>SWIMMING</b><br/>August 21 to 23, 2009<br/>8:00 am – 6:00 p.m.</p> |
|--|--|

Water Polo, Diving and Synchronized Swimming will be held at the Walnut Grove Community Centre.  
Address: 8889 Walnut Grove, Langley, BC

Competitive swimming will be held at the Centennial Outdoor Pool.  
Address: 2310 Emerson Road, Abbotsford, BC

## **MEET COMMITTEE MEMBERS**

Meet Chairperson:	Neil Woulle
Meet Manager:	Tony Tsang
Assistant Meet Manager:	James Welychko
Meet Referee:	Trudy Kemper
Meet Registrar:	Brenda Krueger
Diving Coordinator:	Joanna Linardis
Water Polo Coordinator:	Jim Toy
Synchronized Swim Coordinator:	Chris Bolton
Meet Treasurer:	Mike Lorusso
Hospitality:	Cindi Borsoi

## **Fraser Valley Organizing Committee**

Chairperson	Karen Bennett
Treasurer	Nick Eshuis
Secretary	Diane Kamagianis
Marketing coordinator	Heather Stein
Equipment coordinator	Dwayne Bennett
Venue coordinator	Cos Van Wermeskerken
Volunteer coordinator	Mike Perrin



**Venue:**

Walnut Grove Swimming Pool

- A 50 metres long, 8 lanes indoor pool.
- Spectator viewing area and bleachers are located at the north side of the swimming pool.
- Grass area located west of the pool will be used by vendors.
- Parking is available at Walnut Grove Secondary School.

Centennial Outdoor Pool

- A 25 metres long, 8 lanes outdoor pool.
- Spectator viewing area and bleachers are located at the east and west side of the swimming pool.
- Grass area located east and south of the pool will be used by vendors, day tents and RVs.
- Parent supervision of children at the venue including marshalling area is strongly recommended.
- Parking is available at MSA arena around the street from the pool.
- Fraser Valley Organizing Committee will operate a concession.

# BCSSA REGIONS & CLUBS-2009



## CARIBOO (CA)

DAW Dawson Creek Seals	FIN Fort Nelson Finns	FSJ Ft. St. John Stingrays
MAC MacKenzie Rainbows	PGP Prince George Pisces	QUE Quesnel Aquatic Club

## FRASER SOUTH (FS)

BOU Boundary Bay Bluebacks	CLO Cloverdale Tritons	CRB Crescent Beach S.C.
LAD Ladner Stingrays	NOD North Delta Sunfish	RIC Richmond Kigoos
SUR Surrey Sea Lions	WHI White Rock Amateur	

## FRASER VALLEY (FV)

ABB Abbotsford Whalers	AGA Agassiz/Harrison S.C.	CWK Cultus-Chilliwack
HAN Haney Neptunes	LAN Langley Flippers	MIS Mission Marlins
FVD Fraser Valley Diving		

## KOOTENAY (KO)

CAS Castlegar Aquanauts	COL Colville Valley S.C.	CST Creston Swim Club
GFA Grand Forks Piranhas	KIM Kimberly Sea Horses	NEL Nelson Neptunes
TRA Trail/Warfield Stingrays		

## OKANAGAN (OK)

GOL Golden Dolphins	KAM Kamloops Tsunami	OGO Kelowna Ogopogos
LIL Lillooet Killer Whalers	LUM Lumby Lightning	MER Merritt Otters
PEN Penticton Pikes	PRI Princeton Kokanees	REV Revelstoke Aquaducks
SAA Salmon Arm Sockeyes		

## SIMON FRASER (SF)

BMM Burnaby Mtn. Mantas	BUR Burnaby Barracudas	COQ Coquitlam Sharks
PCM Port Coquitlam Marlins	PMA Port Moody Aquarians	

## VANCOUVER & DISTRICT (VD)

NOR N. Shore Winter Club	NVC North Van. Cruisers	VIK Vancouver Vikings
SQU Squamish Aquatic Club	SUP Super Sharks S.C.	

## VANCOUVER ISLAND (VI)

CAM Campbell Rr. Salmon Kings	COU Courtenay Blue Devils	ESQ Esquimalt F.A.S.T.
JUA Juan de Fuca Royals	NAN Nanaimo White Rapids	OAK Oak Bay Orcas
PAA Port Alberni S.C.	PDI Pender Island Otters	SID Sidney Piranhas
POW Powell River Aquatic Club	VKC Victoria Kingfish	SSS Salt Spring Stingrays
CVB Cowichan Valley Breakers		

The Club abbreviations to be used are shown above. These abbreviations are the only abbreviations officially recognized by the Chief Meet Recorder and will be used to compute regional points.

## AWARDS



### **Diving**

MEDALS: 1st, 2nd, 3rd  
RIBBONS: 4th to 8th

Awards will be presented to all divers, immediately following the competition. It is important ALL divers be there NOT just the award winners.

Divers receiving awards will be dressed in competitive bathing suits, bare feet, and hair done neatly. No hats or other adornments. Please make sure your team is there and ready on time. TEAM PICTURES will be taken after the awards. All team divers in bathing suits for pictures. Please tell parents we want your entire team.

### **Trophies**

Junior Girls Team	Army and Navy Department Stores
Junior Boys Team	Army and Navy Department Stores
Senior Girls Team	Super Value Stores
Senior Boys Team	Super Value Stores
Girls Team	Woodwards Stores
Boys Team	C.K.N.W.X. Radio
Regional Team	BCSSA Regional Award
Team	BCSSA Challenge Cup

All trophies will be awarded at the end of all the diving events, immediately after the individual awards. Please have the entire team present Thursday, August 20. Have everyone there a half hour early, dressed correctly.

Team Points for diving will be awarded 36, 32, 30, 28, 26, 24, 22, 20.

The recipients of trophies are responsible for having them engraved. The trophy must be returned to the Diving Director ***in advance*** of the next BC Championships.

**Note: REGIONAL DIRECTORS ARE RESPONSIBLE FOR THE RETURN OF ANY TROPHIES.**

Trophies are to be returned in the same condition as received and prior to next year's Championships Meet.



## ENTRIES



1. The Regional Championships event list as shown in the Final Results **must coincide with the event numbers of this invitation**. If there is an event numbered differently, change the numbers on the Final Results in order to agree with the Provincial system. Entries must conform to Provincial Event numbers in this Meet Package.

All information submitted for the BC Championships (BCCH) Meet Registration must use the BCCH Meet Event Numbers. **No exceptions.**

**Note:** All Tier "O" events have their own event number.

2. BCCH qualifiers, from each region, must be submitted using Hy-tek's Meet Manager program.
3. Entries are to be emailed to [office@bcssa.bc.ca](mailto:office@bcssa.bc.ca) and [mtcoach@shaw.ca](mailto:mtcoach@shaw.ca) as soon as possible after the completion of the Regional Championships meet. Those entries from each region will be entered into the BCCH Meet; a verification list will be produced and emailed back to the Regional Director. Any changes or corrections the region needs to make will be emailed back to the above addresses. If there are no changes or corrections an email with the file attached, sent to the above addresses, stating that the submitted entries are correct will suffice.

**An unlocked copy of the BCCH meet, the advancers file and email stating that these are the correct entries, as well as all entry information for water polo, Synchro and diving must be in the office no later than 3:00 PM on Tuesday August 11, 2009.**

### **Completed Entries to BCCH are due by:**

**Tuesday, August 11, 2009**

The payment form; 1 cheque for all BCCH entry fees and 2 copies of the alternate sheets for swimming must be received in the office before close of business on **Thursday August 13, 2009.**

If you have any questions or need any help please contact Tony Tsang at [mtcoach@shaw.ca](mailto:mtcoach@shaw.ca) or phone (604) 313-2286. If you email, please include a phone number where you can be reached.

4. Please submit your BCCH entry fees to the BCSSA office at 2323 Boundary Road, Vancouver, BC V5M 4V8 Attn. Tony Tsang

Please hand deliver Payment Form with cheque or send it by mail using express post.

Note: If sent via mail by noon on Tuesday, it will get to the office by Thursday.  
The approximate cost will be \$7.00

Please note: Lane Rentals for Warm Ups are mandatory fees.

5. \$5.00 per Individual Event; \$10.00 per Relay; \$10.00 per Regional Medley Relay
6. All discrepancies with entries to the BC Championships Meet will be dealt with by the Meet Manager.



# BCSSA PAYMENT FORM

## Return To:

BCSSA Office  
#205-2323 Boundary Road  
Vancouver, BC  
V5M 4V8

DATE DUE: **Thursday, August 13, 2009**

REGION: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

1.	COMPETITIVE SWIMMING				
	a) Individual Swims	_____	x \$5.00 =	_____	
	b) Relays	_____	x \$10.00 =	_____	
	c) Reg. Medley Relay	_____	x \$10.00 =	_____	
	d) Lane Rentals (Warm-up) (Not Optional)	2	x \$150.00 =	\$300.00	
			TOTAL =	_____	\$ _____
2.	DIVING EVENTS				
	a) Events	_____	x \$15.00 =	_____	
			TOTAL =	_____	\$ _____
3.	SYNCHRO EVENTS				
	a) Figures	_____	x \$5.00 =	_____	
	b) Duets	_____	x \$10.00 =	_____	
	c) Teams	_____	x \$20.00 =	_____	
			TOTAL =	_____	\$ _____
4.	WATER POLO TEAMS	_____	x \$325.00 =	_____	
	REFEREE FEE	_____	X\$150.00 =	_____	
			TOTAL =	_____	\$ _____
	<b><u>ONE CHEQUE ONLY</u></b>		<b>GRAND TOTAL</b>		<b>\$ _____</b>



# DIVING

Warm Ups:

**TUESDAY, AUGUST 18 2009**

**GENERAL OPEN WARM UP  
8:00 PM -10:00PM**

Competition:

**WEDNESDAY, AUGUST 19, 2009  
THURSDAY, AUGUST 20, 2009**

**12:00PM – 4:30 PM  
7:00AM – 11:30 AM**

**ALL AWARDS  
FOLLOWING THE COMPETITION**



## 2009 – BCSSA PROVINCIAL DIVING CHAMPIONSHIPS

TUESDAY, AUGUST 18 2009

GENERAL OPEN WARM UP  
8:00 PM -10:00PM

WEDNESDAY, AUGUST 19 2009 12:00PM – 4:30 PM

THURSDAY, AUGUST 20 2009 7:00AM – 11:30 AM

A full schedule will be faxed or emailed or mailed once all entries are received.

### ANNUAL GENERAL MEETING

**Date:** Thursday August 20, 2009

**Time:** 7:30p.m. – 9:30p.m.

**Place:** Abbotsford Exhibition Park – Ag Rec Gallery  
32470 Haida Drive, Abbotsford, B.C.

All Diving Coaches / Parents & Officials should make every effort to attend.

### COACHES' ASSOCIATION MEETING

**DATE:** Thursday, August 20, 2009

**TIME:** 2:00p.m. – 4:00p.m.

**Place:** Abbotsford Exhibition Park – Ag Rec Gallery  
32470 Hiada Drive, Abbotsford, B.C.

### DIVING COACHES' ASSOCIATION MEETING

**DATE:** WED, August 19, 2009

**TIME:** 10:30 AM

**Place:** On the pool deck.

All judging and other decisions will be made here, as well as discussion and suggestions about rules/regulations and any future changes.

### AWARDS

**MEDALS:** 1st, 2nd, 3rd

**RIBBONS:** 4th to 8th

Awards will be presented to all divers, at the end of the meet. It is important **ALL** divers be there on Thursday, August 14, 2008 immediately following the competition and **NOT** just the award winners.

Divers receiving awards will be dressed in competitive bathing suits, bare feet, and hair done neatly. No hats or other adornments. Coaches, **please** make sure your team is ready and on time. **TEAM PICTURES** will be taken after awards. All team divers in bathing suits for pictures. Please tell parents we want your whole team.

The recipients of trophies are responsible for having them engraved. The trophy must be returned to the Diving Director **IN ADVANCE** of the 2008 Provincial Championship. IF you choose to bring them to the competition, this must be cleared in advance.

### TROPHIES

Junior Girls Team

Junior Boys Team

Senior Girls Team

Senior Boys Team

Girls Team

Army and Navy Department Stores

Army and Navy Department Stores

Super Value Stores

Super Value Stores

Woodwards Stores

Boys Team  
Regional Team  
Overall Team

CKWX Radio  
BCSSA Regional Award  
BCSSA Challenge Cup



## ***RULES***

Please refer to the current Edition of the BCSSA Diving Rules and Regulations.

A diver's competitive age category will be determined by the 2009 Age locator (located on the BCSSA website).

All divers must be fully and properly registered with the BCSSA, and have proof of having participated in ONE qualifying meet and Regional Championships.

Please mark all "O" **Dive Sheets** clearly in the appropriate spaces. **All coaches and divers must sign all dive sheets prior to the start of each event.**

## ***RESULTS***

All results will be scored and awarded separately for each division and category.

Team points for diving will be awarded 36, 32, 30, 28, 26, 24, 22, and 20.

## ***ENTRY FEES***

There will be a **\$20.00** entry fee per event. All Fees, Dive Entry Forms and BCSSA Dive Sheets must be into your region by 6:00pm Sunday August 9, 2009. Regions must have all applicable forms into BCSSA office by **12:00 noon Tuesday, August 11, 2009.**

A diver must have competed in at least **one scheduled BCSSA competition** in the correct age group and category with a complete list, before the Regional Championships.

**A written or typed copy of ALL dive meet results must be sent or faxed to the BCSSA Office immediately following the completion of each competition. Fax # (604) 473-9660.**

## ***ENTRIES***

All Diving Entries must be sent to:  
JOANNA LINARDIS  
c/o BCSSA Office  
205 - 2323 Boundary Road  
Vancouver, BC V5M 4V8

**NO LATE ENTRIES. ALL ENTRIES MUST BE IN BEFORE 12:00 NOON TUESDAY, AUGUST 11, 2009.**

Entries must be filled out on the appropriate BCSSA Diving Forms and a copy of all REGIONAL RESULTS must accompany the entries. Please send a Diving Entry Form for each club entered in your Region. Please ensure that all Dive Sheets are submitted as well at this time.

## ***DIVE SHEETS***

Must be completed and turned in with registration on **Tuesday August 11, 2009. Dive Sheets must be completed in pencil.** All changes (or new dive sheets) must be completed before event specific warm ups start on the day of competition. (A FAXED COPY WILL BE ACCEPTED IF NECESSARY, BUT THIS MUST BE ARRANGED IN ADVANCE.)

Everyone must be there for the entire evening. Events will run consecutively and we will wait for no one. Time is limited. It is the competitors and coaches' responsibility to be there on time for each event, dressed appropriately and ready to dive. Events may be combined as needed.

A schedule of events will be faxed or emailed on Wednesday, **August 12, 2009.**



Each club is asked to supply at least one Judge. Please let the Meet Manager know the judges' names as soon after Regional Championship as possible.

Each Club must have two Table Workers ready to help for each event. Please sign-in at the beginning of General Warm-ups. We need lots of help as we are running in a restricted amount of time!

Divers shall ensure proper attire is worn which will allow the judges to clearly see the lines of the body while a dive is being executed.

**BCSSA DIVING RULES – REFER TO THE 2009 BCSSA RULE BOOK**

**BCSSA EXCEPTIONS:**

1. **Dive Requirements see below**
2. **2009 DEGREE OF DIFFICULTY SHEET (DD Sheet ) see below.**
3. **Section 6 Rule 7 b)Feet First Entries ii) when one or both of the arms are held beyond the head in a feet first entry, the Referee shall instruct the Judges to award the dive a maximum of 4.5 point.**
  - a. **This rule does NOT apply to any of the REQUIRED DIVES LISTED IN THE 2008 Age Group Dive Requirements**
  - b. **This is the Same rule, sited in different sections: Section 7 – L; Section 8 – B – 6; and Section 8 - H – 3 ALL sections need to be noted.**

**2009 Age Group Dive Requirements**

**"S" DIVERS**

Age Group – 1 Metre	Required dives	Optional dives	Optional Clarification
8 & Under	100 – Front Jump 200 – Back Jump 101 or 001 (Front Fall in) 201 or 002 (Back Fall In)	Any 3 dives	<ul style="list-style-type: none"> <li>• All jumps &amp; fall-ins are permitted.</li> <li>• Required dives may be repeated as optional dives, however the position must be different.</li> <li>• 2 categories must be used.</li> </ul>
9 & 10	100 – Front Jump 200 – Back Jump 101 or 001(Front Fall in) 201 401	Any 3 dives	<ul style="list-style-type: none"> <li>• All jumps &amp; fall-ins are permitted.</li> <li>• Required dives may be repeated as optional dives, however the position must be different</li> <li>• 3 categories must be used.</li> </ul>
11 & 12	100 – Front Jump 200 – Back Jump 101 201 or 301 401	Any 3 dives	<ul style="list-style-type: none"> <li>• All jumps &amp; fall-ins are permitted.</li> <li>• Required dives may be repeated as optional dives, however the position must be different</li> <li>• 3 categories must be used.</li> </ul>
13 & 14	100 – Front Jump 200 – Back Jump 101 201 or 301 401	Any 4 dives	<ul style="list-style-type: none"> <li>• All jumps &amp; fall-ins are permitted.</li> <li>• Required dives may be repeated as optional dives, however the position must be different</li> <li>• 3 categories must be used.</li> </ul>
15 & 16	101 201 or 301 401	Any 4 Dives	<ul style="list-style-type: none"> <li>• All jumps &amp; fall-ins are permitted.</li> <li>• Required dives may be repeated as optional dives, however the position must be different</li> <li>• 4 categories must be used.</li> </ul>
17 – 19 / 20 & Over	101 201 or 301 401	Any 4 Dives	<ul style="list-style-type: none"> <li>• All jumps &amp; fall-ins are permitted.</li> <li>• Required dives may be repeated as optional dives, however the position must be different</li> <li>• 3 categories must be used.</li> </ul>



### "S" DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
10 & Under	100 – Front Jump 200 – Back Jump 001 fall in or roll in	Any 3 dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives, however the position must be different.</li> <li>2 categories must be demonstrated.</li> </ul>
11 & 12	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	Any 3 dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives, however the position must be different</li> <li>2 categories must be demonstrated</li> </ul>
13 & 14	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	Any 4 dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives, however the position must be different</li> <li>2 categories must be demonstrated</li> </ul>
15 & 16	001 fall in or roll in 002 101 201	Any 4 Dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives, however the position must be different</li> <li>2 categories must be demonstrated</li> </ul>
17 – 19 / 20&Over	001 fall in or roll in 002 101 201	Any 4 Dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives, however the position must be different</li> <li>2 categories must be demonstrated</li> </ul>

### "O CAT" DIVERS

Age Group – 1 Metre	Required dives	Optional dives	Optional Clarification
10 & Under "O Cat 1"	100 – Front Jump 200 – Back Jump 101 201	Front Option + any 2 dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives however the position must be different.</li> <li>2 categories must be demonstrated.</li> </ul>
11 – 13 O Cat 2	100 – Front Jump 200 – Back Jump 101 201 or 301 401	Any 4 dives	<ul style="list-style-type: none"> <li>In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number.</li> <li>3 categories must be demonstrated.</li> </ul>
14 – 19 O Cat 3	101 201 301 401 Twisting Category (your choice)	Any 4 dives	<ul style="list-style-type: none"> <li>In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number.</li> <li>4 categories must be demonstrated.</li> </ul>
20 & Over O Cat 4	Front or Inward Back or Reverse Twisting Category (your choice)	Front Optional Back or Reverse Optional Inward Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> <li>In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number.</li> <li>4 categories must be demonstrated.</li> </ul>



## "O CAT" DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
10 & Under O Cat 1	100 – Front Jump 200 – Back Jump 001 – Front Fall in or roll in 002 - Back Roll in 101 401	Any 3 dives	<ul style="list-style-type: none"> <li>All jumps &amp; fall-ins are permitted.</li> <li>Required dives may be repeated as optional dives, however the position must be different.</li> <li>2 categories must be demonstrated.</li> </ul>
11 – 13 O Cat 2	001 – Front Fall in or Roll in 002 101 201 or 301 401	Front Optional Inward Optional Back or Reverse Optional	<ul style="list-style-type: none"> <li>In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number.</li> <li>3 categories must be demonstrated.</li> </ul>
14 – 19 O Cat 3	001 – Front Fall in or Roll in 002 101 201 or 301 401	Front Optional Inward Optional Back or Reverse Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> <li>In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number.</li> <li>4 categories must be demonstrated.</li> </ul>
20 & Over O Cat 4	001 002 Front or Inward Back or Reverse Twisting Category (your choice)	Front Optional Back or Reverse Optional Inward Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> <li>In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number.</li> <li>3 categories must be demonstrated.</li> </ul>

## DEGREE OF DIFFICULTY

\*\*NOTE THERE ARE CHANGES\*\*

DIVING 200 VERSION

SPRINGBOARD		1 Meter				3 Meters			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
<b>FORWARD GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
101	Forward Dive	1.2	1.4	1.3		1.4	1.6	1.5	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1 ½ Somersault		1.7	1.6			1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2 ½ Somersault		2.6	2.4			2.4	2.2	
106	Forward Triple Somersault			2.9			2.8	2.5	
107	Forward 3 ½ Somersault			3.0			3.1	2.8	
109	Forward 4 ½ Somersault							3.5	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1 ½ Somersault		1.9	1.8			1.8	1.7	
115	Forward Flying 2 ½ Somersault							2.5	
<b>BACK GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
201	Back Dive	1.4	1.7	1.6		1.6	1.9	1.8	
202	Back Somersault	1.7	1.7	1.6		1.9	1.9	1.8	
203	Back 1 ½ Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2 ½ Somersault			3.0			3.0	2.8	
207	Back 3 ½ Somersault							3.4	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersaults							2.1	
<b>REVERSE GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	1.8	1.8	1.7		2.0	2.0	1.9	
302	Reverse Somersault	1.8	1.8	1.7		2.0	2.0	1.9	
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault		2.6	2.3			2.4	2.1	
305	Reverse 2 ½ Somersault		3.2	3.0			3.0	2.8	
307	Reverse 3 ½ Somersault							3.5	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1 ½ Somersault							2.2	
<b>INWARD GROUP</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.7	1.6	1.5		1.8	1.6	1.5	
402	Inward Somersault		1.7	1.6			1.6	1.5	
403	Inward 1 ½ Somersaults		2.4	2.2			2.1	1.9	
404	Inward Double Somersaults			2.8			2.6	2.4	
405	Inward 2 ½ Somersaults		3.4	3.1			3.0	2.7	
407	Inward 3 ½ Somersaults							3.4	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault			2.7				2.4	

**BCSSA 2008**  
**DEGREE OF DIFFICULTY**

**\*\*NOTE THERE ARE CHANGES\*\***

TWIST GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive, ½ Twist	1.8	1.7			1.8	1.7		
5112	Forward Dive, 1 Twist	2.0	1.9			2.0	1.7		
5121	Forward Som., ½ Twist		1.8		1.7		1.8		1.7
5122	Forward Som., 1 Twist				1.9				2.0
5124	Forward Som., 2 Twist				2.3				
5126	Forward Som., 3 Twist				2.7				
5131	Forward 1 ½ Som., ½ Twist		2.1	2.0			2.0	1.9	
5132	Forward 1 ½ Som., 1 Twist				2.2				2.1
5134	Forward 1 ½ Som., 2 Twists				2.6				2.5
5136	Forward 1 ½ Som., 3 Twists				3.0				2.9
5138	Forward 1 ½ Som., 4 Twists								3.3
5152	Forward 2 ½ Som., 1 Twist		3.2	3.0			3.0	2.8	2.8
5154	Forward 2 ½ Som., 2 Twists						3.4	3.2	3.2
5211	Back Dive ½ Twist	1.4				1.5			
5212	Back Dive, 1 Twist	1.6				1.7			
5221	Back Somersault, ½ Twist				1.8				1.8
5222	Back Somersault, 1 Twist				1.9				
5223	Back Somersault, 1 ½ Twists				2.3				
5225	Back Somersault, 2 ½ Twists				2.7				
5227	Back Somersault, 3 ½ Twists								3.2
5231	Back 1 ½ Som., ½ Twist				2.1				2.0
5233	Back 1 ½ Som., 1 ½ Twists				2.5				2.4
5235	Back 1 ½ Som., 2 ½ Twists				2.9				2.8
5237	Back 1 ½ Som., 3 ½ Twists								3.2
5239	Back 1 ½ Som., 4 ½ Twists								3.6
5251	Back 2 ½ Som., ½ Twist						3.1	2.8	2.7
5253	Back 2 ½ Som., 1 ½ Twists						3.5	3.3	3.1
5311	Reverse Dive ½ Twist	1.9				2.0			
5312	Reverse Dive, 1 Twist	2.1				2.2			
5321	Reverse Somersault, ½ Twist				1.8				
5322	Reverse Som., 1 Twist				2.0				
5323	Reverse Som., 1 ½ Twists				2.4				
5325	Reverse Som., 2 ½ Twists				2.8				
5331	Reverse 1 ½ Som., ½ Twist				2.2				2.1
5333	Reverse 1 ½ Som., 1 ½ Twists				2.6				2.5
5335	Reverse 1 ½ Som., 2 ½ Twists				3.0				2.9
5337	Reverse 1 ½ Som., 3 ½ Twists								3.3
5351	Reverse 2 ½ Som., ½ Twist						3.1	2.9	2.7
5353	Reverse 2 ½ Som., 1 ½ Twists						3.5	3.3	3.1
5371	Reverse 3 ½ Som., ½ Twist							3.5	3.6
5411	Inward Dive, ½ Twist	2.0	1.7			1.9	1.6		
5412	Inward Dive, 1 Twist	2.2	1.9			2.1	1.8		
5421	Inward Som., ½ Twist		1.8	1.7			1.6	1.5	
5422	Inward Som., 1 Twist				2.1				
5432	Inward 1 ½ Som., 1 Twist				2.7				2.4
5434	Inward 1 ½ Som., 2 Twists				3.1				2.8



## 2009 BCSSA Dive Entry Form

Host Club \_\_\_\_\_

Date \_\_\_\_\_

Visiting Club \_\_\_\_\_

Coach \_\_\_\_\_ Phone No. \_\_\_\_\_

<b>Name</b>					"O" Cat 1 10 & Under		"O" Cat 2 11 - 13		"O" Cat 3 14 - 19				"O" Cat 4 20 & Over		Total Fee	Regional Score					
					8 & Under		9 & 10		11 & 12		13 & 14		15 & 16				17 - 19		20 & Over		
M	F	O	S		1m	3m	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m			

Signature \_\_\_\_\_

Total Entries \_\_\_\_\_ X \$20.00 = \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**Dive Sheet**



Event No. \_\_\_\_\_ Grp./Cat \_\_\_\_\_ S/O \_\_\_\_\_ 1m \_\_\_\_\_ 3m \_\_\_\_\_ Sex \_\_\_\_\_ Diving Order \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_ Coach \_\_\_\_\_

Meet \_\_\_\_\_ Date \_\_\_\_\_

Dive No.	Description of Dive	POS	Judges Awards					DD	Total	Score
			1	2	3	4	5			
	<b>Compulsory Dives</b>									
										-----
										-----
										-----
										-----
										-----
	<b>Optional Dives</b>									
										-----
										-----
										-----
										-----
										-----

Competitor's Signature

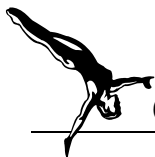
Coaches Initials

Total Points \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

FINAL PLACE \_\_\_\_\_



## REGIONAL DIRECTOR & REGIONAL REGISTRAR CHECKLIST - PROVINCIAL CHAMPIONSHIP DIVING ENTRIES

---

The following steps must be completed in order for Dive Entries to be eligible for Provincial Championships:

REGIONAL DIRECTORS: \_\_\_\_\_ (sign here)

1. Check to ensure a list of your Dive Coaches & Dive Regional Representatives for diving are in to the Provincial Diving Director.
2. Ensure that your Dive Director is in contact with the BCSSA Dive Director.
3. Collect Regional Results, Entry Forms and completed Dive Sheets.
4. Collect your diving cheques and submit entry funds with the Speed Swimming/Synchronized Swimming/Water Polo in ONE payment.
5. Ensure that the Regional Registrar has the "Athlete Competition Lists" are signed off by each of the Diving Coaches in your region BEFORE the Registration Deadline.
6. Ensure that the Divers in your region are registered for Diving, on their registration.

REGIONAL REGISTRARS \_\_\_\_\_ (sign here)

1. Ensure that the "Athlete Competition Lists" are signed off by each of the Diving Coaches in your region.
2. Ensure that the Divers in your region are registered for Diving, on their registration.

REGIONAL DIVING DIRECTORS: \_\_\_\_\_ (sign here)

1. Check to ensure a list of your coaches for diving are in to the Regional Dive Director
2. Ensure that your Dive Director is in contact with the BCSSA Dive Director.
3. Collect Regional Results, Entry Forms and completed Dive Sheets.
4. Ensure that the Regional Registrar has the "Athlete Competition Lists" are signed off by each of the Diving Coaches in your region.
5. Ensure that the Divers in your region are registered for Diving, on their registration.

DIVING COACHES OR DIVING CLUB REPRESENTATIVE: \_\_\_\_\_ (sign here)

1. Submit all entries to the Regional Director (Regional Results, Entry Forms and completed Dive Sheets).
2. Include a cheque from the Club to the **REGION** for all entries.
3. **COMPLETE** the Dive Entry Form.
4. Complete Dive Sheets for all Divers: 1m and 3m.
5. Submit a copy of Dive Sheets for All Divers for eligibility from:
  - a. Regional
  - b) One(1) Competition
6. Submit a list of Table Workers. Each club must have at least one Table Worker to help for each event.
7. Submit names of Judges from your club. We require you to have two judges available from each of your CLUBS. If you do NOT, you must contact Joanna ASAP ([diving@bcssa.bc.ca](mailto:diving@bcssa.bc.ca)). IN ADDITION, NOTE: Parents are NOT permitted to judge their own children. COACHES names should be included in these fields as well.

Club Name: \_\_\_\_\_

\_\_\_\_\_  
Contact Name (Print)

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
(Sign)

\_\_\_\_\_  
Date

**Please ensure all items are enclosed with your entries and received by the office on Tuesday, August 11, 2009 BEFORE 12 NOON**



## **CHECKLIST - PROVINCIAL CHAMPIONSHIP DIVING ENTRIES**

---

The following steps must be completed in order for Dive Entries to be eligible for Provincial Championships:

1. Submit all entries to the Regional Director (Regional Results, Entry Forms and completed Dive Sheets).
2. Include a cheque from the Club to the **REGION** for all entries.
3. **COMPLETE** the Dive Entry Form.
4. Complete Dive Sheets for all Divers: 1m and 3m.
5. Submit a copy of Dive Sheets for All Divers for eligibility from:
  - a) Regional
  - b) One(1) Competition
6. Submit a list of Table Workers. Each club must have at least one Table Worker to help for each event.
7. Submit names of Judges from your club. We require you to have two judges available from each of your CLUBS. If you do NOT, you must contact Joanna ASAP ([diving@bcssa.bc.ca](mailto:diving@bcssa.bc.ca)). IN ADDITION, NOTE: Parents are NOT permitted to judge their own children. COACHES names should be included in these fields as well.

Club Name: \_\_\_\_\_

\_\_\_\_\_  
Contact Name (Print)

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
(Sign)

\_\_\_\_\_  
Date

**Please ensure all items are enclosed with your entries and received by the office on Tuesday, August 11, 2009 BEFORE 12 NOON**



CLUB NAME: \_\_\_\_\_

REGION: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

(WHERE WE WILL SEND THE MEET SCHEDULE)

**JUDGES AVAILABLE TO HELP WITH THE JUDGING (INCLUDE YOUR COACHES PLEASE)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**LIST OF PEOPLE AVAILABLE TO HELP WITH THE TABLES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_



BCSSA DIVING INFORMATION - PLEASE READ, and REPLY. RETURN AS  
INSTRUCTED.

Please note:

1. The dive requirements have slight changes
2. The Degree of Difficulty (DD) sheets have been updated and there are changes on the DD sheet
4. **THERE ARE CHANGES TO THE 2009 RULE BOOK. PLEASE READ IT CAREFULLY AS THE RULES WILL BE IN EFFECT THIS YEAR.**
5. The 2009 DIVE – BCSSA PROVINCIAL MEET PACKAGE along side of the 2009 OFFICIAL BCSSA RULE BOOK govern this season.

Please sign here \_\_\_\_\_ when you have read this information sheet, and coaches please ensure that your judges are apprised of this information, prior to meets; Fax this sheet to BCSSA or email: [diving@bcssa.bc.ca](mailto:diving@bcssa.bc.ca) with the following information:

1. I have read the dive meet package for 2009. \_\_\_\_\_ (initial here)
2. I understand there are changes to both the AGE GROUP DIVING REQUIREMENTS & the DEGREE OF DIFFICULTY SHEET \_\_\_\_\_ (initial here)
3. I acknowledge if OUR TEAM / REGION has any trophies we will be responsible and bring them to the 2009 FRASER VALLEY REGION – Walnut Grove Pool, engraved and ready to be given to the next team. \_\_\_\_\_ (initial here)
4. NOTE: NEW ! 8&under 3Metre event.

Thank you everyone, and here is to an AWESOME 2009 SEASON!  
Our Next Meeting will be on Wednesday, August 19, 2009 at 10:30am.

Joanna Linardis BA, RMT  
BCSSA DIVING COORDINATOR  
604-761-0440 (if you need anything)  
email: [diving@bcssa.bc.ca](mailto:diving@bcssa.bc.ca) or [jlinardis@hotmail.com](mailto:jlinardis@hotmail.com)