

# Provincial Championship

*Junior & Senior*



June 10-11-12, 2022

# Provincial Championship - Junior & senior **2022**

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Dear community members,

It is with great pleasure that the ARO team will welcome you in Quebec City for the final Junior & Senior Provincial Championship of the 2021-2022 season.

The past two years have had their challenges for our community, and many others, however, as we have experienced during previous championships, the passion for our sport is still alive and well.

As all previous hosting clubs have done, I am confident that the ARO team will provide you with a quality event that meets your expectations and respects the sanitary measures that will be in place during this period.

You will find in this document, all the relevant information about the championship.

We look forward to seeing you there.

*Johanne Boivin*

Head Coach

ARO Quebec City Diving Club



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## Invitation – Junior & Senior Provincial Championship

<b>EVENT DATE</b>	June 10-12, 2022
<b>LOCATION</b>	PEPS 2300, rue de la Terrasse Québec (Qc) G1V 0A6 Phone : 418-656-2131 ext. 12325 <a href="#">Map (Google Maps)</a>
<b>CLUB ORGANISATEUR</b>	ARO Quebec City Diving Club
<b>FACILITIES AND EQUIPMENT</b>	<ul style="list-style-type: none"> <li>● Tour de 3m, 5m, 7.5m and 10m</li> <li>● 2 springboards 1m</li> <li>● 2 springboards 3m</li> </ul>
<b>COMPETITION DIRECTOR</b>	Patricia Gravel
<b>TECHNICAL DIRECTOR</b>	Johanne Boivin
<b>REFEREE</b>	Claire Marentette
<b>SCHEDULE</b>	See <b>Appendix A</b>
<b>REWARDS</b>	<ul style="list-style-type: none"> <li>● Medals to the first 3 positions</li> <li>● Medals to the first 3 positions</li> <li>● Ribbons to the 4th, 5th and 6th positions</li> <li>● Plaque to the best female and male athlete, junior and senior</li> <li>● Plaque to the best team of the championship</li> </ul>
<b>REGISTRATION FEES</b>	<ul style="list-style-type: none"> <li>● \$ 40 for junior registration</li> <li>● \$ 40 for senior registration</li> <li>● \$ 40 per event or synchro team</li> <li>● By cash - before the end of the competition</li> <li>● By cheque payable to <i>Plongeon Québec</i> (before the end of the competition)</li> <li>● By bank transfer via the following email address: <a href="mailto:direction@plongeon.qc.ca">direction@plongeon.qc.ca</a> (No more than 3 days after the end of the competition)</li> </ul>

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## **CLOSING DATE FOR REGISTRATIONS**

**Tuesday, May 31st, 2022**

Please send your registration form to *Plongeon Quebec* by email at [direction@plongeon.qc.ca](mailto:direction@plongeon.qc.ca).

If the postmark, email date or fax date indicates that a registration form was sent late, it will be accepted upon payment of a fine of \$15 per working day late to a maximum of \$150. The Organizing Committee will retain the full amount of the late registration fines. If the Organizing Committee cannot prove that the application was submitted late, the team will not be subject to the fine. However, if an athlete is to be added to the roster after the date, the addition may be subject to a penalty of \$5 per athlete.

Registration and event fees must be paid before the end of the event to the organizing club. Failure to pay will result in a \$20 fine per team to the organizing club or organization.

**Diving Lists:**                      **Deadline: By Monday, June 6, 2022**

To facilitate the task of the organizing committee, the dive sheets must be filled out electronically via the Rezman sheet generator program.

## **RULES**

*FINA, Diving Plongeon Canada and Plongeon Quebec Rulebooks*

### **In accordance with the *DIVING PLONGEON CANADA* By-Laws:**

- Dive sheets, sent electronically, will now be considered signed by the diver and coach. Paper dive sheets will only be used to submit changes.
- When discrepancies are discovered during the competition, the last dive sheet sent will be considered the official copy.

### **Please note that in accordance with Diving Quebec Regulation Q12 :**

- When arriving at the competition site, each club must have in its possession the "summary" sheet of all entries made on Rezman. This will serve as a check, in case of error.
- Sheets not submitted no later than 24 hours prior to the start of the event will be accepted upon receipt of a \$25 fine, payable to the host club.
- The host committee is responsible for posting, prior to the first event of the day, the lists for each of the events of the day of competition. Divers must then initialize their list if everything is in order. However, if an error is found in a list, the diver must go to the secretariat to make the changes as soon as possible.
- The diver is allowed to make one or more changes to his dive sheet up to 1 hour before either the start of his event or the scheduled/announced start time of his event, whichever comes first.

## ACCOMODATION

These hotels offer a **15% discount** when you contact **Pascal Pineault** (sales representative) directly and mention that you are coming to the PEPS diving competition. His contact information is below. We advise you to book your accommodations quickly.

Contact Pascal Pineault by email at [ppineault@hoteluniversel.qc.ca](mailto:ppineault@hoteluniversel.qc.ca) or by phone at 418.653.5288 ext. 1600.

<p><b>Hôtel Universel Québec</b>                  2300 chemin Ste-Foy                  Québec, QC                  G1V 1S5  <a href="http://www.hoteluniversel.qc.ca">www.hoteluniversel.qc.ca</a></p>	<p><b>Hôtel Ambassadeur Québec</b>                  3401, Boulevard Ste-Anne                  Québec, QC                  G1E 3L4  <a href="http://www.hotelambassadeur.ca">www.hotelambassadeur.ca</a></p>
<p><b>Hôtel Repotel Henry IV</b>                  2500 Avenue St Jean Baptiste                  Québec, QC                  G2E 6J5  <a href="http://www.chateaufort.com">www.chateaufort.com</a></p>	<p><b>Hôtel Repotel Duplessis Airport</b>                  6555 Boulevard Wilfrid-Hamel                  L'Ancienne-Lorette, QC                  G2E 5W3  <a href="http://www.chateaufort.com">www.chateaufort.com</a></p>

## MEALS

<b>ATHLETES</b>	Options will be sent to clubs shortly.
<b>REFEREES</b>	Breakfast and lunch will be provided <u>free of charge</u> to coaches and officials.

## PARKING

The PEPS underground parking lot will be free for the duration of the competition. Two electric vehicle charging stations are available in the PEPS parking lot.

## Appendix A

### COMPETITION SCHEDULE

#### Thursday

4:00 pm – 6:00 pm - General Practice (Confirmation required at [jboivin@aroplongeon.ca](mailto:jboivin@aroplongeon.ca))

#### Friday, Saturday and Sunday

7:30 am - 8:00 am - Opening of the pool

8:00 am - 9:00 am - General Practice

9:00 am - 9:15 am - Officials and Coaches Meeting

9:15 am - 9:35 am - Reserved practice for the first event

**Note 1:** All reserved practices are 20 minutes for single events and 30 minutes for combined events.

**Note 2:** If possible, a general practice will be added at lunchtime on Friday, Saturday and Sunday.

	Friday June 10th		
	1m	Platform	3m
Events 1 and 2		Girls C1-C2 Prelims.	Girls and Boys D1-D2 Prelims.
Events 3 and 4	Girls B		Boys B
Event 5		Boys C1-C2 Prelims.	
Events 6 and 7	Girls A		Boys A
Events 8 and 9		Girls and Boys C Finals	Girls and Boys D Finals
Events 10 and 11	Women Senior		Men Senior

	Saturday June 11th		
	1m	Platform	3m
Event 12		Girls and Boys D1-D2 Prelims.	
Events 13 and 14	Boys C1-C2 Prelims.		Girls C1-C2 Prelims.
Event 15		Girls B	
Events 16 and 17	Boys A		Girls A
Events 18 and 19	Boys B	Girls and Boys D Finals	
Events 20 and 21	Boys C Finals		Girls C Finals
Events 22 and 23	Men Senior		Women Senior

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	Sunday June 12th		
	1m	Platform	3m
Events 24 and 25	Girls and Boys D1-D2 Prelims.		Boys C1-C2 Prelims.
Events 26 and 27	Girls C1-C2 Prelims.		Girls B
Event 28		Boys B	
Events 29 and 30	Girls and Boys D Finals	Girls and Boys A	
Events 31 and 32	Girls C Finals		Boys C Finals
Event 33		Women and Men Senior	





**EXPÉRIMENTEZ LE CONFORT POUR VOS ÉQUIPES!**  
**EXPERIENCE COMFORT FOR YOUR TEAMS!**



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2300, chemin Sainte-Foy, Québec, QC G1V 1S5  
info@hoteluniversel.qc.ca

**hoteluniversel.qc.ca**



**RÉSERVATIONS : PASCAL PINEAULT**  
ppineault@hoteluniversel.qc.ca

Téléphone / Phone : **418 653-5250 poste 1600**  
Sans frais / Toll free : **1 800 463-4495**