

*REVOLUTION DIVING PRESENTS...*

**The 44<sup>th</sup> Annual Vaughn Baird  
Polar Bear Classic  
Invitational Diving Competition**

**Winnipeg, Manitoba  
January 20-22, 2012**

# Invitation



Please join us this year for the annual Polar Bear Classic Invitational Diving Competition at the historic Pan Am Pool, this January 20-22, in Winnipeg, Manitoba.

The Pan Am Pool boasts Canada's widest platforms, including 3-metre, 5-metre, 7-metre and 10-metre all wide enough for synchronized diving. If registration allows, we will add a synchronized platform event to the schedule. Our dryland training room, including trampoline and dryboard is available throughout training and competition times.

As the first Group 1 qualifier of the season for Canadian divers, the Polar Bear Classic is always a fun and exciting meet, as many divers see each other again for the first time in many months, while new divers get their first taste of competition! This competition hosts age group and senior level events, and will provide combination of high caliber performances, sportsmanship and fun! We also offer great hospitality for athletes, coaches and officials, including full meals for breakfast and lunch.

Our club, now known as **REVOLUTION DIVING**, has undergone some radical changes this year. We look forward to sharing our excitement with old friends and new.

We hope to see you at the pool!

Sincerely,

Dallas Ludwick  
High Performance Director  
Revolution Diving / Manitoba Regional Diving Center

P.S. Don't forget to pack your mittens! 😊

# 44<sup>th</sup> Annual Vaughn Baird Polar Bear Classic Invitational Diving Competition

DATE: January 20-22, 2012

LOCATION: Pan Am Pool  
25 Poseidon Bay  
Winnipeg, Manitoba, CANADA

CONTACTS: (204) 487-6243  
revolutiondiving@gmail.com  
www.revolutiondivingwinnipeg.wordpress.com



EVENTS: 2012 Canadian Age Group National Group 1 Qualifier  
Age Group and Senior Events on 1-metre, 3-metre and platform  
Diving Plongeon Canada Sanctioned Competition  
Diving Plongeon Canada & FINA Rules Apply

MEET MANAGER: Marc Desrochers  
TECHNICAL DIRECTOR: Dallas Ludwick  
RESULTS ADMINISTRATOR: Kevin Kozielec

ENTRIES: Email to Technical Director, Dallas Ludwick at [dallasludwick@yahoo.com](mailto:dallasludwick@yahoo.com)  
Or Fax to (204) 478-6243

DEADLINE: Entries must be received by Friday, January 7, 2012.

ENTRY FEES: \$50 entry fee per athlete (includes \$30 fee for hospitality at the pool)  
\$25 entry fee per event to a maximum of \$100 per diver

LATE FEE: \$20 late fee for entries received after the January 7, 2012 deadline

HOSPITALITY: \$30 fee for additional hospitality passes for chaperones, etc.  
Coaches and Officials receive hospitality at no charge.

DIVE SHEETS: Dive sheets for Friday's events are due Thursday at 6:00 pm.  
Dive sheets for Saturday and Sunday events are due at 9:00 am the previous day.  
Changes to dive sheets must be made at minimum of 1 hour prior to the event  
start time, as per Diving Plongeon Canada rules.

**AWARDS:** Medals will be awarded to the top three in each event  
Ribbons will be presented to 4<sup>th</sup> – 8<sup>th</sup> in each event  
A trophy will be presented to the Top Visiting Team

**HOSPITALITY:** Winnipeg is known for its reputation as a great host! We provide a thorough hospitality including breakfast, hot meals at lunch, and snacks throughout the day. Athletes, have unlimited use of the hospitality service with the \$30 fee included in the registration fee. Coaches and Officials have unlimited hospitality service at no charge. Additional hospitality passes can be purchased for \$30 for the use of out of town parents, chaperones and others. Passes can be purchased at the time of registration, or in the Results Office by 8:00 pm on Thursday.

**RULES:** Diving Plongeon Canada 2012 rules will apply to all events.  
Dive requirements are provided on the following page.  
US teams are asked to please double-check understanding of the Canadian rules.  
There will be no cuts in any events.  
Age group events will be compulsories first, followed by options.  
Senior events will be options only.  
*\*In the past, this event has included a DD minimum for senior events. This is no longer the case. Coaches are asked to use discretion in allowing junior divers to enter in Senior events, in order to ensure a quality level event.*  
Springboard events will be run simultaneously.

**SCHEDULE:** A *draft* event schedule is included in this meet package.  
A revised event schedule will be provided once entries have been received.  
Events may run up to 1 hour ahead of the final scheduled times.  
Each event will be given a minimum of 20 minutes for warm-up prior to the start of the event, even if the schedule runs late.  
Springboards will be open for practice during platform practice times.  
Platforms will be open for practice during springboard practice times.

**AGE GROUPS:** E – divers born in 2003 or later  
D – divers born in 2001 or later  
C – divers born in 1999 or 2000  
B – divers born in 1997 or 1998  
A – divers born in 1994, 1995 or 1996

## **DIVE REQUIREMENTS**

### **Group E:**

#### **Boys & Girls E 1m**

6 dives: First 2 dives must be: 100A, front jump layout with hurdle  
200A, back jump layout  
4 additional dives from 3 groups  
All dives are assigned a D.D. of 1.8

#### **Boys & Girls E 3m**

6 dives: First 3 dives must be: 001B, standing forward entry pike  
002A, standing backward entry  
100B, front jump pike with hurdle  
3 additional dives from 3 groups  
All dives are assigned a D.D. of 1.9

### **Group D:**

#### **Boys & Girls D 1m & 3m**

7 dives: 4 compulsory dives  
(Compulsories from different groups, D.D. limit of 7.2 on 1m, 7.6 on 3m)  
3 optional dives from different groups (no D.D. limit)

#### **Boys & Girls D Platform (5m & 7.5m only)**

6 dives: 4 compulsory dives  
(Compulsories from 4 different groups, D.D. limit of 7.6)  
2 optional dives from different groups (no D.D. limit)

### **Group C:**

#### **Boy's & Girl's C 1m & 3m**

8 dives: 5 compulsory dives  
(Compulsories from different groups, D.D. limit of 9.0 on 1m, 9.5 on 3m)  
3 optional dives from different groups (no D.D. limit)

#### **Boy's and Girls C Platform (5m & 7.5 m only)**

7 dives: 4 compulsory dives  
(Compulsories from different groups, D.D. limit of 7.6)  
3 optional dives from different groups (no D.D. limit)

### **Group B:**

#### **Boys & Girls B 1m & 3m**

9 dives: 5 compulsory dives  
(Compulsories from different groups, D.D. limit of 9.0 on 1m, 9.5 on 3m)  
4 optional dives from different groups (no D.D. limit)

Girls B Platform (5m, 7.5m & 10m)

7 dives:

4 compulsory dives (D.D. limit of 7.6)  
3 optional dives (no D.D. limit, from different groups)

Boys B Platform (5m, 7.5m & 10m)

8 dives:

4 compulsory dives (D.D. limit of 7.6)  
4 optional dives (no D.D. limit)  
(5 groups must be covered in list)

**Group A:**

Boys & Girls A 1m & 3m

10 dives:

5 compulsory dives (D.D. limit of 9.0 on 1m. and 9.5 on 3m.)  
5 optional dives (no D.D. limit, from different groups)

Girls A Platform (5m, 7.5m & 10m)

8 dives:

4 compulsory dives (D.D. limit of 7.6)  
4 optional dives (no D.D. limit, from different groups)  
(5 dive groups must be covered in list)

Boys A Platform (5m, 7.5m & 10m)

9 dives:

4 compulsory dives (D.D. limit of 7.6)  
5 optional dives (no D.D. limit, from different groups)  
(all 6 dive groups must be covered in list)

**OPEN:**

Women's Open 1m, 3m & Platform

5 dives: 5 optional dives (no D.D. limit, from different groups)

Men's Open 1m, 3m & Platform

6 dives: 6 optional dives (no D.D. limit, from different groups)

Women's 3m. Synchro

5 dives: 2 compulsories (assigned D.D. of 2.0) + 3 optionals  
(5 groups must be covered in list, all forward – facing dives must use an approach.)

Men's 3m. Synchro

6 dives: 2 compulsories (assigned D.D. of 2.0) + 4 optionals (5 groups must be covered in list, all forward facing dives must use an approach.)

# Event Hotels

## HOST HOTEL

<u>Holiday Inn Winnipeg South</u>	<u><a href="http://www.WinnipegSouthHolidayInn.com">www.WinnipegSouthHolidayInn.com</a></u>
1330 Pembina Highway	22 minute drive from the airport (12 km).
Winnipeg, Manitoba	10 minutes or less to the pool (4 km).
R3T 2B4	3 levels of free <i>covered</i> parking.
Phone: +1 (204) 452-4747	Restaurant and lounge in house.
Fax: +1 (204) 284-2751	Close to many restaurants of great variety.
	Fitness centre, indoor swimming pool & whirlpool.
	Wireless high speed internet and free local calls.

### Rates:

Superior 2-Queen bed Guestrooms: \$112.95 plus taxes per night

Deluxe Executive King Guestrooms: \$132.95 plus taxes, per night

\*20 rooms available at this rate. Quote "Polar Bear Classic Diving" to receive event rate.

## OTHER OPTIONS

### Quality Inn & Suites

635 Pembina Highway (corner of Pembina and Grant Avenue)

Winnipeg, Manitoba, R3M 2L4

Phone: +1 (204) 453-8247, Toll Free: 1-800-228-5151

2.4 km or 5 minutes drive from pool, 9.2 km or 20 minutes drive from airport.

### Rates:

2 Double Beds (or 1 Queen + Pull-out):	\$99.99 for 2 people in room
	\$109.99 for 4 people in room

\*25 rooms available at this rate. Quote "Polar Bear Classic" to receive event rate.

### Best Western Pembina Inn & Suites

1714 Pembina Highway

Winnipeg, Manitoba, R3T 2G2

Phone: +1 (204) 269-8888, Toll Free: 1-877-269-8811

5 km or 10 minute drive to pool, 13 km or 23 minutes drive from airport.

Salt water pool, waterslide, hot tub and fitness centre.

Free breakfast from 6 am with hot breakfast added at 7 am, free internet and parking.

### Rates:

2 Queen beds - \$115.00 plus taxes per night, flat rate for 1-4 people per room

Suites - \$145.00 plus taxes per night

\*Book before January 10<sup>th</sup> and quote "Polar Bear Classic" to receive event rate.

# Competition Schedule

## MONDAY-WEDNESDAY, JANUARY 16-18

Dryland Training available all day. Water training 4:00 pm to 8:00 pm

\*Additional times can be arranged if needed.

## THURSDAY, JANUARY 19

Dryland Training available all day. Please advise if you plan to train before 3:00 pm.

Water Training – Open Practice 3:00 pm to 8:00 pm

## FRIDAY, JANUARY 20

8:00 am – 10:00 am Open Practice  
10:00 am – 10:30 am Closed Practice  
10:30 am Boys and Girls D Platform  
Girls A 1m & Boys A 3m  
Boys and Girls C Platform  
Girls B 1m & Boys B 3m  
Womens Open 1m & Mens Open 3m

## SATURDAY, JANUARY 21

8:00 am – 9:00 am Open Practice  
9:00 am – 9:30 am Closed Practice  
9:30 am Boys & Girls E 1m (combined)  
Boys A 1m & Girls A 3m  
Girls D 1m & Boys D 3m  
Girls & Boys B Platform  
Girls C 1m & Boys C 3m  
Mens Open 1m & Girls Open 3m  
Mens & Womens Synchronized 3m

## SUNDAY, JANUARY 22

8:00 am – 9:00 am Open Practice  
9:00 am – 9:30 am Closed Practice  
9:30 am Boys D 1m & Girls D 3m  
Boys & Girls E 3m (combined)  
Girls & Boys A Platform  
Boys B 1m & Girls B 3m  
Mens & Womens Open Platform  
Boys C 1m & Girls C 3m

*\*There will be a minimum of 20 minutes of closed practice prior to each event.*