

2023 CANAMEX HIGH DIVING CHALLENGE/2023 USA DIVING HIGH DIVING OPEN

8-9 December 2023
Fort Lauderdale, Florida, USA

The CANAMEX High Diving Challenge represents the conglomerate event of Canada, the United States, and other national federations. Divers in each category will compete together regardless of nationality, but each national federation retains their own qualification procedures and criteria. The American portion of this event is entitled the 2023 USA Diving High Diving Open. All U.S. Citizens must compete through this portion of the event, and must register through [Divemeets.com](https://divemeets.com).

GENERAL INFORMATION

USA Diving and Diving Plongeon Canada are pleased to invite you to the first edition of the CANAMEX High Diving Challenge to be held in Fort Lauderdale, Florida from December 8th to 9th, 2023.

DATES

TRAINING - DECEMBER 4TH TO 7TH

Approximate schedule can be found at the end of this document. There will be two practices per day. Times are still to be confirmed. Schedule is still tentative and subject to change.

COMPETITION - DECEMBER 8TH AND 9TH

Detailed schedule can be found at the end of this document.

Schedule is still tentative and subject to change.

Note. This is an outdoor facility, so in case of extraordinarily bad weather, some events could be delayed, moved, changed and the LOC can make any schedule change based on weather forecast. Safety of the athletes is always the top priority. Any last-minute schedule change will be approved by the technical committee and published to everyone as soon as possible by the meet managers.

CONTACTS

CO-MEET MANAGERS

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FACILITIES

COMPETITION POOL

Fort Lauderdale Aquatic Center

501 Seabreeze Blvd
Fort Lauderdale, FL 33316, United States
+1 (954) 828-4580

[Google Maps](#)

EQUIPMENT LIST

- (2) one-metre Duraflex "B" boards
- (3) three-metre Duraflex "B" boards
- Freestanding concrete tower including 1 m, 3m, 5m, 7.5m, 10m, 15m, 20m, 24m and 27m platforms all with a non-skid, rough-teck surface
- Full sprayer systems are located under all competition boards
- Dry-land training areas with training mats
- **NO trampoline and/or dryboard available at this facility, so please prepare your athletes accordingly.**

RECOMMENDED MEET HOTEL

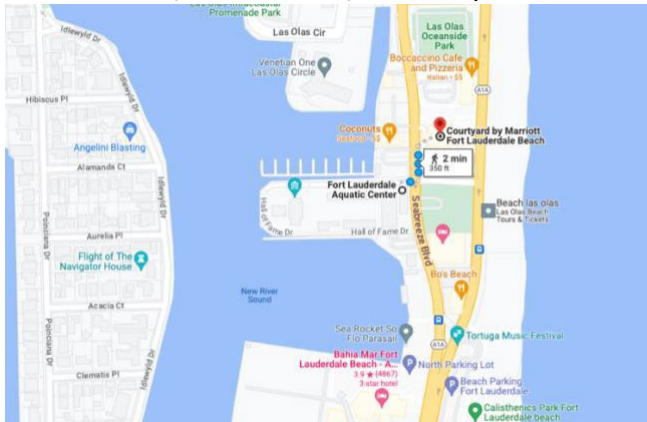
Courtyard by Marriott Fort Lauderdale Beach

440 Seabreeze Blvd

Fort Lauderdale, FL 33316, United States

+1 (954) 524-8733

2mins walk to/from hotel to/from the pool.



Rate is \$209.00 USD - \$229.00 USD per night (NO resort Fee)

Team Booking Link

Rooming block available from Sunday, December 3 to Sunday, December 10, 2023.

A maximum of 3 rooms can be booked at once, but you can have multiple reservations of 3 rooms.

Last Day to Book is Friday November 17, 2023. Rooms will be released after that deadline.

Note. You are free to book wherever you would like, this hotel is only a recommendation.

PLEASE NOTE, THE LOC WILL NOT BE BOOKING ROOMS FOR ANY TEAMS, EVERYONE IS ON THEIR OWN.

COMPETITION FORMAT, ENTRANCE CRITERIAS AND REGULATIONS

ENTRANCE CRITERIAS

Every diving federation will establish its unique set of criteria for participant selection in this competition. To inquire about the requirements for entry, please consult your respective National Sports Federation (NSF). Before the competition, every athlete is obligated to successfully execute and showcase all their dives. Additionally, they must obtain safety certification from the competition management team in order to be eligible for participation. Failure to fulfill these prerequisites will lead to disqualification without the possibility of reimbursement.

***PLEASE NOTE: Access to the 15m and higher platforms is granted on a case-by-case basis and can be rescinded at any point if safety concerns arise. USA Diving and the Fort Lauderdale Aquatic Center reserve the right to permit or deny access to participants, even if an athlete has been deemed "Safe to Compete."*

Should you have any inquiries regarding our safety certification procedure, kindly reach out to oliviav@usadiving.org.

RULES

This championship will be conducted under AQUA rules and By Laws with some exceptions* including Age Groups Specifications and Heights Specifications. Any decisions made at this championship by the Jury of Appeal shall be final.

World Aquatics Competition Regulations

(Version "Approved by the World Aquatics Bureau on 21 February 2023 with immediate entry into force")

***The below diagram takes precedence over the HDAG AQUA Rules.**

EVENTS & AGE GROUPS

AGE GROUP	REQUIREMENTS
JUNIOR DEVELOPMENT To compete in Junior Development category, divers MUST be 16 years old or younger as of December 31 st , 2023. <i>*USA Divers must be 16 years old to dive from 15m.</i>	<ul style="list-style-type: none"> • Girls & Boys will compete from 10M and/or 15M. <ul style="list-style-type: none"> ○ Please note there is <u>NO</u> 12M available at this facility so prepare your athletes accordingly. • The competition shall comprise four (4) dives from at least two (2) groups. <ul style="list-style-type: none"> ○ At least one (1) dive must have a Barani ○ At least one (1) dive an unnatural entry (back or reverse rotation entries with no twists) <ul style="list-style-type: none"> ▪ <u>Required Dives</u> - Two (2) dives each with an assigned degree of difficulty of: <ul style="list-style-type: none"> • 2.0 if the dive is performed on the 10m platform • 2.5 if the dive is performed on the 15m platform ▪ <u>Optionals</u> - Two (2) dives without limit of degree of difficulty. The calculated D.D. following appendixes HD1 and HD2.
JUNIOR ELITE To compete in Junior Elite category, divers MUST be 17, 18 or 19 years old as of December 31 st , 2023. <i>*USA Divers must be 18 years old to dive from 20m.</i>	<ul style="list-style-type: none"> • Girls and Boys will compete from 15M and/or 20M. • The competition shall comprise four (4) dives from at least three (3) groups. <ul style="list-style-type: none"> ○ At least one (1) dive must have a Barani ○ At least one (1) dive an unnatural entry (back or reverse rotation entries with no twists) <ul style="list-style-type: none"> ▪ <u>Required Dives</u> - Two (2) dives each with an assigned degree of difficulty of 2.5 if the dive is performed on the 15m platform. ▪ <u>Optionals</u> - Two (2) dives without limit of degree of difficulty. The calculated D.D. following appendixes HD1 and HD2.
SENIOR	Women <ul style="list-style-type: none"> • Athletes can perform their dives on the 15M and 20M while

<p>To compete in the Open category, a diver MUST be over 16 years old as of December 31st, 2023 to compete. <i>*USA Divers must be 18 years old to participate in the Open event.</i></p>		<p>competing at least two (2) of their four (4) dives on the 20M platform.</p> <ul style="list-style-type: none"> • Athletes must perform one (1) required dive and one (1) intermediate dive from two (2) different groups with a maximum of D.D., and two (2) optional dives without limit of D.D. from two (2) different groups. • <u>Required dives</u> performed on the 15M platform has a maximum D.D. of 2.4 and if performed on the 20M has a maximum D.D. of 2.6. • <u>Intermediate dives</u> performed on the 15M platform has a maximum D.D. of 3.2 and if performed on the 20m has a maximum D.D. of 3.4.
	<p>Men</p>	<ul style="list-style-type: none"> • Athletes can perform their dives on the 20M and 27M, while competing at least two (2) of their four (4) dives on the 27M platform. • Athletes must perform one (1) required dive and one (1) intermediate dive from two (2) different groups with a maximum of D.D, and two (2) optional dives without limit of D.D. from two (2) different groups. • <u>Required dives</u> performed on the 20M platform has a maximum D.D. of 2.6, if performed on the 24M platform has a maximum D.D. of 2.7 and if performed on the 27M has a maximum D.D. of 2.8. • <u>Intermediate dives</u> performed on the 20M platform have a maximum D.D. of 3.4, if performed on the 24M platform has a maximum D.D. of 3.5 and if performed on the

		<p>27M platform has a maximum D.D. of 3.6.</p> <ul style="list-style-type: none">• The degree of difficulty for the <u>optional dives</u> performed 24M platform will be determined by <u>subtracting 0.2 from the values on the 27M platform grid.</u>
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***USA Divers under the age of 18 years old are NOT allowed to use any platform higher than 15M because of insurance policies. Please contact OliviaR@usadiving.org for any question/concern.**

RULE REMINDER FOR GROUPS IN HIGH DIVING...

The dives are divided into five (5) groups. The first digit (or the first two digits) shall indicate the group to which the dive belongs:

- Front and front twist: 1 or 51
- Back and back twist: 2 or 52
- Reverse and reverse twist: 3 or 53
- Inward and inward twist: 4 or 54
- Armstand and armstand twist: 6

COMPETITION FORMAT

This competition will be split in two days.

- Day 1 = 1 Required Dive + 1 Optional
 - The order of diving will be determined by a random draw.
- Days 2 = 1 Intermediate + 1 Optional
 - The 3rd and 4th (last) round of dives will be performed in the reverse order of the ranking at the end of the previous round.

AWARDS AND RECOGNITIONS

ATHLETE PRESENTATIONS AND CEREMONIES

We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshalling for Finals, towels are not permitted. Full **club uniforms** (including pants, shorts, or leggings) are strongly recommended. Appropriate time will be provided between the final event and the award ceremonies.

RECOGNITION

Top three overall in individual events.

IMPORTANT DEADLINES

2024 CANAMEX High Diving Challenge

DIVER REGISTRATION

ALL SPORT ENTRIES MUST BE SUBMITTED **BEFORE NOVEMBER 17th, 2023**

ALL U.S. ATHLETES MUST register on DiveMeets [HERE](#)

ALL OTHER ATHLETES MUST register at the link [HERE](#).

Note. Form is easier to fill out on a computer instead of a smartphone.

Please contact oliviar@usadiving.com if you are having trouble with registration.

PAYMENTS

ALL PAYMENTS MUST BE SUBMITTED **BEFORE NOVEMBER 28th, 2023**

Competition Fees: Please refer to your own NSF to know what the fees are.

For USA Divers, payment MUST be done through Dive Meets System.

Please contact OliviaR@usadiving.org for any question/concern.

For CAN Divers, payment can be sent to joanne@diving.ca using the password "HIGHDIVING".

Please contact smayer@diving.ca for any question/concern.

STATEMENT OF DIVES

MUST BE SUBMITTED IDEALLY **BEFORE 8PM ON DECEMBER 6th, 2023**

The statement of dives shall be submitted **24 hours before commencement of the competition.**

They will be filled **by hand at the secretariat on pool deck.**

While the event referees will make an effort to review the dive lists, please note that **the diver and the diver's representative are responsible to ensure their dive lists comply with the prescribed rules.**

Full AQUA Rules are available [HERE](#) (p.293-294 for Statement of Dives).

HOSPITALITY

WEATHER

Temperatures in December in Fort Lauderdale can range between 17°C to 28°C. Winds and rain can always show up at this side of ocean facility so please be prepared accordingly.

MEALS

NO meals will be organized by the host committee. Each participant **MUST** have their own arrangements. Bring your own re-usable water bottle and coffee mug.

There are a number of [restaurants](#) and [grocery stores](#) available near the pool and hotel.

MEETINGS

TECHNICAL MEETING

Thursday, December 7th – Right before Lunch Break – Fort Lauderdale Aquatic Centre

OFFICIALS MEETING

Friday, December 8th – 9:00AM – Fort Lauderdale Aquatic Centre

MEDICAL

First aid will be available at the competition venue during training and competition days for divers. Lifeguards will be onsite at the competition venue to provide first aid during training and competition. Ice will be available at the competition venue for the treatment of injuries. There will be scuba divers for dives performed on 20M and higher. In the event of an emergency, facility procedure will be followed. Please respect the guards and facility directors to ensure the safety of all.

Information for the two nearest emergency rooms can be found below.

Please note that the EMS have final decision over where patients will be transported.

Broward Health Medical Center

1600 S. Andrews Ave.
Fort Lauderdale, FL 33316
+1(954)355-4400

[Website](#)

Kindred Hospital South Florida

1516 E. Las Olas Blvd.
Fort Lauderdale, FL 33301
+1(954)764-8900

[Website](#)

RESULTS

USA Diving Results will be available on divemeets.com.

Live internet results should be provided and will be accessible through [Integrated Sports Systems](#).

SPECTATOR AREA

The spectator area does not have a shaded area. Please prepare accordingly.

Tickets: Free Admission.

TRANSPORTATION

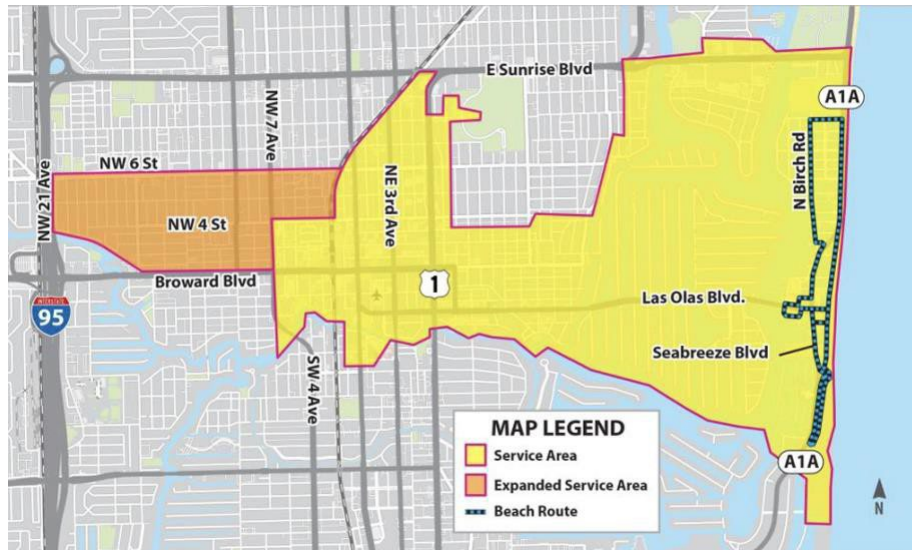
AIRPORT ↔ HOTEL/POOL

There will be NO airport shuttles provided from the LOC.

Uber ride from/to airport from/to hotel/pool is 10mins.

If flights are better from/to your destination, it is possible to land in Miami. Please be sure to plan for a 45mins taxi to get to the pool/hotel and it would be around 100USD.

For additional local transportation, there is a free electric vehicle service that provides transportation at no cost around the Downtown and Beach areas of Fort Lauderdale. To access this service, riders must use the FREE "Ride Circuit" App ([available from Google Play and the App Store](#)) to alert a driver for a pick-up.



Click [HERE](#) to learn more about the LauderGO! Micro Mover.

***DRAFT* SCHEDULE**

MONDAY DECEMBER 4TH — THURSDAY DECEMBER 7TH	
Dryland Training	Time to be confirmed
OPEN TRAINING ALL HEIGHTS	Time to be confirmed
<i>Lunch Break</i>	
Dryland Training	Time to be confirmed
OPEN TRAINING ALL HEIGHTS	Time to be confirmed

FRIDAY DECEMBER 8TH	
Dryland Training	8:30:00 AM
OPEN TRAINING ALL HEIGHTS	9:30:00 AM
HIGH DIVING JUNIOR DEVELOPMENT - GIRLS & BOYS Prelims - Rounds 1 and 2	
RESTRICTED TRAINING HIGH DIVING JR ELITE	
HIGH DIVING JUNIOR ELITE - GIRLS & BOYS Prelims - Rounds 1 and 2	
OPEN TRAINING ALL HEIGHTS — LUNCH BREAK	
HIGH DIVING SENIOR - GIRLS & BOYS (expected start time 14:00) Prelims - Rounds 1 and 2	
OPEN TRAINING ALL HEIGHTS (for 1 hr after end of competitions)	

The final detailed schedule will be sent out later once participation numbers are confirmed.

*Schedule is subject to changes. A detailed schedule will be sent out once registration is received.

**Dryland is available 1 hour prior to posted water times.

SATURDAY DECEMBER 9TH	
Dryland Training	8:30:00 AM
OPEN TRAINING ALL HEIGHTS	9:30:00 AM
HIGH DIVING JUNIOR DEVELOPMENT - GIRLS & BOYS Finals - Round 3	
Break to Re-Order for Round 4 (<u>NO training</u>)	10mins
HIGH DIVING JUNIOR DEVELOPMENT - GIRLS & BOYS Finals - Round 4	
RESTRICTED TRAINING FOR HIGH DIVING JR ELITE	
HIGH DIVING JUNIOR ELITE - GIRLS & BOYS Finals - Round 3	
Break to Re-Order for Round 4 (<u>NO training</u>)	10mins
HIGH DIVING JUNIOR ELITE - GIRLS & BOYS Finals - Round 4	
RESTRICTED TRAINING FOR SENIOR ALL HEIGHTS — LUNCH BREAK	
HIGH DIVING SENIOR - GIRLS & BOYS (expected start time 14:15) Finals - Round 3	
Break to Re-Order for Round 4 (<u>NO training</u>)	10mins
HIGH DIVING SENIOR - GIRLS & BOYS Finals - Round 4	
AWARDS	

EVENT SUMMARY

DATES

Practice: 4-7 December 2023

Competition: 8-9 December 2023

**Practice Schedule and Competition Schedule to come*

LOCATION

Fort Lauderdale Aquatic Center (501 Seabreeze Boulevard, Fort Lauderdale, FL, USA, 33316)

Host Hotel: Courtyard by Marriott Fort Lauderdale Beach

[Hotel Booking Link](#)

USA DIVING ATHLETES

- All U.S. participants **MUST** have a valid USA Diving membership and **MUST** be registered for the event through [Divemeets.com](#)
- USA Diving athletes are covered for this event through USA Diving Insurance
- In the Junior Development category (ages 16 and younger), no athletes under 16 years old may dive from the 15-meter platform. Athletes aged 15 or younger may only participate on the 10-meter
- In the Junior Elite category (ages 17-19), no athletes under 18 years old may dive from the 20-meter platform or higher. Athletes aged 17 may only participate from the 15-meter
- In the Open Category, no athletes under 18 years of age may participate

DIVE CANADA ATHLETES

- All Dive Plongeon Canada athletes must register through the [LINK](#)
- All Dive Plongeon Canada athletes must submit their registration payment to Canada and will be covered by Dive Plongeon Canada
- All athletes will be asked to sign a waiver upon arrival to the Fort Lauderdale facility

ALL OTHER INTERNATIONAL ATHLETES

- All other international participants must register through the [LINK](#) and must submit payment to Dive Plongeon Canada
- All other international participants must submit proof of insurance to smayer@diving.ca and oliviar@usadiving.org and will be asked to sign a waiver upon arrival to the Fort Lauderdale facility