

# Pan Am Diving Club Newsletter



## *Upcoming Dates to Mark in your Calendars!*

### **CLUB CAMP SCHEDULE:** (For Learn-To-Dive Schedule, see Brochure)

#### Competitive and Pre-Competitive Camp:

July 19-23 9 am—1 pm (Bring Lunch) Cost \$175

Coach: Summer Pan Am Pool

#### Super Tots Camp:

July 26-30 9 am—12 noon (Bring Snack) Cost \$150

Coach: Dallas Pan Am Pool

#### Junior Pre-Competitive Camp:

August 3-6 9 am—1 pm (Bring Lunch) Cost \$175

Coach: Dallas Sargent Park Pool

#### Competitive and Pre-Competitive Camp:

August 9-13 9 am—1 pm (Bring Lunch) Cost \$175

Coach: Summer Sargent Park Pool



**ONLINE OMBRELLE DIVING GAME!**  
Check this out! Ombrelle has become a sponsor to Diving Plongeon Canada and has an Online Game! Every player to play the game earns \$1 towards Diving Plongeon Canada! To play, go to:  
[www.ombrelle.ca/diving](http://www.ombrelle.ca/diving)

## **PAN AM DIVING CLUB REGISTRATION NIGHTS**

Monday & Tuesday, September 13th & 14th at Pan Am Pool in the Aquatic Hall of Fame 5—8 pm.

At the registration nights, all club fees will be collected, club obligations will be distributed and explained and training schedules will be finalized! Any other questions you have should be answered at this time! Please come between 5 and 8 pm as that is when the tables will be set up and the board members will be ready for you!

*Please ensure that a minimum of ONE parent from each family attend one of the two registration nights being held!*

## **2004-2005 SEASON**

Fall training will begin Monday, September 13th at Pan Am Pool.

Learn-To-Dive programs will also begin at this time.



*See a Note from Philip Berube on the Thunderstruck Invitational...*

*Inside!*

## *Canada Cup & USA Grand Prix*

Well, a lot has happened since the last newsletter! In May, Kevin represented Canada at both the Canada Cup in Victoria and the USA Grand Prix Cup in Houston, Texas. The Canada Cup drew the very best divers from around the world... all coming to Canada to compete against our top ranked divers in the Olympic year – and then traveling down south for one more round of it! This was steep competition – in fact, the toughest you can find. Kevin finished 15<sup>th</sup> and 21<sup>st</sup> respectively in the two meets.



## Summer Bingo Dates still needing sign-up!

- Thursday, July 29, 4:30—6:45 pm
- Friday, August 13, 4:30—6:45 pm
- Monday, August 23, 6—9:45 pm
- Wednesday, September 8, 9—11:45 pm

**It is always difficult to fill the summer bingo slots with family vacations , going to the cottage and other summer activities going on... but PLEASE check your calendars for dates you are available to work these bingos! They must be filled!**

**TO SIGN UP CONTACT JAYNE AT:  
925-5654 or [jayne@manitobadiving.com](mailto:jayne@manitobadiving.com)**

## *Thunderstruck Invitational, Thunder Bay*

While Kevin was off in Houston, the rest of the Pan Am Diving Club piled into a giant bus and headed off to Thunder Bay for the Thunderstruck Invitational! The big group of 19 pre-competitive and competitive divers and 6 coaches headed down the highway for a weekend of diving and fun! This was a small dual meet between the Pan Am Diving Club and the Thunder Bay Diving Club, which made for nice quick events and shorter days at the pool.

Welcome to the Pan Am Diving Club traveling team to: Rachel Blaine, Austin Lewandoski, Danielle Mitchell, Megan Wilton, Stephanie Friesen and Devin St. Godard! All 6 of these divers competed in their first out of town competition, and all of them did a great job! We hope you enjoyed the trip and are looking forward to your next one!

We had many new national qualifications occur at this meet including:  
Erin Blaine on 1m and 3m (missing by less than 1 point on tower!)  
Cyrena Couvier on 1m and 3m (missing by less than 2 points on tower!)  
Breanne Coulson on 1m (missing by less than 2 points on tower!)  
Cassandra MacLeod on 1m and 3m (already qualified on tower)  
Jill Gudmandson on 1m (already qualified on 3m and tower)  
Kristin Davies on 1m (already qualified on 3m and tower)



All in all, this was a very fun meet where many personal best scores were set and many goals were achieved! Please see "A Note from Philip Berube on the Thunderstruck Invitational". I hope to see even more new divers out on the road to Thunder Bay next year! Full results are included!

## *Philip Berube on the Thunderstruck Invitational!*

This year was my second year going to the Thunder Bay meet. I really enjoy traveling with the team and spending my parents' money at restaurants and candy at the bulk zone on our way home. The bus ride is a great way to get to know the other divers that you may not have the opportunity to get to know otherwise. My goals for this meet were to compete a tier 1 list on 1m and 3m

and to get a personal best on both those boards. I achieved both my goals and won my first diving medals. I started preparing for this meet at the beginning of the year because I needed to learn 11 dives on each board for a full tier 1 'A' list. It wasn't easy, some days I was just as frustrated as my coach, Jon, because I couldn't get "the dive." Jon stuck with me and through his coaching I

succeeded.

My goals for next year are to build on this year's success and continue to improve my diving. I would really like to qualify for the Canada Games team as well as qualify for the Age Group Nationals. I will need to really pick up the pace if I want to accomplish these goals. I really enjoyed this year and look forward to coming back in the fall.

## *Hilary Grivich Memorial Invitational, Texas!*

Before we returned from Calgary, Kevin, Lauren and Cam along with Jim were already off for a training camp and competition in Woodlands, Texas. Another exciting training camp at a beautiful outdoor training facility for these three!

With some steep competition from down south, all three performed very well. Kevin won the Bronze medal in the Men's 3m springboard where the format was quite different from what he was used to. In Texas, they used a head-to-head format where after the preliminary rounds, the divers were seeded and then competed head-to-head against each other, with only the winner moving on after each round. It is a real crowd-pleaser of

an event since everyone can tell who is in the lead, and a diver can easily move from 8<sup>th</sup> place to 1<sup>st</sup> if he keeps outscoring his opponent! Our other medal was won by Cam – a bronze medal on platform. Lauren competed on only



the 10-metre and was up against a tough field of 8 divers including reigning Olympic and World Champion, Laura Wilkinson! Lauren finished 6<sup>th</sup> in the event.

## *Hosting Mandy Moran*

You may have noticed a new face at the pool during May and June. Mandy Moran, formerly of Thunder Bay, came to train with the Pan Am Diving Club in preparation for the Olympic Trials. Mandy spend the last four years at the University of Arkansas on a diving athletic scholarship. During that time, she was creeping up the ranks of the Canadian diving scene and found herself finishing 4<sup>th</sup> at the Winter Senior Nationals this year. But then Mandy's coach from Arkansas went for hip surgery and she chose to stay in Winnipeg in preparation for the Olympic Trials. Although Mandy did not qualify for the Olympic Team, she would like to thank everyone from the Pan Am Diving Club for welcoming her into our club for this time!

## **ALBERTA PROVINCIAL CHAMPIONSHIPS**

Just one week after Thunder Bay, Kristin, Jill, Erin L, Erin B, Cassandra, Cyrena, Breanne C, along with Dallas and Keith headed out to the Alberta Provincial Championships in Calgary. This was a Level 1 Qualifying Meet (all divers are required to qualify at a Level 1 qualifier in order to compete at the Junior National Championship), and therefore a much tougher meet with many very good divers in each event.

Well, all 7 of the girls stood up to the test and performed very well. In fact, ALL of the girls made the qualifying standards in their age groups... which was of course the goal for each of them going into this meet. This was a big meet with many great divers in each event. **JOB WELL DONE!** Full results are included!

## *Winnipeg hosts the Olympic Trials!*

And of course the Olympic Trials... well, we did it! Thank you to all of the volunteers who made this event the success that it was. We know that many of you had already fulfilled your required volunteer commitment, but kept coming out to help us where you were needed! Again, thank you! The Trials went off without a hitch (except for some technical difficulties with the scoring – but that was the only thing *not* within the control of the Pan Am Diving Club!

Hosting the Trials gave our local divers the chance to watch the best divers in the country, some of whom are world champions! Observing these divers live in practice and competition is an experience that not all young divers are able to have. Now these divers should have a better feel for what it takes to be competitive at the highest level!

The competition was fierce between the athletes that were here, and our own Kevin Geyson

finished in 3<sup>rd</sup> place on platform... missing the Olympic Team by only 1 spot! Please see the comment from Kevin regarding his experience competing in the Trials. Lauren Penko also competed, and finished 11<sup>th</sup>. It is an honour to even compete at the Trials, as only the top 12 divers in each event are invited to attend! Congratulations Kevin and Lauren!

One of the highlights of the event was the Pen Pal Program between the athletes competing in the Tri-

als and some young students and divers from Manitoba! I saw many grins and bright eyes as the athletes read their letters of encouragement from the youngsters! Many of the students came out to watch the preliminary events on Friday to see their pen pals performing live! Some divers and students who wrote letters even got letters back from the athlete they wrote too. A big thanks to Jayne McDonald who organized this pen pal program and also acted as Meet Manager for the Trials...  
Thank You Jayne!

### *Competing at the Trials—By Kevin*

After 9 years of hard work and dedication to achieving my goal of representing Canada at the Olympics... and having it all boil down to one weekend was a lot of stress! For two weeks before the Olympic trials I didn't have one good night's sleep! But everything ended up fine. It didn't end up quite the way that I had hoped it

would, but I was really proud of myself for putting together one of my best performances, even under all that pressure. I owe my performance to the inspiring letters I received through the pen pal program. I owe my performance to everyone cheering and supporting me. And mostly I owe my performance to Jim Lambie, who pre-

pared me so well and supported me the most, especially over the past year but also ever since he became my coach.

Before and during the Trials I really didn't think about this... but now that it is all over, I realize how great and how important it was to be a part of the Olympic Trials. I strongly believe

that I'm not only a better diver for participating in this challenging event, but I'm a better person as well. And I hope that I – and many of you – will have the chance to better ourselves at the next Olympic Trials in 2008. For me, I hope that next time the outcome will be different and I will be on the Olympic Team!

### *Manitoba Provincial Championships!*

Our final meet of the season was our own Manitoba Tier I and II Provincials. Again thank you to all of you who volunteered your time to organize and run this event and to all of those who brought in food for the athletes! This was

a small dual meet with only our team and Dive Calgary participating. With nice small events and short days, it was a nice way to end the season. Our Super Tots Divers including Cole Funk, Nicholas Zamonsky, Lily Kaufmann

and Natalie Seneca all competed for the first time in an age group competition! Congratulations on a great first Group E performance! We are all looking forward to watching you compete at the Polar Bear Invitational next year, so

keep up the great work!



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### MB Provincial Results Con't...

#### Mens Open 1m (4 divers)

Kevin Geyson	341.45	Gold
Cam McLean	283.85	Silver
Devin St. Godard	182.85	Bronze
Philip Berube	149.05	4 <sup>th</sup>

#### Mens Open 3m (2 divers)

Kevin Geyson	626.95	Gold
Cam McLean	543.55	Silver

#### Mens Open Tower (1 diver)

Kevin Geyson	569.90	Gold
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#### Mens 3m Synchro (1 team)

Geyson / McLean	266.22	Gold
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**WWW.PANAMDIVING.COM**  
**WWW.MANITOBADIVING.COM**  
**WWW.DIVING.CA**

This year we have a small but mighty team competing at the Age Group National Championships in Victoria, BC July 22—25:

Kristin Davies	Group A (16-18)	1m, 3m, Platform
Jill Gudmandson	Group A (16-18)	1m, 3m, Platform
Cam McLean	Group B (14-15)	1m, 3m, Platform
Cassandra MacLeod	Group B (14-15)	1m, 3m, Platform
Cyrena Couvier	Group C (12-13)	1m, Platform
Breanne Coulson	Group C (12-13)	1m, 3m

Check them out LIVE as the results are posted dive by dive at [www.rezman.net](http://www.rezman.net) !

Wish us luck and we will report the results back to you in the fall!

## Have a Great Summer Everyone!

### *My Year in Diving—by Brett Jones-Melbourne*

At the beginning of September, I started my third year with the Pan Am Diving Club. The first few weeks were grueling. Training started at Kings Park and involved a lot of running around the park and up and down the hill. It was tough but well worth it. I sure got in shape fast. Diving started out slow with reviewing the dives I learned the previous year. Then the new dives came. First the front 2 ½. Talk about tough. I crashed twice in a row on my back but came back and tried it again. Towards the end of the year, I learned the back double. It was a lot easier than the front double. As the months past, I participated in

the Polar Bear Classic and went to Thunder Bay. Both competitions were a learning experience. At the beginning of June, I watched Alex Despatie and Emilie Heymans compete for a spot on the Canadian Olympic Team. That was amazing to watch. A couple of weeks later I participated in another competition. This time the Manitoba Provincials. Now it was my turn to do my best. I competed on the 1M and earned qualifying score. Unfortunately, I could not compete on the 3M due to an injury so I helped out by putting up the numbers for the divers to see. The synchronized diving was great to watch. Especially Morgan and

Lindsay. Everyone really put on a show. My goals for next year are to be successful at completing the front 2 ½ without crashing, learning a tower list and qualifying at the competitions so I will be able to go to the Age Group Nationals.



**Thunderstruck Invitational  
Thunder Bay, ON May 7-9, 2004  
Level 2 National Qualifier #2**

**Girls E 1m** (1 diver)  
Rachel Blaine Gold

**Boys D 1m** (2 divers)  
Austin Lewandoski 139.50 Gold

**Girls D 1m** (6 divers)  
Erin Blaine 205.65 Gold  
Morgan Wankling 163.95 Silver  
Lindsey Wankling 135.30 Bronze  
Danielle Mitchell 120.30 4<sup>th</sup>  
Rachel Blaine 119.90 5<sup>th</sup>  
Megan Wilton 116.55 6<sup>th</sup>

**Girls D 3m** (3 divers)  
Erin Blaine 188.45 Gold  
Lindsey Wankling 139.30 Silver  
Morgan Wankling 139.30 Bronze

**Girls D Tower** (1 diver)  
Erin Blaine 144.15 Gold

**Boys C 1m** (3 divers)  
Brett Jones-Melbourne 241.65 Silver

**Boys C 3m** (3 divers)  
Brett Jones-Melbourne 216.65 Silver

**Girls C 1m** (4 divers)  
Cyrena Couvier 275.90 Gold  
Breanne Coulson 258.35 Silver

**Girls C 3m** (4 divers)  
Cyrena Couvier 271.65 Gold  
Breanne Coulson 238.35 Silver

**Girls C Tower** (2 divers)  
Breanne Coulson 193.80 Gold  
Cyrena Couvier 193.55 Silver

**Boys B 1m** (1 diver)  
Cam McLean 436.55 Gold

**Boys B 3m** (1 diver)  
Cam McLean 433.65 Gold

**Boys B Tower** (1 diver)  
Cam McLean 366.00 Gold

**Girls B 1m** (5 divers)  
Cassandra MacLeod 328.30 Silver

**Girls B 3m** (5 divers)  
Cassandra MacLeod 373.00 Gold

**Girls B Tower** (2 divers)  
Cassandra MacLeod 272.75 Gold

**Boys A 1m** (2 divers)  
Philip Berube 270.75 Gold  
Devin St. Godard 255.35 Silver

**Boys A 3m** (1 diver)  
Philip Berube 265.50 Gold

**Girls A 1m** (5 divers)  
Jill Gudmandson 387.05 Silver  
Kristin Davies 367.00 Bronze  
Stephanie Friesen 306.40 4<sup>th</sup>  
Breanne Boiteau 304.30 5<sup>th</sup>

**Girls A 3m** (5 divers)  
Jill Gudmandson 443.00 Silver  
Kristin Davies 404.64 Bronze  
Stephanie Friesen 352.40 4<sup>th</sup>  
Breanne Boiteau 344.95 5<sup>th</sup>

**Girls A Tower** (2 divers)  
Jill Gudmandson 321.55 Gold

**Men's 1m Open** (1 diver)  
Cam McLean 292.80 Gold

**Men's 3m Open** (1 diver)  
Cam McLean 489.80 Gold

**Women's 1m Open** (10 divers)  
Jill Gudmandson 215.80 Silver  
Lauren Penko 211.00 Bronze  
Kristin Davies 210.65 4<sup>th</sup>  
Cassandra MacLeod 180.95 7<sup>th</sup>  
Breanne Boiteau 170.85 8<sup>th</sup>  
Stephanie Friesen 159.70 9<sup>th</sup>

**Women's 3m Open** (9 divers)  
Kristin Davies 429.75 Silver  
Jill Gudmandson 415.10 Bronze  
Stephanie Friesen 323.60 6<sup>th</sup>  
Cassandra MacLeod 320.05 7<sup>th</sup>  
Breanne Boiteau 304.50 8<sup>th</sup>

**Women's 10m Open** (4 divers)  
Lauren Penko 403.95 Gold  
Jill Gudmandson 378.70 Bronze  
Kristin Davies 345.50 4<sup>th</sup>

**Alberta Provincials**  
**Calgary, AB May 21 – 23, 2004**  
**Level 1 National Qualifier #3**

**Girls D 1m** (25 divers)  
Erin Blaine 150.05 14<sup>th</sup>

**Girls D 3m** (19 divers)  
Erin Blaine 186.30 6<sup>th</sup>

**Girls D Tower** (13 divers)  
Erin Blaine 147.10 8<sup>th</sup>

**Girls C 1m** (16 divers)  
Cyrena Couvier 256.05 6<sup>th</sup>  
Breanne Coulson 240.85 9<sup>th</sup>

**Girls C 3m** (13 divers)  
Cyrena Couvier 258.95 8<sup>th</sup>  
Breanne Coulson 252.40 9<sup>th</sup>

**Girls C Tower** (8 divers)  
Cyrena Couvier 191.25 5<sup>th</sup>  
Breanne Coulson 181.00 7<sup>th</sup>

**Girls B 1m** (15 divers)  
Cassandra MacLeod 340.45 8<sup>th</sup>

**Girls B 3m** (12 divers)  
Cassandra MacLeod 358.85 7<sup>th</sup>

**Girls B Tower** (6 divers)  
Cassandra MacLeod 259.25 Bronze

**Girls A 1m** (25 divers)  
Jill Gudmandson 393.90 6<sup>th</sup>  
Kristin Davies 354.10 13<sup>th</sup>

**Girls A 3m** (20 divers)  
Kristin Davies 400.25 10<sup>th</sup>  
Jill Gudmandson 393.05 12<sup>th</sup>

**Girls A Tower** (9 divers)  
Jill Gudmandson 339.35 Silver  
Kristin Davies 332.55 4<sup>th</sup>  
Erin Lindsay 307.35 7<sup>th</sup>

**Women's Open 1m** (27 divers)  
Kristin Davies 208.55 8<sup>th</sup>  
Cassandra MacLeod 167.25 20<sup>th</sup>

**Women's Open 3m** (22 divers)  
Jill Gudmandson 396.70 14<sup>th</sup>

**Women's Open Tower** (10 divers)  
Jill Gudmandson 381.35 Silver  
Kristin Davies 374.05 Bronze  
Erin Lindsay 345.35 6<sup>th</sup>

**Hilary Grivich Memorial Invitational**  
**Woodlands, Texas May 28-30, 2004**

**Boys B 1m** (12 divers)  
Cam McLean 320.50 6<sup>th</sup>

**Boys B 3m** (12 divers)  
Cam McLean 333.55 5<sup>th</sup>

**Boys B Tower** (11 divers)  
Cam McLean 366.15 Bronze

**Womens Open 10m** (8 divers)  
Lauren Penko 371.85 6<sup>th</sup>

**Mens Open 1m** (15 divers)  
Kevin Geyson 265.45 4<sup>th</sup>

**Mens Open 3m** (16 divers)  
Kevin Geyson 542.40 Bronze

**Mens Open 10m** (7 divers)  
Kevin Geyson 538.00 4<sup>th</sup>

**Canadian Olympic Trials**  
(Top 12 Canadians in each event.)

**Men's 3m** **Prelim**  
Kevin Geyson 406.68 3<sup>rd</sup>  
**Semi-Final**  
587.82 3<sup>rd</sup>  
**Final**  
968.94 3<sup>rd</sup>

**Men's 10m** **Prelim**  
Kevin Geyson 362.67 6<sup>th</sup>  
**Semi-Final**  
573.51 6<sup>th</sup>  
**Final**

**Women's 10m** **Prelim**  
Lauren Penko 216.18 11<sup>th</sup>  
**Semi-Final**  
368.25 11<sup>th</sup>  
**Final**

**Manitoba Tier 1 & 2 Provincials**  
**Winnipeg, MB**  
**June 18 & 19, 2004**  
**Level 2 National Qualifier #3**

**Girls E 1m** (3 divers)

Lily Kaufmann	232.20	Gold
Rachel Blaine	216.00	Silver
Natalie Seneca	190.80	Bronze

**Girls E 3m** (1 diver)

Rachel Blaine	197.60	Gold
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**Boys E 1m** (2 divers)

Cole Funk	190.80	Gold
<i>Tier II</i>		
Nicholas Zamonsky	165.60	1 <sup>st</sup>

**Girls D 1m** (5 divers)

Lindsey Wankling	142.85	Silver
Morgan Wankling	141.75	Bronze
Danielle Mitchell	141.30	4 <sup>th</sup>
Rachel Blaine	114.40	5 <sup>th</sup>

**Girls D 3m** (5 divers)

Erin Blaine	194.55	Silver
Lindsey Wankling	163.85	Bronze
Morgan Wankling	152.05	4 <sup>th</sup>
Danielle Mitchell	141.55	5 <sup>th</sup>

**Girls D Tower** (1 diver)

Erin Blaine	150.75	Gold
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**Boys D 1m** (1 diver)

Austin Lewandoski	130.25	Gold
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**Girls C 1m** (3 divers)

Cyrena Couvier	297.30	Gold
Breanne Coulson	272.35	Bronze

**Girls C 3m** (3 divers)

Breanne Coulson	288.15	Silver
Cyrena Couvier	287.35	Bronze

**Girls C Tower** (2 divers)

Breanne Coulson	199.25	Gold
Cyrena Couvier	189.30	Silver

**Boys C 1m** (1 divers)

Brett Jones-Melbourne	234.00	Gold
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**Girls B 1m** (1 diver)

<i>Tier II</i>		
Kim McNabb	188.25	1 <sup>st</sup>

**Boys B 1m** (2 divers)

Cam McLean	416.95	Gold
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**Boys B 3m** (2 divers)

Cam McLean	505.10	Gold
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**Boys B Tower** (2 divers)

Cam McLean	370.30	Gold
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**Girls A 1m** (3 divers)

Kristin Davies	401.15	Gold
Jill Gudmandson	392.45	Silver
Stephanie Friesen	300.45	Bronze

**Girls A 3m** (4 divers)

Jill Gudmandson	413.10	Gold
Kristin Davies	410.00	Silver
Stephanie Friesen	350.40	4 <sup>th</sup>

**Girls A Tower** (2 divers)

Jill Gudmandson	359.50	Gold
Kristin Davies	341.15	Silver

**Boys A 1m** (2 divers)

Devin St. Godard	305.25	Gold
Philip Berube	284.95	Silver

**Boys A 3m** (2 divers)

Philip Berube	311.60	Gold
<i>Tier II</i>		
Devin St. Godard	210.55	1 <sup>st</sup>

**Womens Open 1m** (5 divers)

Kristin Davies	220.55	Gold
Jill Gudmandson	202.65	Silver
Cyrena Couvier	193.55	Bronze
Lauren Penko	177.60	4 <sup>th</sup>
Stephanie Friesen	149.40	5 <sup>th</sup>

**Womens Open 3m** (5 divers)

Lauren Penko	399.85	Gold
Jill Gudmandson	391.50	Silver
Kristin Davies	374.75	Bronze
Stephanie Friesen	344.90	5 <sup>th</sup>

**Womens Open Tower** (3 divers)

Lauren Penko	434.45	Gold
Jill Gudmandson	408.70	Silver
Kristin Davies	390.45	Bronze

**Womens 3m Synchro** (3 teams)

Gudmandson / Davies	235.02	Gold
Coulson / Couvier	202.50	Silver
Wankling / Wankling	168.42	Bronze