



**2010 Canada Cup – FINA Grand Prix
Information Package
April 28th to May 2nd, 2010
Montréal, Québec**

Hosted by : Diving Plongeon Canada

EVENT : 2010 Canada Cup – FINA Grand Prix
April 28th to May 2nd, 2010
Montréal, Québec, Canada

NSF Contact : Jeff Feeney
Events & Communications Manager
Diving Plongeon Canada
403 – 2197 Riverside Drive
Ottawa, Ontario, CANADA
K1H 7X3
<http://www.diving.ca>

jeff@diving.ca
Phone : 1 (613) 736 5238 ext 2101
Fax : 1 (613) 736 0409

POOL: Olympic Park Sports Center Pool
4141, Pierre-De Coubertin Avenue
Montréal, Québec
H1V 3N7
Tel: (514) 252-4141
Fax: (514) 252-4748

HOTEL : Auberge Royal Versailles
7200, Sherbrooke Est
Montréal, Québec
H1N 1E7
Tel: 1-888 832-1416 (Toll Free/Sans frais)
(514) 256-1613
Fax: (514) 256-5150

REGISTRATION :

Please send all complete forms to the email addresses below:

To: Ivonne Shoucair (ivonne@diving.ca)
Cc: Jeff Feeney (jeff@diving.ca)

Or via fax to:

1 (613) 736 0409 | Attn: Ivonne Shoucair

DUES DATES:

- Preliminary Entry Forms – **Friday February 26th, 2010**
- Arrival/Travel Forms – **Friday March 12th, 2010**
- Final Entry Forms - **Friday March 12th, 2010**

Please contact Diving Plongeon Canada if there is a conflict with these due dates.



PARTICIPANT COSTS:

- **\$145.00 USD / Day** – Double Occupancy
- **\$190.00 USD / Day** – Single Occupancy

Daily fees include hotel, all meals, and local transportation to and from the airport and pool.

*A **50% deposit** must be placed while submitting the **Final Entry Form on March 12th**.

BANKING INFORMATION:

Bank Name: Bank of Nova Scotia
 Bank Address: 2400 City Park Drive
 Gloucester Ontario, CANADA
 K1J 1H6
 Bank No.: 002
 Branch No.: 50476
 ABA Sort Code: 026002532
 Swift #: NOSUS33 – US FUNDS
 Account Name: Canadian Amateur Diving Association Inc.
 Company Address: #403-2197 Riverside Drive
 Ottawa, Ontario Canada K1H 7X3
 Account No.: 50476-01477-10 US FUNDS

PRIZE MONEY :

<u>Individual Events</u>		<u>Synchronized Diving Events</u>	
GOLD	\$500 U.S.	GOLD	\$400 U.S. per team
SILVER	\$350 U.S.	SILVER	\$200 U.S. per team
BRONZE	\$150 U.S.	BRONZE	\$100 U.S. per team

DOPING

Doping tests will be conducted at this competition in accordance with FINA rules.

RESULTS

Results will be posted following each event by the competition office near the pool. Live results and **live internet video** will be available through www.diving.ca and www.rezman.net for families and federations back home.

After each final, athletes (gold, silver & bronze medalists) must present themselves in the media zone on pool deck.

Results will be posted online at www.diving.ca but CDs will be available upon request.

MEDICAL

Medical services including massage will be available on pool deck each day during the competition.



COMPETITION FORMAT

The 2010 Canada Cup will be run according to the Tournament format with the top 12 divers advancing to the Semi-Finals (Groups A and B), and the top 3 divers from Groups A and B advancing to the Finals (total of 6 divers in Final).

Men's 3 metre

Preliminaries: 6 dives without limit. The top 12 will advance to the Semi-Finals Groups A and B:
Group A: 12 – 10 – 8 – 6 – 4 – 2
Group B: 11 – 9 – 7 – 5 – 3 – 1
Semi-finals: 6 dives without limit. The top 3 in Groups A and B will advance to the Finals
Finals: 6 dives without limit

Women's 3 metre

Preliminaries: 5 dives without limit. The top 12 will advance to the Semi-Finals Groups A and B:
Group A: 12 – 10 – 8 – 6 – 4 – 2
Group B: 11 – 9 – 7 – 5 – 3 – 1
Semi-finals: 5 dives without limit. The top 3 in Groups A and B will advance to the Finals
Finals: 5 dives without limit

Men's 10 metre

Preliminaries: 6 dives without limit. The top 12 will advance to the Semi-Finals Groups A and B:
Group A: 12 – 10 – 8 – 6 – 4 – 2
Group B: 11 – 9 – 7 – 5 – 3 – 1
Semi-finals: 6 dives without limit. The top 3 in Groups A and B will advance to the Finals
Finals: 6 dives without limit

Women's 10 metre

Preliminaries: 5 dives without limit. The top 12 will advance to the Semi-Finals Groups A and B:
Group A: 12 – 10 – 8 – 6 – 4 – 2
Group B: 11 – 9 – 7 – 5 – 3 – 1
Semi-finals: 5 dives without limit. The top 3 in Groups A and B will advance to the Finals
Finals: 5 dives without limit

Synchronized Diving (3 metre and 10 metre)

Women's

Finals only: 2 dives with limit
3 dives without limit

Men's

Finals only: 2 dives with limit
4 dives without limit





2010
COUPE CANADA CUP
FINA Diving Grand Prix Plongeon FINA



Montréal, QC

TRAINING SCHEDULE

Sunday April 25 th	Practice	9:00 – 18:00
Monday, April 26 th	Practice	7:00 – 18:00
Tuesday, April 27 th	Open practice	7:00 – 8:00
	Training Flight #1	8:00 – 9:30
	Training Flight #2	9:30 – 11:00
	Training Flight #3	11:00 – 12:30
	Open Practice	12:30 – 13:30
	Training Flight #1	13:30 – 15:00
	Training Flight #2	15:00 – 16:30
	Training Flight #3	16:30 – 18:00
	End of practice	18:00
	Wednesday, April 28 th	Open Practice
Training Flight #2		8:00 – 9:30
Training Flight #3		9:30 – 11:00
Training Flight #1		11:00 – 12:30
Open Practice		12:30 – 13:30
Training Flight #2		13:30 – 15:00
Training Flight #3		15:00 – 16:30
Training Flight #1		16:30 – 18:00
End of practice		18:00
Technical meeting		20:00

Training groups

Group #1	Group #2	Group #3
TBD	TBD	TBD





**2010
COUPE CANADA CUP
FINA Diving Grand Prix Plongeon FINA**



Montréal, QC

COMPETITION SCHEDULE

Thurs, April 29	Open Practice	7:00 – 10:00
	Men's 3M Prelims	10:00 – 12:00
	Women's 10M prelims	12:30 – 14:15
	Men's 3M Semi A & B Women's 10M Semi A & B	15:00 – 16:30 17:00 – 18:30
Friday, April 30	Open Practice	7:00 – 10:00
	Women's 3M Prelims Men's 10M Prelims	10:00 – 11:00 11:45 – 13:00
	Women's 3M Semi A & B Men's 10M Semi A & B	15:00 – 16:30 17:00 – 18:30
Saturday, May 1	Open Practice	9:00 – 12:30
	Women's 3M Synchro Men's 3M Final	12:45 – 13:30 14:00 – 14:45
	Women's 10M Final Men's 10M Synchro	15:15 – 16:05 16:35 – 17:35
Sunday, May 2	Open Practice	9:00 – 12:30
	Women's 10M Synchro Men's 10M Final	12:45 – 13:30 14:00 – 14:45
	Women's 3M Final Men's 3M Synchro	15:15 – 16:05 16:35 – 17:35

***Order and timing of events is subject to change based on live television broadcast requirements and number of registered participants.**





PRELIMINARY ENTRY FORM



2010 Canada Cup - 16th FINA Diving Grand Prix
April 29 - May 2, 2010
Montreal, Canada

COUNTRY: _____ CONTACT PERSON: _____

Tel #: _____ Fax #: _____ Email: _____

The _____ Diving Team will _____ / will not _____ participate

in the 2010 Canada Cup FINA Diving Grand Prix, April 29 - May 2, 2010, in Montreal, Canada.

TEAM SIZE:	# Male	# Female
Athletes:		
Coaches/Team Manager		
Judges:		
Medical & Therapists		

HOTEL ROOMS REQUIRED:

	# rooms	Arrival Date	Departure Date
Single rooms (1 person)			
Single rooms (1 person)			
Double rooms (2 people)			
Double rooms (2 people)			

Due on or before Friday February 26th, 2010

Return to: Jeff Feeney, Diving Canada, Events & Communications Manager

Fax: 613-736-0409, Tel : 613-736-5238 x2101

Email : To : ivonne@diving.ca, CC: jeff@diving.ca



ROOMING LIST & ARRIVAL / DEPARTURE FORM

2010 Canada Cup / 16th FINA Diving Grand Prix
April 29 – May 2, 2010
Montreal, Canada



COUNTRY: _____ CONTACT PERSON: _____

Tel #: _____ Fax #: _____ Email: _____

ROOMING LIST:

1. _____	5. _____
_____	_____
2. _____	6. _____
_____	_____
3. _____	7. _____
_____	_____
4. _____	8. _____
_____	_____

DOWNPAYMENT (50% of total cost) \$USD _____

BALANCE (due upon arrival in Montreal) \$USD _____

WE WILL NOT BE STAYING AT THE HOST HOTEL
(total number in delegation X \$100 per person) = \$ _____

ARRIVAL INTO MONTREAL:

Will you be arriving at: Pierre Trudeau International Airport

# people	_____	Date	_____	Time	_____	Flight #	_____
# people	_____	Date	_____	Time	_____	Flight #	_____

DEPARTURE FROM MONTREAL:

# people	_____	Date	_____	Time	_____	Flight #	_____
# people	_____	Date	_____	Time	_____	Flight #	_____

DUE ON OR BEFORE: Friday March 12th, 2010

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