



Sport Technical Manual

AQUATICS — DIVING



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About

About the Sport Technical Manuals

Published in 2014, the *Sport Technical Manuals* provide details about each sport competition at the TORONTO 2015 Pan American Games, as well as operational information that may be of interest to teams. Each manual includes:

- An introduction to Toronto and the Games.
- Sport-specific information such as competition format and schedule, training and qualification criteria.
- Operational information on accreditation, ticketing, transportation, accommodation, medical services and doping control.
- Venue maps and a daily competition and training schedule for all sports.

While this information is accurate as of the date of publication, details may change. NOCs should consult their TO2015 extranet (Cosmos, <https://to2015panam.sharepoint.com/sites/Extranet/NOC/SV/SitePages/Home.aspx>) for important updates.

The TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015) will provide detailed *Team Guides* for each sport to NOCs in June 2015.

About Toronto

Toronto, the largest city in Canada and the capital of the province of Ontario, celebrated its 180th anniversary in March 2014. Located on the picturesque shoreline of Lake Ontario, Toronto is Canada's most populous region and just over an hour's drive from the American border.

- At 112 metres (367 feet) above sea level, Toronto's altitude offers ideal conditions for high-performance athletes.
- Toronto features warm but moderate summer temperatures with an average of fewer than five days in July with temperatures above 30°C (86°F).
- Average monthly rainfall for July is only 67 millimetres. On average, one in three days will offer some precipitation, but only one day in nine has rainfall greater than 5 millimetres.
- Toronto is the third largest financial centre in North America.
- *The Economist* ranks Toronto as the fifth "most liveable" city in the world based on factors including stability, health care, culture, environment, education and infrastructure.
- With a population of 2.6 million people, Toronto is Canada's largest city and the fifth largest in North America.
- Toronto's surrounding region is home to 8.1 million people, all living within an hour's drive of the Games area.
- Approximately 20 per cent of the region's population was born in the Caribbean, Central America, South America, the United States or Mexico.

About the TORONTO 2015 Pan American Games

In brief

Sports: 36

Disciplines: 52

Medal events: 364

Athletes: 6,000+

Competition venues: 29

Competition days: 20

Athletes' Village opening: July 5, 2015

Opening Ceremony: July 10, 2015

Closing Ceremony: July 26, 2015

Competition venues

CIBC Pan Am Park

CIBC Pan Am Park, located on downtown Toronto's waterfront, will be home to five competition venues and 15 sport disciplines.

- Chevrolet Beach Volleyball Centre: volleyball – beach volleyball
- Exhibition Centre: indoor volleyball, handball, racquetball, roller sports – figure skating, squash
- Exhibition Stadium: rugby sevens
- Ontario Place West Channel: aquatics – open water swimming, athletics – marathon and race walk, cycling – road cycling, triathlon, waterski & wakeboard
- Toronto Coliseum: gymnastics – artistic, gymnastics – rhythmic, gymnastics – trampoline

Toronto

In addition to CIBC Pan Am Park, the city of Toronto will be the site of nine venues covering 12 sport disciplines.

- Canadian Tennis Centre: tennis
- Centennial Park Pan Am BMX Centre: cycling – BMX
- CIBC Pan Am/Parapan Am Aquatics Centre and Field House: aquatics – diving, aquatics – swimming, aquatics – synchronized swimming, fencing, modern pentathlon, roller sports – speed skating
- CIBC Pan Am/Parapan Am Athletics Stadium: athletics – track and field
- Pan Am Bowling Centre: bowling
- Pan Am/Parapan Am Fields: field hockey
- Royal Canadian Yacht Club: sailing
- Ryerson Athletic Centre: basketball
- Varsity Stadium: archery

North of Toronto

- Caledon Pan Am Equestrian Park (Caledon): equestrian – eventing, dressage and jumping
- Hardwood Mountain Bike Park (Oro-Medonte): cycling – mountain bike
- Minden Wild Water Preserve (Minden): canoe/koyak – slalom
- Pan Am Cross-Country Centre (Caledon): equestrian – eventing
- Pan Am Shooting Centre (Cookstown): shooting

East of Toronto

- Angus Glen Golf Club (Markham): golf
- Atos Markham Pan Am/Parapan Am Centre (Markham): aquatics – water polo, badminton, table tennis
- Oshawa Sports Centre (Oshawa): boxing, weightlifting
- President's Choice Ajax Pan Am Ballpark (Ajax): baseball, softball

West of Toronto

- CIBC Hamilton Pan Am Soccer Stadium (Hamilton): football
- Cisco Milton Pan Am/Parapan Am Velodrome (Milton): cycling – track cycling
- Mississauga Sports Centre (Mississauga): judo, karate, taekwondo, wrestling
- Pan Am Individual Time Trial Route (Milton): cycling – road cycling (individual time trial)
- Royal Canadian Henley Rowing Course (St. Catharines): rowing
- Welland Pan Am Flatwater Centre (Welland): canoe/kayak – sprint



Introduction

On behalf of the TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015), I am pleased to introduce this *Sport Technical Manual* for the TORONTO 2015 Pan American Games.

Our mission – ignite the spirit through a celebration of sport and culture – is built on the foundation of our values: joy, purpose, accountability, collaboration and results. At the heart of this is ensuring that the TORONTO 2015 Games are sport focused and athlete centred.

We are dedicated to providing a first-rate field of play and delivering an outstanding experience for all athletes, coaches and officials. We are also committed to providing athletes and teams

with the best possible conditions at our competition venues for them to perform at their peak, which include a combination of transformational new facilities and iconic existing locations. The training facilities will be of similarly high standard and will be conveniently located within easy reach of the Athletes' Village and satellite accommodation locations.

To assist you in your Games preparations, we have prepared this *Sport Technical Manual* in collaboration with your respective Continental and International Federations. This manual provides the necessary sport-specific content for the successful delivery of each sport competition as well as operational and general information that may be of interest to athletes and teams.

The Games provide an opportunity to celebrate and strengthen the goals of fair play and diversity, foster lifelong friendships, promote accessibility and inclusion, and encourage all of us, on and off the field, to practice good sportsmanship.

We look forward to welcoming you to Toronto in July 2015.

Bob O'Doherty
Senior vice-president, sport
TO2015

Key Personnel

Technical delegate	Kathy Seaman (CAN)	kmseaman@shaw.ca
Continental Federation president	Coracy Nunes Filho	presidente@cbda.org.br
TO2015 sport manager	Rebecca Watts	rebecca.watts@toronto2015.org
TO2015 Sport Organizing Committee chair	Janice Moore	diving@toronto2015.org

Competition

Events	
Men (4)	Women (4)
Individual diving 3 m springboard 10 m platform	Individual diving 3 m springboard 10 m platform
Synchronized diving 3 m springboard 10 m platform	Synchronized diving 3 m springboard 10 m platform

Format

There will be a preliminary and final competition for all individual events. The final will be comprised of the top 12 ranked divers from the preliminary competition. In the final competition, the divers will compete in the reverse order of their ranking, determined by the scores at the end of the preliminary competition. The preliminary and final competition will be separated events, each starting at zero points. All synchronized diving events will be a final competition.

3 m springboard

Women's: The competition will comprise five dives from different groups without limit of degree of difficulty.
 Men's: The competition will comprise six dives without limit of degree of difficulty, one of which will be selected from each group, plus an additional dive which may be selected from any group.

10 m platform

Women's: The competition will comprise five dives from different groups without limit of degree of difficulty.
 Men's: The competition will comprise six dives from different groups without limit of degree of difficulty.

Synchronized: 3 m springboard and 10 m platform

Women's: The competition will comprise five different dives – two with an assigned degree of difficulty of 2.0 for each dive, regardless of formula value, and three dives without limit of degree of difficulty (See Section D 3.7.3. of the *FINA Diving Rules*).

Men's: The competition will comprise six different dives – two with an assigned degree of difficulty of 2.0 for each dive regardless of formula value and four dives without limit of degree of difficulty (See section D 3.7.4. of the *FINA Diving Rules*).

Starting Order

The starting order for the diving preliminaries will be determined by a draw, in accordance with Sections D 1.3 and D 1.4 of the *FINA Diving Rules*.

Rules, Clothing and Equipment

The rules, clothing and equipment for the diving competition at the TORONTO 2015 Pan American Games will be held in accordance with the conditions outlined in the following documents that will be in force at Games time:

- Fédération Internationale de Natation (FINA) *Diving Rules* available at fina.org
- Pan American Sports Organization (PASO) Regulations
- TO2015 brand guidelines

Technical Officials, Judges and Jury

Members will be appointed according to FINA regulations.

For FINA-sanctioned events, the technical officials will consist of:

One technical delegate – Kathy SEAMAN (CAN)

Seven Unión Americana de Natación (UANA) technical committee members:

- Secretary: Felix CALDERON (PUR)
- Ricardo Duran (CHI)
- Christina Rios (COL)
- Roberto Lopez (MEX)
- Jim Stillson (USA)
- Colleen Huffman (USA)
- Gordon Peterson (CAN)

Twelve judges: 10 judges from the participating federations, two from the Host Country and two non-American international FINA judges

One FINA international evaluator

For the TORONTO 2015 Pan American Games, the jury of appeal will be comprised of the UANA executive committee and UANA honorary members present and the FINA delegate when present with the UANA president or in his absence a UANA vice president as chairman.

A jury member will be allowed to speak, but not to vote, on a case in which the interest of his/her Federation is involved. A jury member having acted as an official is not allowed to vote on a case if there is a protest against his/her decision or on his/her interpretation of a rule.

In case of urgency, the jury may vote on a matter even if it has not been possible to call all the members.

The decision of the jury will be final.

Protests and Appeals

Protests will be resolved under GR 9.2 in the FINA rules and regulations.

Protests will be possible under the following circumstances:

- If the rules and regulations for the conduct of the competition are not observed.,
- If other conditions endanger the competitions and/or competitors.
- Against decisions of the referee; however, no protest will be allowed against decision of fact.

Protests must be submitted and adhere to the following five points:

- To the referee.
- In writing on FINA forms.
- By the responsible team leader.
- Together with a deposit of 100 Swiss Francs or its equivalent.
- Within 30 minutes following the conclusion of the respective event or match.

Note: Diving allows for a verbal protest to be logged immediately following a dive.

All protests will be considered by the referee.

Medals and Diplomas

Gold, silver and bronze medals will be awarded in each event of the diving competition. In accordance with PASO *Regulations*, top-eight diplomas will also be awarded in each event.

Venue

The diving events will be held at the CIBC Pan Am/Parapan Am Aquatics Centre and Field House located at the University of Toronto, Scarborough campus in Toronto, Ontario. This brand new high-performance facility is being built for the TORONTO 2015 Games and will include two internationally sanctioned 10-lane, 50-metre pools, a 25-metre long pool and a diving tank. The Field House will feature four gymnasiums for training and competition as well as an indoor recreational track and fitness area with cardio and weightlifting facilities.

The diving events will be held in a five-metre-deep diving tank with 1-metre, 3-metre and 10-metre platforms, and with a plunge pool and showers as well as dryland dive training facilities.

The dryland training area will be located directly behind the dive towers, making it easily accessible from the field of play. This area will feature two trampolines, three springboards and two platforms with ample space for standing somersault practice and warm up/stretching.

The field of play and all equipment will be presented in accordance with FINA rules and regulations.

Facilities

Other facilities at the competition venue will include the following:

- change rooms and showers (separate facilities for men and women)
- athletes' lounge
- catering services
- athlete preparation area
- a mixed zone and press conference room where accredited media may conduct interviews with athletes post-competition
- a sport information desk
- medical facilities
- a doping control station

Sport Information

Sport Information Desks

Sport information desks will be located at all competition venues and at the sport information centre in the CIBC Pan Am/Parapan Am Athletes' Village. These desks will provide a variety of services to teams, including:

- General sport information through sport publications and discussions with sport-specific staff.
- Distribution of draw/start lists, results and other competition information, including schedule updates when required.
- Training schedule information and, for selected sports, assistance with booking and changing training sessions.

The sport information centre's hours of operation will be as follows:

Dates	Hours of Operation
July 2–4, 2015	08:00–20:00
July 5–25, 2015	07:00–23:00
July 26, 2015	07:00–17:00

Competition and Training Schedule

Competition

The diving competition and training for the TORONTO 2015 Pan American Games will take place at the CIBC Pan Am/Parapan Am Aquatics Centre and Field House.

Times	Gender	Detail
July 10 – Session 1		
10:00–12:00	Men	3 m preliminaries
July 10 – Session 2		
13:30–15:00	Women	10 m preliminaries
July 11 – Session 1		
18:00–21:30	Men	3 m final
	Women	10 m final
July 12 – Session 1		
10:00–11:45	Women	3 m preliminaries
July 12 – Session 2		
14:00–16:00	Men	10 m preliminaries
July 12 – Session 3		
18:00–21:20	Men	10 m final
	Women	3 m final
July 13 – Session 1		
13:00–15:30	Men	3 m synchro final
	Women	10 m synchro final
July 13 – Session 2		
18:30–21:00	Men	10 m synchro final
	Women	3 m synchro final

Training

Open training will occur on July 5, July 6 and July 9. Assigned training will occur on July 7 and July 8.

Technical Meeting

The diving technical meeting will take place at the CIBC Pan Am/Parapan Am Aquatics Centre and Field House. Additional details on date and time will be provided. Up to two NOC representatives and one translator, if needed, may attend.

Qualification for Rio 2016

The diving competition at the TORONTO 2015 Pan American Games will serve as a qualifier for the Rio 2016 Olympic Games. The continental champions in the individual events of 3 m springboard and 10 m platform will qualify their respective National Federation, with official entries to be confirmed by the respective NOCs.



QUALIFICATION SYSTEM

AQUATICS – DIVING

Events	
Men (4)	Women (4)
Individual diving 3 m springboard 10 m platform	Individual diving 3 m springboard 10 m platform
Synchronized diving 3 m springboard 10 m platform	Synchronized diving 3 m springboard 10 m platform

Quota

According to the quota established by PASO, the maximum number of male and female diving competitors will be 60.

Maximum Quota Per NOC Per Event			
Men		Women	
Individual diving		Individual diving	
3 m springboard	2	3 m springboard	2
10 m platform	2	10 m platform	2
Synchronized diving		Synchronized diving	
3 m springboard	1 team of 2 athletes	3 m springboard	1 team of 2 athletes
10 m platform	1 team of 2 athletes	10 m platform	1 team of 2 athletes
Total	8	Total	8

Each NOC may enter a maximum of eight divers comprised of men and women if entering teams in synchronized diving. NOCs not entering divers in synchronized diving will be allowed to enter a maximum of six divers. Each NOC may enter a maximum of two divers per individual event and one team per synchronized event.

Athlete Eligibility

Only NOCs recognized by PASO whose swimming National Federations are affiliated with FINA and the UANA may enter competitors in the TORONTO 2015 Pan American Games.

To be eligible for participation in the TORONTO 2015 Pan American Games, a competitor must comply with PASO *Regulations*, FINA rules and must be entered by his or her NOC.

Age requirements

Divers younger than the age of 14 on December 31, 2015, will not be permitted to compete at the TORONTO 2015 Pan American Games. (Eligible divers must have been born in 2001 or earlier).

Nationality of competitors

All competitors participating in the TORONTO 2015 Pan American Games must have a passport from the NOC with which he/she is registered.

A competitor's nationality will be determined according to PASO *Regulations*, Section IV, Item 3.

Athletes must have signed and submitted the Athlete Eligibility Condition Form.

Qualification System

NOCs may only send competitors to the TORONTO 2015 Pan American Games who have qualified through the system established by UANA and FINA.

Each NOC must submit a list with the names of the proposed divers to be registered for the TORONTO 2015 Pan Am Games to UANA no later than April 15, 2015.

If the number of proposed divers exceeds the quota of 60, UANA will determine the qualified divers for the TORONTO 2015 Pan American Games according to the following priority ranking system:

- i. Priority one – FINA World Ranking 2015.
- ii. Priority two – Place finish in CONSONAT Championships, CCCAN Championships, Canadian National Championships 2015, USA Pan American Team Trials 2015.
- iii. Priority three – Place finish in the 2014 Pan American Sport Festival.
- iv. Tiebreaker system – If a tie occurs, the following system will be used to break the tie: most number of top 12 place finishes in FINA events from 2013 to 2015. If there is still a tie, then the next ranking consideration is used: most number of top 12 place finishes in UANA events from 2013 to 2015. If there is still a tie, then the final ranking consideration is used.
- v. Highest place finish in the 2014 Pan American Sport Festival.

Host nation

As the Host Country, Canada will automatically qualify to compete in all diving competition events for the TORONTO 2015 Pan American Games.

Confirmation of Quota Places

Following the completion of the quota allocation based on the system described above, UANA will advise the NOCs/NFs of the number of quota places they have obtained, by April 30, 2015.

The NOC/NF must advise UANA of the number of quota places that the NOC/NF will enter in each event, by May 15, 2015.

Reallocation of Unused Quota Places

Individual diving (springboard and platform)

If an NOC that has obtained a quota place in accordance with the allocation system described above has not confirmed use of this slot, the quota place will be reallocated to the next best-ranked NOC from the respective event that has not yet qualified, until the overall maximum of 60 athletes is reached.

The reallocation process will be complete by May 31, 2015.

Timeline

March 2014	CONSONAT Championships.
September 27–30, 2014	2014 Pan American Sport Festival.
November 2014	CCCAN Championships.
TBD	2015 USA Pan American Team Trials.
March 25, 2015	2015 Canadian Pan American Team Trials.
March 27, 2015	TO2015 entry by number deadline.
April 15, 2015	NOCs to submit proposed list of divers to UANA.
April 30, 2015	UANA to allocate places to NOC based on priority ranking system.
May 15, 2015	NOCs to confirm use of allocated places.
May 31, 2015	End of reallocation.
June 15, 2015	TO2015 entry by name deadline.

Accreditation

Accreditation is the process of identifying individuals and their role(s) at the Pan Am Games and ensuring they are granted the appropriate access to fulfil their role(s). The role of the NOC is to register, appropriately, every potential athlete, official, dignitary and press person from its territory.

Applications for accreditation must be received by TO2015 no later than March 27, 2015, in order for NOCs to receive their pre-valid cards (PVCs) before the delegations' departure for the Games.

Eligibility Condition Forms

As required by the *PASO statute*, each athlete and team official must complete an Eligibility Condition Form acknowledging his/her compliance with Games objectives and goals regarding participation in the Games. The form is mandatory and must be signed by participating athletes and officials before their arrival at the Games, in order for their accreditation to be validated.

Pre-Valid Cards

By May 30, 2015, and following the data verification and pre-delegation registration meetings (pre-DRMs), TO2015 will produce and send out PVCs to each NOC. NOCs will be responsible for distributing the PVCs to their delegation members before they travel to Toronto.

The PVC, along with a valid passport, will serve as an official entry document to Canada. Individuals will be able to enter Canada using this process from May 11, 2015, to August 25, 2015, at 23:59 p.m., for a period of stay no longer than six months from first entry. No additional entry visas will be required during this period. The PVC will be valid for multiple entries, provided it is accompanied on each occasion by a valid passport.

Accreditation Card Validation

After the delegation registration meeting (DRM) has been completed, eligible delegation members will be able to validate their PVCs, which will provide access to the CIBC Pan Am/Parapan Am Athletes' Village once it opens on July 5, 2015. It can also be used to access other official competition and non-competition venues, as determined during the DRM. Only once the PVC is validated does it become an official Pan Am identity and accreditation card (PIAC).

Upon arrival in Toronto, delegation members holding PVCs can have their cards validated (providing the DRM is complete) at one of the Accreditation Centres to gain access to Pan Am venues and the CIBC Pan Am/Parapan Am Athletes' Village.

The following table lists the level of accreditation services that will be provided at the various venues:

Venue	Location	Population	Services
CIBC Pan Am/Parapan Am Athletes' Village (PAV)	Toronto	NOCs	Full service*
CIBC Pan Am Park Accreditation Centre (PAP)	Toronto	Press; broadcast	Full service*
Games Family hotel (WES)	Toronto	IFs; CFs; NOCs	Full service*
Toronto Pearson International Airport (YYZ)	International terminals 1 and 3	All	PVC validation only
Accreditation resolution volunteers	At all competition venues	All	Temporary problem resolution; no reissuing of cards

*Full service: card validation, card production, image capture, problem resolution, reissuing of lost or stolen cards, guest passes, day passes.

Validation counters at Toronto Pearson International Airport (international terminals 1 and 3) will only offer accreditation validation services. There will be no additional accreditation facilities at any other Canadian airport or border crossing.

During the TORONTO 2015 Pan Am Games, the Accreditation Centre in the CIBC Pan Am/Parapan Am Athletes' Village will serve as the primary accreditation location for NOC delegations.

Ticketing and Accredited Seating

Games-time Ticket Sales

During Games time, available tickets can be purchased through the official TORONTO 2015 website or at any of these locations:

- CIBC Pan Am/Parapan Am Athletes' Village
- Games Family hotel
- competition venues

Same- and Different-discipline Spectating Athletes

Athletes and officials may access the athletes' stand during their own discipline's competitions without a ticket, upon presentation of their accreditation.

In order to watch competitions at venues in disciplines other than their own, however, athletes and officials will require a ticket.

NOC Services will implement a request process for the order and allocation of complimentary tickets for different-discipline athletes and officials, through the NOC Services Centre.

Accommodation

The CIBC Pan Am/Parapan Am Athletes' Village will accommodate approximately 7,500 athletes and NOC team officials. TO2015 will also operate five satellite accommodation locations for the comfort of athletes competing at remote venues, as listed below:

- Shooting and equestrian satellite accommodation (PVN) at Nottawasaga Resort, Alliston, ON
- Canoe/kayak – slalom satellite accommodation (PVM) at Pinestone Resort, Minden, ON
- Rowing, canoe/kayak – sprint satellite accommodation (PVB) at Brock University, St. Catharines, ON
- Mountain bike satellite accommodation (PVH) at Horseshoe Valley Resort, Barrie, ON
- Football satellite accommodation (PVF) at McMaster University, Hamilton, ON

Across all of these accommodations, TO2015 aims to provide a secure, comfortable, home-like environment for athletes and NOC team officials, allowing them to relax, perform at their best and enjoy the unique cultural mosaic of Toronto.

The CIBC Pan Am/Parapan Am Athletes' Village

The CIBC Pan Am/Parapan Am Athletes' Village will be located in east downtown Toronto in the Lower Don Lands, adjacent to the Don River. This area of Toronto is currently undergoing extensive regeneration, with many new developments existing harmoniously alongside heritage neighbourhoods and districts.

The Athletes' Village will be conveniently located within a few blocks of the Toronto city centre and close to public transportation. Following the Games, the Village will be one of the Games' lasting legacies with a mixed-use neighbourhood with affordable housing, new condominiums, a YMCA and a dormitory for George Brown College students.

Key Dates of Operation

Date	Event
July 1–4, 2015	Pre-opening access to the CIBC Pan Am/Parapan Am Athletes' Village.
July 5, 2015	Opening of the CIBC Pan Am/Parapan Am Athletes' Village.
July 10, 2015	Opening Ceremony of the TORONTO 2015 Pan Am Games.
July 26, 2015	Closing Ceremony of the TORONTO 2015 Pan Am Games.
July 29, 2015	Closing of the CIBC Pan Am/Parapan Am Athletes' Village.

Site Orientation

The Athletes' Village will consist of three distinct zones: the Village Plaza, residential zone and operations zone. The Village Plaza will contain the retail facilities and ceremonial facilities available to residents and guests, while the residential zone will be a restricted area for residents and guests with an "R" on their PIAC. The residential zone will contain five accommodation lots, recreation, dining, medical facilities, parklands and access to transportation links to competition and training venues.

The operations zone will include the workforce entry, logistics warehouse, facilities services area, support services operations centre, waste transfer area and NOC container freight storage.

The Welcome Centre will be the entry point for first-time arrivals. The taxi drop-off and pick-up area will be located adjacent to it. The Village Plaza entry point will be located off Trinity Street for dedicated access to the Guest Pass Centre and Village Media Centre.

Residences

Athletes and NOC team officials will be accommodated in newly constructed permanent buildings, ranging in height from nine to 15 storeys. The buildings will contain a combination of apartments for three, four, five, six, nine or 10 beds.

All bedrooms will be equipped with furniture to provide a comfortable stay for residents, in accordance with past Games practices. In-suite finishes will include coated flooring in bedrooms and social spaces, tiled floors in bathrooms, and window coverings and shelf space in bedrooms. Corridors within the residential blocks will be carpeted. Public and NOC office spaces will have a combination of carpet and sealed concrete floor finishes.

Social spaces furniture will include tables and comfortable seating. All suites will have free Wi-Fi access.

TO2015 is planning for a resident experience that will reflect an average athlete-to-bathroom ratio below 4:1.

Resident Services

There will be seven resident centres located throughout the Athletes' Village. Six resident centres will operate 07:00–23:00 and one will be open 24 hours a day. The resident centres will cater to all of the accommodation needs of the NOCs and Village residents. Each resident centre will provide hotel-like front desk service, which will assist with the resolution of issues relating to Village accommodation services.

Main Dining Hall

The main dining hall will be located adjacent to the transport mall in the residential zone and will operate on a 24-hour basis. A diverse range of ethnic and cultural food options will be available. Menus are being developed in consultation with caterers and sport nutritionists and will be published in early 2015. Additional dining options will include a Village Plaza café and grab-and-go items, refreshments and various cuisines that will reflect some of the diverse neighbourhoods of Toronto.

Athlete Venue Meals

Athlete venue meals will be available for athletes and officials who will be away from the Village for competition and training for more than five hours. These meals must be ordered from the catering desk 48 hours in advance. They will be prepared at the venue for collection from the athlete lounge and will be available from July 1 to 26, 2015.

NOC Services Centre

The NOC Services Centre will be located in the Athletes' Village residential zone, situated centrally to facilitate communication and coordinate issue resolution between TO2015 and the NOCs. Services available at the front desk will include mail distribution, reservation of bookable meeting rooms, and distribution of participation certificates and medal boxes. Arrivals and departures, transport, logistics and Rate Card will also have desks in the NOC Services Centre.

Resident Entertainment and Recreation

An athlete lounge, DVD lounge, internet café and games room will be available to Village residents.

Fitness Centre

The Athletes' Village will feature recreational sports facilities for general use. The Village recreational fitness facilities will include playing fields (general grass areas), an internal running track and an indoor pool designed to suit general fitness activities. In addition, the Village will have a gymnasium with a large selection of cardiovascular equipment and free weights, and space for stretching, warming up and cooling down.

There will also be plenty of safe places for running within the Village, including an 18-acre park with paved trails located east of the accommodation blocks and within the security perimeter. The Fitness Centre will operate 24 hours a day, but will only be supervised between 06:00 and 22:00, except when temporarily closed for cleaning or maintenance.

Village Plaza

The Village Plaza will be comprised of a number of retail outlets and services. TO2015 will design this area as a significant focal point of the Village to attract both residents and visitors alike. The Plaza will act as an interface with athletes, guests and media, enabling this interaction without needing to enter the residential zone. The Plaza will include a user-pay café, which can also act as a casual meeting place. All team Welcome Ceremonies will take place in the Village Plaza.

Medical Services

Medical services during the TORONTO 2015 Pan Am Games will be provided at all competition and training venues, and non-competition venues such as the CIBC Pan Am/Parapan Am Athletes' Village, satellite accommodation, the Games Family hotel, and the Cisco International Broadcast Centre and Main Press Centre.

The TO2015 medical team will cater to the needs of all accredited athletes, coaches and officials for new and exacerbated medical conditions requiring diagnosis and treatment.

Polyclinic

Polyclinic services will be located in the residential zone of the Athletes' Village and will be open from July 1 to 29, 2015, from 07:00 to 23:00. Emergency medical services will be available 24 hours per day.

The following services will be available at the Athletes' Village Polyclinic:

- general medical practice
- sports medicine and Rehabilitation
- diagnostic Imaging
- laboratory
- pharmacy
- specialty services
- dental, eye clinic, specialty consultation

Satellite Accommodation

Each satellite accommodation will have a medical clinic to provide family practice, sport medicine and rehabilitation services from 07:00 to 23:00. Access will be arranged within the local communities for initial diagnostic and laboratory testing covered under the TO2015 medical insurance plan. Emergency services will be available in satellite accommodation medical clinics 24 hours a day and transportation will be arranged as needed to local community hospitals for in-patient emergency or specialist care.

Venue Medical Services

Medical facilities will be provided at competition, training and other official venues. Athlete and spectator services will be stocked with appropriate equipment, supplies and medication and will be staffed by experienced medical personnel. Ambulances, staffed by paramedics, will be stationed at competition and some non-competition venues.

Competition and training venues

Emergency services and sports medicine for ill and injured athletes and team officials will be available at each competition and training venue. These services will be provided by physicians and therapists and will be available for two hours before competition and for one hour post-competition.

Field-of-play response

Athletes injured on the field of play during competition or training will be evaluated on-site. If necessary, they will be evacuated from the field of play and transported to the athlete medical room, Polyclinic or hospital, as appropriate. Field-of-play response will abide by International Federation rules.

Transportation

Transportation System for Athletes and Team Officials (TA)

The TA bus system will provide the following transportation services for accredited athletes and team officials, including their accompanying baggage and sport equipment:

- Arrival and departure services between Toronto Pearson International Airport (YYZ) and TORONTO 2015 accommodation sites.
- Training and competition services between TORONTO 2015 accommodation sites and competition and training venues.
- Ceremonies services.
- Connectivity between the CIBC Pan Am/Parapan Am Athletes' Village and satellite accommodation locations.

Training and Competition Venue Services

Athlete and team official training and competition transportation services are being planned and developed in consultation with the Continental Federations/International Federations. Service timings are planned to enable:

- Arrivals at the venue for warm-up and preparation, pre-session.
- Transfers to and from venue and Village Plaza during the session time.
- Departures immediately after the session.
- Departures after the session following cool down.
- Other requirements such as doping control procedures.

Athlete Transport Mall to Competition Venues

Competition venue transportation services will depart the CIBC Pan Am/Parapan Am Athletes' Village from the transport mall with a 30-minute frequency in order for athletes to be at the venue two hours prior to the competition start time, with the last vehicle leaving the venue two hours after competition.

Athlete Transport Mall to Training Venues

Regular transportation services will be scheduled with a 60-minute frequency to transfer athletes to designated training venues. Leaving the CIBC Pan Am/Parapan Am Athletes' Village from the transport mall, the service will enable athletes and team officials to be at the venue one hour prior to training and leave up to one hour after training.

The service will begin in accordance with the training schedule, to a maximum of five days prior to the first day of competition, and will continue until the closing day of each sport's individual training session.

Team Sport Vehicles

Each team will be allocated one team bus with driver(s) to operate on a pre-arranged schedule for use during the training and competition period and cease upon return to the CIBC Pan Am/Parapan Am Athletes' Village after the team's final competition. Team sports for which a bus will be provided include baseball, basketball, field hockey, football, handball, rugby sevens, softball, volleyball and water polo.

These buses will be available to support training and competition movements only. Team buses will be equipped with a vehicle access and parking permit, which will allow access to the CIBC Pan Am/Parapan Am Athletes' Village and the respective sport training and competition venues as well as the Games route network. Teams will first meet their bus in the athlete transport mall. Bus services will be arranged through the team's host, and all schedule changes must be communicated to the transport desk in the NOC Services Centre by 16:00 for the following day's requirements.

CIBC Pan Am/Parapan Am Athletes' Village Connection with Satellite Accommodation

A transportation service will connect the CIBC Pan Am/Parapan Am Athletes' Village with each of the five satellite accommodation locations. This will allow athletes and team officials to travel between the Village and satellite accommodation to connect to services departing from the athlete transport at the Village. The service will operate from the opening day of each satellite accommodation to July 26, 2015.

NOC-dedicated Vehicles

Each NOC will be provided with a number of dedicated vehicles based on its delegation size (Aa, Ac, Ao). The number of dedicated vehicles allocated to each NOC will be confirmed at the DRM.

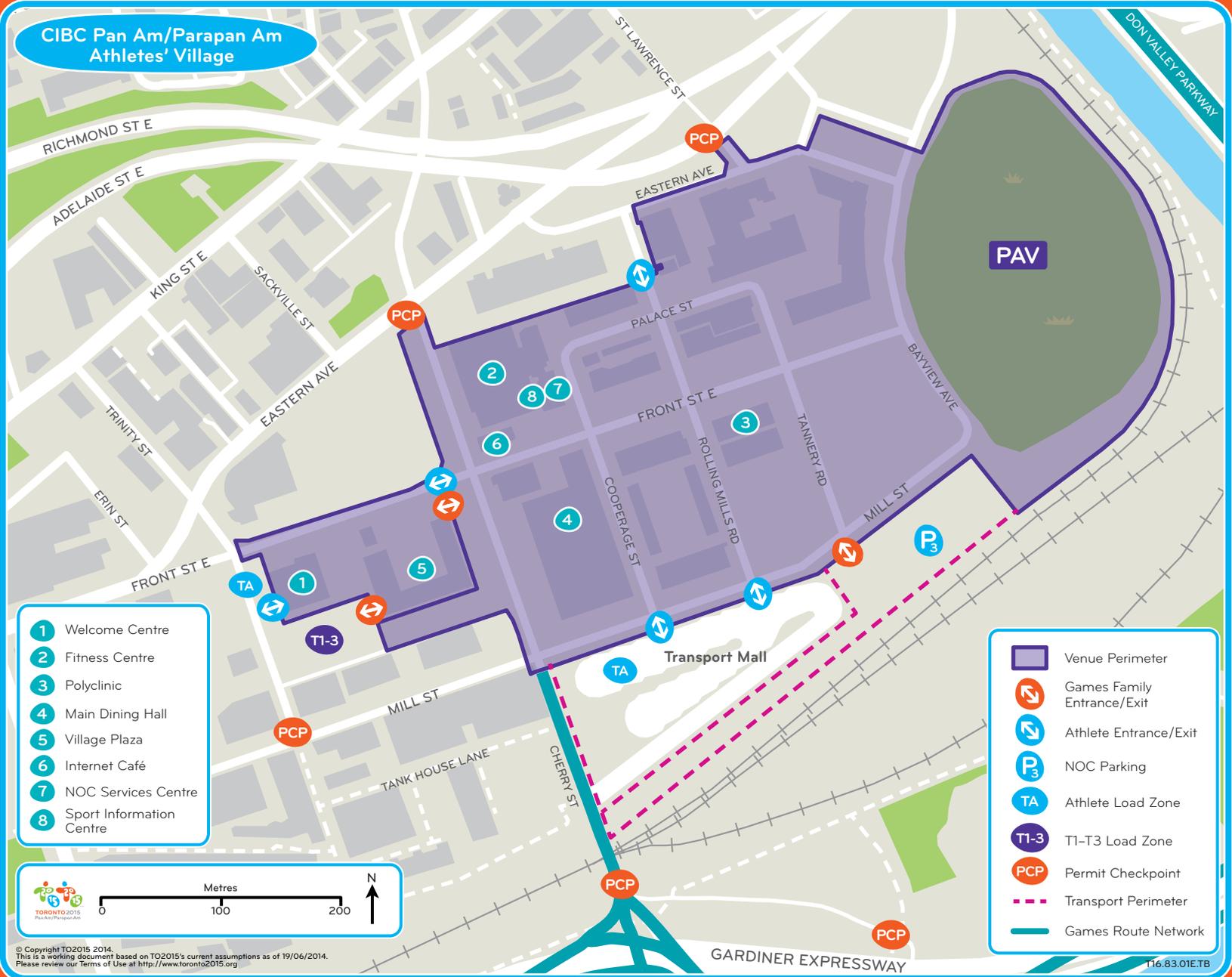
The seven-seat, multi-passenger vehicle (Chevrolet Traverse) will include a fuel card, automobile insurance, driver handbook including venue route maps, and a vehicle access and parking permit.

Public Transportation

All Games-accredited clients with a "T" privilege will be entitled to travel free of charge when wearing their accreditation on the following modes of public transportation within the Greater Toronto Area during the Games:

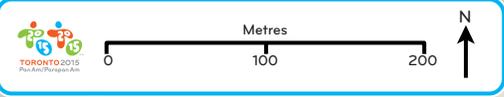
- Toronto subway system (TTC)
- Toronto GO Train
- bus and streetcar (TTC)
- Toronto Pearson International Airport – Union Station Rail Link

CIBC Pan Am/Parapan Am Athletes' Village



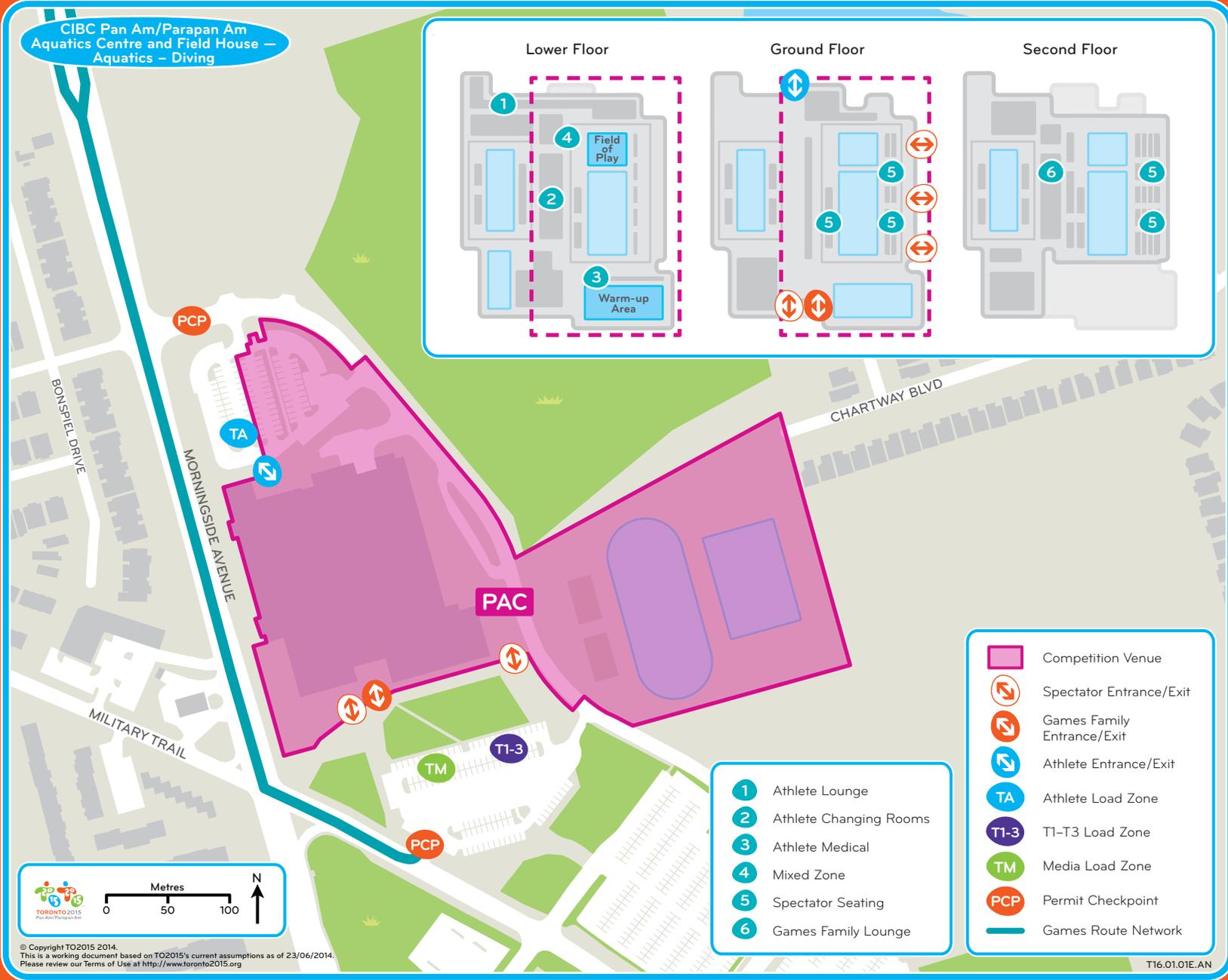
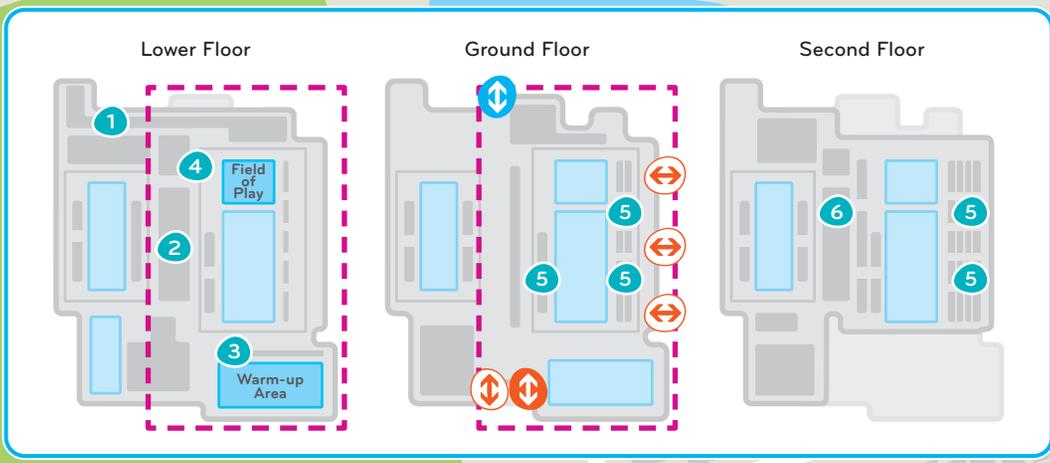
- 1 Welcome Centre
- 2 Fitness Centre
- 3 Polyclinic
- 4 Main Dining Hall
- 5 Village Plaza
- 6 Internet Café
- 7 NOC Services Centre
- 8 Sport Information Centre

- Venue Perimeter
- Games Family Entrance/Exit
- Athlete Entrance/Exit
- NOC Parking
- Athlete Load Zone
- T1-T3 Load Zone
- Permit Checkpoint
- Transport Perimeter
- Games Route Network



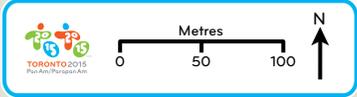
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**CIBC Pan Am/Parapan Am
Aquatics Centre and Field House –
Aquatics – Diving**



- 1 Athlete Lounge
- 2 Athlete Changing Rooms
- 3 Athlete Medical
- 4 Mixed Zone
- 5 Spectator Seating
- 6 Games Family Lounge

- Competition Venue
- Spectator Entrance/Exit
- Games Family Entrance/Exit
- Athlete Entrance/Exit
- Athlete Load Zone
- T1-T3 Load Zone
- Media Load Zone
- Permit Checkpoint
- Games Route Network



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Thank You

The TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015) would like to thank its partners for their support.

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