

## Regional Meet Package

**What:** Simon Fraser Regional Championships

**When:** Tuesday July 30, 2024

**Host:** Simon Fraser Region

**Meet Manager:** Kate Del Bel; diving@coquitlamsharks.org

**Who:** Simon Fraser Region Divers

*\*\*Only divers who have completed a qualified list, (see BCSSA Rule Book)  
at a BCSSA sanctioned meet are qualified to compete \*\**

**Where:** Eagle Ridge Outdoor Pool

2689 Guildford Way, Coquitlam, BC V3B 7Y5

**Facility:** 1 – 1m; 1 – 3m Duraform board

**Time:** 2:00-7:00 p.m.

**Results:** Medals: 1<sup>st</sup>-3<sup>rd</sup> place

Ribbons: 4<sup>th</sup>-8<sup>th</sup> place

### **T-shirts:**

Divers will only receive one T-shirt total (not one per sport) T-shirts will be given during the awards ceremonies. Top 3 in each age group will automatically qualify for Provincial Championships according to the BCSSA Provincial Rule Book.

\*\*\* Depending on total registrants for Provincial Championships, divers finishing below 3<sup>rd</sup> place may be offered a spot to compete at Provincials, however all other regions must turn in their Regional results before any other divers are invited.

THIS MAY TAKE UP TO ONE WEEK BEFORE WE RECEIVE OTHER RESULTS.

*\*Divers will not be allowed public swimming until after their events are completed.*

***Divers must pay to enter public swimming.***

### **Rules:**

- Current BCSSA Diving Rule Book will be used. Appropriate marks will be deducted for failed dives, balks, and crow hops.
- Should a coach wish to protest a referee's call, the protest must be completed and submitted prior to the end of the round.
- Spotting a diver is not permitted.
- The event referee will be responsible for making all judging decisions during the event.

**Dive Sheets:**

All dive sheets must be handed in by **2:00 p.m.** NO EXCEPTIONS

All dive sheets must be signed by the participants. Changes will not be permitted to dive sheets.

**Registration Deadline:** All registrations must be in by **July 28, 2024**. No exceptions.

**Events:**

Summer “S” Category; Combined 1m & 3m event.

Age groups;

- 8 & under
- 9 & 10
- 11 & 12
- 13 & 14
- 15+

Open “O” Category; 1m & 3m events.

Age groups;

- 8 & under
- 9 & 10
- 11 & 12
- 13 & 14
- 15+

Reminder: a diver’s age is that age at 31 December 2024.

A ‘Summer’ Diver is a competitor who dives two (2) hours or less per calendar week between October 1st of the previous year through to April 30th of the current year, and has not attained a DPC National Standard according to DPC rules.

An ‘Open’ Diver is a competitor who dove for more than two (2) hours per calendar week between October 1st of the previous year through to April 30th of the current year.

**Summer Divers may compete in the ‘Open’ Category. Experienced summer divers are in fact encouraged to compete in the ‘Open’ Category.**

**Volunteers:** As required by the club.

**Food:** Food will be available for judges, coaches and volunteers.



<b>BCSSA 2024 Diving</b>			
<b>S &amp; O Diving</b>			
<b>*Birth Year</b>		<b>Dive Requirements per table of dives</b>	
		<b>3 Metre</b>	<b>1 Metre</b>
2004 & earlier		20 & Over	
19 yrs	2005	17 - 19	17 - 19
18 yrs	2006		
17 yrs	2007		
16 yrs	2008	15 & 16	15 & 16
15 yrs	2009		
14 yrs	2010	13 & 14	13 & 14
13 yrs	2011		
12 yrs	2012	11 & 12	11 & 12
11 yrs	2013		
10 yrs	2014	9 & 10	9 & 10
9 yrs	2015		
8 yrs	2016	8 & Under	8 & Under

**\*NOTE:** An Athlete's age as of December 31st each year shall be used to determine the Athlete category.

In case of any discrepancy between this document and BCSSA rules, the BCSSA rulebook shall prevail.

## 2024 BCSSA – Age Group Dive Requirements

All S events are combined 1m and 3m.

### **Summer Divers**

<b>Age Groups</b>	<b>Compulsory Dives on 1m</b>	<b>Optional Dives on 1m or 3m</b>	<b>3m</b>
8 & Under (Total 5 dives)	Any 3 of: 100 200 001 or 101 002	2 dives  Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 2 dives on 3m.
9/10 (Total 6 dives)	Any 3 of: 100 200 001 or 101 002	3 dives  The same number may not be used twice. Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 3 dives on 3m.
11/12 (Total 7 dives)	Any 3 of: 100 200 001 or 101 002 or 201	4 dives  The same number may not be used twice. Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.
13/14 (Total 8 dives)	All 4 of: 100 200 001 or 101 002 or 201	4 dives  The same number may not be used twice. Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.
15+ (Total 8 dives)	All 4 of: 100 200 001 or 101 002 or 201	4 dives  The same number may not be used twice. Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.

2024 BCSSA – Age Group Dive Requirements, continued

**Open Divers 1m**

Age Group	Compulsory Dives	Optional Dives	Optional Clarification
8& Under (Total 6 dives)	100 200 001 002	2 dives	<ul style="list-style-type: none"> <li>• All jumps and fall-ins are permitted, but only one in each direction.</li> <li>• Compulsory dives may be repeated once in a different position.</li> </ul>
9/10 (Total 6 dives)	100 200 101 002 or 201	2 dives	<ul style="list-style-type: none"> <li>• No Jumps</li> <li>• Fall-ins are permitted, but only one in each direction.</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 2 categories must be used.</li> </ul>
11/12 (Total 6 dives)	101 201 or 301 401	3 dives	<ul style="list-style-type: none"> <li>• No Jumps</li> <li>• Fall-ins are permitted, but only one in each direction.</li> <li>• Must have one optional that demonstrates flipping rotational movement.</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 2 categories must be used.</li> </ul>
13/14 (Total 6 dives)	101 201 or 301 401	3 dives	<ul style="list-style-type: none"> <li>• No Jumps</li> <li>• Fall-ins are permitted, but only one in each direction.</li> <li>• Must have one optional that demonstrates flipping rotational movement.</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 3 categories must be used.</li> </ul>
15+ (Total 7 dives)	101 002 or 201 401	4 dives	<ul style="list-style-type: none"> <li>• No Jumps or Fall-ins</li> <li>• Must have one optional that demonstrates flipping rotational movement.</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 3 categories must be used.</li> </ul>

2024 BCSSA – Age Group Dive Requirements, continued

**Open Divers 3m**

Age	Compulsory Dives	Optional Dives	Optional Clarification
8 & Under (Total 5 dives)	100 200 001	2 dives	<ul style="list-style-type: none"> <li>• All jumps and fall-ins are permitted, but only one in each direction.</li> <li>• Compulsory dives may be repeated once in a different position.</li> </ul>
9 & 10 (Total 6 dives)	Any 3 of: 100 200 001 101	3 dives	<ul style="list-style-type: none"> <li>• No Jumps</li> <li>• Fall-ins are permitted, but only one in each direction.</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 2 categories must be used.</li> </ul>
11 & 12 (Total 6 dives)	Any 3 of: 200 001 002 101	3 dives	<ul style="list-style-type: none"> <li>• No Jumps</li> <li>• One additional Fall-in is permitted</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 2 categories must be used.</li> </ul>
13 & 14 (Total 6 dives)	001 002 101	3 dives	<ul style="list-style-type: none"> <li>• No Jumps/ 1 Fall-in allowed</li> <li>• Compulsory dives may be repeated once in a different position</li> <li>• 2 categories must be used.</li> </ul>
15+ (Total 6 dives)	001 002 101	3 dives	<ul style="list-style-type: none"> <li>• No Jumps or Fall-ins</li> <li>• Must have one optional that demonstrates flipping rotational movement.</li> <li>• Compulsory dives may be repeated once in a different position.</li> <li>• 3 categories must be used.</li> </ul>

## Degree of Difficulty Table

This table is to be used for both Summer and Open - All Age Categories

SPRINGBOARD		1 Metre				3 Metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
100	Front Jump	1.0				1.0			
001	Front Dive FALL IN	1.1				1.1			
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	
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	
BACK GROUP		A	B	C	D	A	B	C	D
200	Back Jump	1.0				1.1			
002	Back Dive FALL IN	1.1				1.2			
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	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersaults							2.1	
REVERSE GROUP		A	B	C	D	A	B	C	D
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	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1 ½ Somersault							2.2	
INWARD GROUP		A	B	C	D	A	B	C	D
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	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault			2.7				2.4	



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
5251	Back 2 ½ Som., ½ Twist						3.1	2.8	2.7
5253	Back 2 ½ Som., ½ Twist						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
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		

# BC Summer Swimming Association

## 2024 Dive Sheet

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

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

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

Dive Order	Board 1m/ 3m	Dive No.	Description of Dive	POS	Judges Awards					D.D	Total	Points
					1	2	3	4	5			
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Competitor's Signature: \_\_\_\_\_ Final Score: \_\_\_\_\_

Coach's Initials: \_\_\_\_\_ Final Place: \_\_\_\_\_

Referee's Initials: \_\_\_\_\_

## Preliminary Schedule of Events

### Schedule

Time	Event	Age group	Note
1:00-1:30pm	Dryland (Grassy field-inside ERP)	All ages	Athletes will be allowed to start their water warm up at 1:20pm
1:30-2:00 pm	Warm up #1:	O Divers (3 mt)	Open practice for 1mt
2:00-2:20 pm	Event 1:	O divers 3 mt	
2:20-2:40 pm	Warm up #2:	8 & under (Girls & Boys) & 9/10 Boys	If 3mt isn't used, open practice
2:40-3:10pm	Event 2:	8 & under (Girls & Boys) & 9/10 Boys	
3:10-3:25pm	Warm up #3	9/10 Girls	If 3mt isn't used, open practice
3:25-4:00pm	Event 3	9/10 Girls	
4:00-4:15pm	Warm up #4	O Divers (1 mt)	Open practice for 3mt
4:15-4:30pm	Event 4	O Divers (1 mt)	
4:30-4:45pm	Warm up #5	11/12 Girls and Boys	If 3mt isn't used, open practice
4:45-5:15pm	Event 5	11/12 Girls and Boys	
5:15-5:30pm	Warm up #6	13/14 & 15+ Girls and Boys	If 3mt isn't used, open practice
5:30-6pm	Event 6	13/14 & 15+ Girls and Boys	

- Parents are not allowed on the pool deck.
- Spectators are welcome to watch the events from outside the pool. We encourage you to bring chairs, tents, hats, sunglasses, sunscreen and hydration.