

NEPEAN OTTAWA DIVING CLUB ASPIRE INVITATIONAL

FEBRUARY 22ND & 23RD, 2020



Hosted by





Nepean Ottawa Diving Club Aspire Invitational

February 22nd & 23rd, 2020



Overview

- Venue/Location:** Nepean Sportsplex
1701 Woodroffe Ave, Nepean, ON K2G 1W2
613-580-2424 x41261
- Host Club:** Nepean Ottawa Diving Club | NODC
Phone: 613-228-9270 | Fax: 613-580-2717
E-mail: ottawadiving@rogers.com | Website: www.nodc.ca
- Technical Director:** Fernando Henderson (ottawadiving@rogers.com)
Meet Director: Mark Hearn (hearnmark71@gmail.com)
- Rules/Eligibility:** Open to all DPC registered divers.
Dive Ontario rules will apply
- Facilities:** 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Meter Platforms
- Dive Sheets:** Must be submitted electronically via e-mail at ottawadiving@rogers.com or as per DPC rules book, in hands of the Meet Office **24 hours** before the posted start time of the event
Changes will be permitted up to 1 hour before the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario.
- Entry Fees:** \$50 Registration fee per diver |
\$35 per diver per event (Includes \$10.00 to Dive Ontario)
*Additional \$15.00 meal plan per day will be added to the registration fee to cover breakfasts, lunches and snacks during competition.
- Entry Due Date:** **February 7th, 2020** *** cut-off date
Late registration: \$25/diver late filing penalty –
All registration fees are non-refundable
- Age of Competitor:** Determined by diver's age as of **December 31st, 2020**.
- Awards:** Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th.



Nepean Ottawa Diving Club Aspire Invitational

February 22nd & 23rd, 2020



SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am Closed Practice 9:00am - 9:20am
Opening Ceremonies & Coaches Meeting: 9:20am - 9:30am

Saturday, February 22nd, 2020

| Time | 1 Meter | | Platform | | 3 Meter | |
|------|---------|-----------------------------|-----------------|----------------------------|---------|-------------------|
| | Event | | Event | | Event | |
| 9:30 | 1 | Aspire II Girls C | | | 2 | Aspire II Girls D |
| | | | 3,4,5,6 | Aspire I Girls/Boys A/B | | |
| | 7,8 | Aspire II Girls/Boys E | | | 9 | Aspire II Boys D |
| | | | | Awards | | |
| | | | 10,11, 12,13 | Aspire I Girls/Boys D/C | | |
| | 14, 15 | Aspire II Girls/Boys A/B | | | 16 | Aspire II Boys C |
| | 17 | Aspire I Girls C | | | 18 | Aspire I Boys C |
| | | | | Awards | | |
| | | | 19 | Aspire II Girls C | | |
| | 20 | Aspire I Girls D | | | 21 | Aspire I Boys D |
| | | | 22,23 | Aspire II Girls/Boys E | | |
| | 24,25 | Aspire I Girls A/B | | | 26,27 | Aspire I Boys A/B |
| | | | | Awards | | |

SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am Closed Practice 9:00am - 9:20am
 Coaches Meeting: 9:20am - 9:30am

Sunday, February 23rd, 2020

| Time | 1 Meter | | Platform | 3 Meter | |
|------|---------|--------------------|-----------------------------|-----------------|-----------------------------|
| 9:30 | Event | Event | | Event | |
| | 28 | Aspire II Girls D | | 29 | Aspire II Girls C |
| | | 30,31, 32,33 | Aspire II Girls/Boys A/B | | |
| | 34,35 | Aspire II Boys C/D | | 36,37 | Aspire II Girls/Boys E |
| | | | Awards | | |
| | 38 | Aspire I Boys C | | 39 | Aspire I Girls C |
| | | 40,41 | Aspire II Girls/Boys D | | |
| | | 42 | Aspire II Boys C | | |
| | | | Awards | | |
| | 43 | Aspire I Boys D | | 44 | Aspire I Girls D |
| | | 45,46 | Master | | |
| | 47, 48 | Aspire I Boys A/B | | 49, 50 | Aspire I Girls A/B |
| | 51,52 | Master (W-M) | | 53,54, 55,56 | Aspire II Girls/Boys A/B |
| | | | | 57,58 | Master (W-M) |
| | | | Awards | | |

One meter and three meter events may run simultaneously
 Events will be combined depending on the number of registrants
 Each event may have a 20-minute closed practice
 Masters events will follow DPC & FINA Rules- **Masters Events will only run if there are at least 3 participants**

ASPIRE II DIVE REQUIREMENTS

Aspire II - Group E 1m (6 dives)

| Dive Order | Dive # | Prescribed D.D. |
|------------|--------------------------|-----------------|
| 1 | 1 step hurdle 100A | 1.6 |
| 2 | 200A | 1.6 |
| 3-6 | Choose four from: | |
| | 101C | 1.6 |
| | 401C | 1.6 |
| | 201C | 1.6 |
| | 301C | 1.6 |
| | 102C OR 103C | 1.6 |

* Hurdle may be performed with or without armswing and arms must be up for entry

* Back jump must be performed with armswing and arms must be up for entry

- Max 4 ½ for arms down on entry (unsatisfactory dive)

* Any hurdles must be maximum 1 step, “standard” hurdle (no “hop” hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

* In the “choose from” list, divers may choose 102C or 103C, not both

Aspire II - Group E 3m (6 dives)

| Dive Order | Dive | DD |
|------------|--------------------------|-----|
| 1 | 001B from feet | 1.6 |
| 2 | 002A | 1.6 |
| 3-6 | Choose four from: | |
| | 101C | 1.6 |
| | 401C | 1.6 |
| | 201C | 1.6 |
| | 301C | 1.6 |
| | 103C | 1.6 |

* Hurdle may be performed with or without armswing

* Any hurdles must be maximum 1 step, “standard” hurdle (no “hop” hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

* 001B must be performed from feet, not from seated

* 001B may be performed with arms in closed/entry position, or open position

* 002A may be performed with arms down or arms up

Aspire II - Group E Platform (4 dives)

| Dive Order | Platform level | Dive | DD |
|------------|-----------------------|------|-----|
| 1 | 3m or 5m | 001C | 1.6 |
| 2 | 3m or 5m | 002C | 1.6 |
| 3-4 | Choose two of: | | |
| | 3m or 5m | 101C | 1.6 |
| | 3m or 5m | 401C | 1.6 |
| | 3m or 5m | 201C | 1.6 |
| | 3m or 5m | 301C | 1.6 |

Aspire II - Group D 1m (5 dives)

| Dive Order | Dive | DD |
|------------|--|-----|
| 1 | 101C or 101B | 1.6 |
| 2 | 201C or 301C | 1.6 |
| 3 | 401C or 401B | 1.6 |
| 4-5 | Choose two from: | |
| | 201C or 301C (not repeated from above) | 1.6 |
| | 102C or 103C | 1.6 |
| | 202C | 1.6 |
| | 302C | 1.6 |
| | 402C | 1.6 |

*Hurdle may be performed with or without armswing

* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

* In the "choose from" list, divers may choose 102C or 103C not both.

* No dive number may be repeated.

Aspire II - Group D 3m (5 dives)

| Dive Order | Dive | DD |
|------------|--|-----|
| 1 | 101C or 101B | 1.6 |
| 2 | 201C or 301C | 1.6 |
| 3 | 401C or 401B | 1.6 |
| 4-5 | Choose two from: | |
| | 201C or 301C (not repeated from above) | 1.6 |
| | 103C | 1.6 |
| | 203C | 1.6 |
| | 303C | 1.6 |
| | 403C | 1.6 |

*Hurdle may be performed with or without armswing

* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

* No dive number may be repeated.

Aspire II - Group D Platform (6 dives)

| | Platform Level | Dive | DD |
|-----|-------------------------|-----------|-----|
| 1 | 3m or 5m | 001C or B | 1.6 |
| 2 | 3m or 5m | 002C or A | 1.6 |
| 3 | 3m or 5m | 101C or B | 1.6 |
| 4 | 3m or 5m | 401C or B | 1.6 |
| 5-6 | Choose two from: | | |
| | 3m or 5m | 201C | 1.6 |
| | 3m or 5m | 301C | 1.6 |
| | 3m or 5m | 103C | 1.6 |
| | 5m | 403C | 1.6 |
| | 3m or 5m | 600A | 1.6 |
| | 5m | 612C or B | 1.6 |

* 001B is front fall in pike- to be performed from **feet**

* In the “choose from” list, divers may choose 600 or 612, not both

Aspire II Group C 1m (6 dives)

| Dive order | Dive number | DD |
|------------|--|----------|
| 1 | 101C or 101B or 103C | 1.6 |
| 2 | 201C or B Or 301C or B | 1.6 |
| 3 | 401C or B | 1.6 |
| 4-6 | Choose three from: | |
| | 103C/B (not repeated from above) or 104C | Fina D.D |
| | 201C/B OR 301C/B (not repeated from above) | Fina D.D |
| | 203C | Fina D.D |
| | 402C or 403C | Fina D.D |
| | 5221D or 5122D | Fina D.D |

*No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 104, not both

* In the “choose from” list, divers may choose 402C or 403C, not both

* In the “choose from” list, divers may choose 5122D or 5221D, not both

Aspire II Group C 3m (6 dives)

| Dive Order | Dive | DD |
|------------|---|---------|
| 1 | 101C or 101B or 103C or 103B | 1.6 |
| 2 | 201C or 201B or 301C or 301B | 1.6 |
| 3 | 401C or B or A | 1.6 |
| 4-6 | Choose three from: | |
| | 103C or 103B or 105C | Fina DD |
| | 201C or 201B or 301C or 301B (not repeated from above) | Fina DD |
| | 203C | Fina DD |
| | 303C | Fina DD |
| | 403C or 403B | Fina DD |
| | 5231D or 5132D | Fina DD |

* No dive # may be repeated

* In the “choose from” list, divers may choose 103 **or** 105, not both

* In the “choose from” list, divers may choose 5132D **or** 5231D, not both

Aspire II Group C Platform (6 dives)

| Dive Order | Platform Level | Dive | DD |
|------------|-----------------------|---|---------|
| 1. | 3m, 5m | 001B (invitationals only) | 1.2 |
| | 3m* , 5m, 7.5m | 101C or 101B | 1.6 |
| | 5m, 7.5m | 103C or 103B | 1.6 |
| 2. | 3m* , 5m, 7.5m | 401C or B | 1.6 |
| 3. | 3m* , 5m, 7.5m | 201C or 301B | 1.6 |
| 4-6 | Choose from: | | |
| | 3m* , 5m, 7.5m | 103C or 103B (cannot repeat from above) | FINA DD |
| | 5m, 7.5m | 105C or 105B | FINA DD |
| | 3m* , 5m, 7.5m | 201C or 301C (not repeated from above) | FINA DD |
| | 5m, 7.5m | 203C or 203B | FINA DD |
| | 5m, 7.5m | 303C | FINA DD |
| | 5m, 7.5m | 403C or 403B | FINA DD |
| | 5m, 7.5m | 5231D or 5132D | FINA DD |
| | 5m, 7.5m | 612C or 612B | FINA DD |

* 3m to be used **only in invitationals** competitions. At Aspire Provincial Championship no 3m is to be used.

* 001B to be **used only in invitationals** competitions. At Aspire Provincial Championships no 001B is to be used.

* In the “choose from” list, divers may choose 103 **or** 105, not both

* In the “choose from” list, divers may choose 5132D **or** 5231D, not both

Aspire II Group B 1m (7 dives)

| Dive order | Dive number | DD |
|------------|---|----------|
| 1 | 101C or 101B or 103C or 103B | 1.6 |
| 2 | 201C or 201B | 1.6 |
| 3 | 301C or 301B | 1.6 |
| 4 | 401C or 401B | 1.6 |
| 5-7 | Choose three from: | |
| | 103C or 103B (not repeated from above) or 104C or 104B or 105C | Fina D.D |
| | 202C or 203C | Fina D.D |
| | 302C or 303C | Fina D.D |
| | 402C or 403C | Fina D.D |
| | 5221D or 5122D | Fina D.D |

* No dive # is to be repeated

* In the “choose from” list, divers may only choose one of: 103; 104; 105

* In the “choose from” list, divers may choose 202 **or** 203, not both

* In the “choose from” list, divers may choose 302C **or** 303C, not both

* In the “choose from” list, divers may choose 402C **or** 403C, not both

* In the “choose from” list, divers may choose 5122D **or** 5221D, not both

Aspire II Group B 3m (7 dives)

| Dive order | Dive number | DD |
|------------|--|----------|
| 1 | 101C or 101B or 103C or 103B | 1.6 |
| 2 | 201C or 201B | 1.6 |
| 3 | 301C or 301B | 1.6 |
| 4 | 401C or 401B or 403C or 403B | 1.6 |
| 5-7 | Choose three from: | |
| | 103C, or 103B (not repeated from above) or 105C or 105B | Fina D.D |
| | 203C or 203B | Fina D.D |
| | 302C or 303C or 303B | Fina D.D |
| | 403C or 403B or 404C or 405C | Fina D.D |
| | 5132D or 5231D or 5233D | Fina D.D |

No Dive # may be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 302C or 303C; not both

* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

* In the “choose from” list, divers may choose only 1 of 5132D, 5231D or 5233D

Aspire II Group B Platform (6 dives)

| Dive Order | Platform Level | Dive | DD |
|------------|---------------------------|--|---------|
| 1. | 5m, 7.5m | 101C or 101B or | 1.6 |
| | 5m, 7.5m | 103C or 103B | 1.6 |
| 2. | 5m, 7.5m | 201C or 201B or | 1.6 |
| | 5m, 7.5m | 301C or 301B | 1.6 |
| 3. | 5m, 7.5m | 401C or 401B | 1.6 |
| | 5m, 7.5m | 403C or 403B | 1.6 |
| 4-6 | Choose three from: | | |
| | 5m, 7.5m | 103C or 103B (not repeated from above) or 105C or 105B | FINA DD |
| | 5m, 7.5m | 201C or 201B (not repeated from above) or 203C or 203B | FINA DD |
| | 5m, 7.5m | 301C or 301B (not repeated from above) or 303C | FINA DD |
| | 5m, 7.5m | 403C or 403B (not repeated from above) or 404C or 405C | FINA DD |
| | 5m, 7.5m | 5231D or 5132D | FINA DD |
| | 5m, 7.5m | 612C or 612B | FINA DD |

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 201 or 203, not both

* In the “choose from” list, divers may choose 301 or 303 not both

* In the “choose from” list, divers may choose only 1 of 403, 404 or 405

* In the “choose from” list, divers may choose 5132D or 5231D, not both

Aspire II Group A 1m (8 dives)

| Dive order | Dive number | DD |
|------------|---|----------|
| 1 | 101C or 101B or 103C or 103B | 1.6 |
| 2 | 201C or 201B | 1.6 |
| 3 | 301C or 301B | 1.6 |
| 4 | 401C or 401B | 1.6 |
| 5 | 5122D or 5132D or 5124D 5221D or 5231D or 5223D | 1.6 |
| 6-8 | Choose three from: | |
| | 103C or 103B (not repeated from above) or 104C or 104B or 105C | Fina D.D |
| | 202C or 203C | Fina D.D |
| | 302C or 303C | Fina D.D |
| | 402C or 402B or 403C or 403B | Fina D.D |
| | 5122D or 5132D or 5124D 5221D or 5231D or 5223D (not repeated from above) | Fina D.D |
| | | |

* No dive # is to be repeated

* In the “choose from” list, divers may choose only 1 of 103, 104, 105

* In the “choose from” list, divers may choose 202 or 203, not both

* In the “choose from” list, divers may choose 302 or 303 not both

* In the “choose from” list, divers may choose 402 or 403, not both

* In the “choose from” list, divers may choose only 1 of: 5122D, 5132D, 5124D, 5221D, 5231D, 5223D

Aspire II Group A 3m (7 dives)

| Dive order | Dive number | DD |
|------------|---|----------|
| 1 | 101C or 101B or 103C or 103B | 1.6 |
| 2 | 201C or 201B | 1.6 |
| 3 | 301C or 301B | 1.6 |
| 4 | 401C or 401B | 1.6 |
| 5-7 | Choose three from: | |
| | 103C or 103B (not repeated from above) or 105C or 105B | Fina D.D |
| | 203C or 203B or 205C | Fina D.D |
| | 303C or 303B or 305C | Fina D.D |
| | 403C or 403B or 404C or 405C | Fina D.D |
| | 5132D or 5134D or 5231D or 5233D | Fina D.D |

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 203 or 205, not both

* In the “choose from” list, divers may choose 303 or 305 not both

* In the “choose from” list, divers may choose only 1 of 403, 404 or 405

* In the “choose from” list, divers may choose only 1 of 5132D, 5134D, 5231D or 5233D

Aspire II Group A Platform (6 dives)

| Dive Order | Platform Level | Dive | DD |
|------------|---------------------------|--|---------|
| 1. | 5m, 7.5m | 101C or 101B | 1.6 |
| | 5m, 7.5m | 103C or 103B | 1.6 |
| 2. | 5m, 7.5m | 201C or 201B | 1.6 |
| | 5m, 7.5m | 301C or 301B | 1.6 |
| 3. | 5m, 7.5m | 401C or 401B | 1.6 |
| | 5m, 7.5m | 403C or 403B | 1.6 |
| 4-6 | Choose three from: | | |
| | 5m, 7.5m | 103C or 103B (not repeated from above) or 105C or 105B | FINA DD |
| | 5m, 7.5m | 201C or 201B (not repeated from above) or 203C or 203B | FINA DD |
| | 5m, 7.5m | 301C or 301B (not repeated from above) or 303C | FINA DD |
| | 5m, 7.5m | 403C or 403B (not repeated from above) or 404C or 405C | FINA DD |
| | 5m, 7.5m | 5231D or 5132D | FINA DD |
| | 5m, 7.5m | 612C or 612B | FINA DD |

* No dive # is to be repeated

* In the “choose from” list, divers may choose 103 or 105, not both

* In the “choose from” list, divers may choose 201 or 203, not both

* In the “choose from” list, divers may choose 301 or 303 not both

* In the “choose from” list, divers may choose only 1 of 403, 404 or 405

* In the “choose from” list, divers may choose 5132D or 5231D, not both

ASPIRE I DIVE REQUIREMENTS

Aspire I Group D 1m (6 dives)

| Dive Order | Dive | DD |
|------------|---|-----|
| 1 | 1 step hurdle 100A | 1.6 |
| 2 | 200A | 1.6 |
| 3 | 101C | 1.6 |
| 4 | 401C | 1.6 |
| 5-6 | Choose two from: 201C 301C 102C or 103C | 1.6 |

- * Hurdle may be performed with or without armswing and arms must be up for entry
- * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)
 - Max 4 ½ for hop hurdle (unsatisfactory dive)
- * Back jump must be performed with armswing and arms must be up for entry
 - Max 4 ½ for arms down on entry (unsatisfactory dive)
- * In the "choose from" list, divers may choose 102 or 103, not both

Aspire I Group D 3m (5 dives)

| Dive Order | Dive | DD |
|------------|---|--------------------------|
| 1 | Hurdle 100A | 1.6 |
| 2 | 002A | 1.6 |
| 3 | 101C | 1.6 |
| 4-5 | Choose two from: 201C 301C 103C 401C | 1.6 1.6 1.6 1.6 |

- * Hurdle may be performed with or without armswing and arms must be up for entry
- * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)
 - Max 4 ½ for hop hurdle (unsatisfactory dive)
- * 002A may be performed with arms down or arms up
No Dive # is to be repeated

Aspire I Platform D & C Combined (4 dives)

| Dive Order | Platform Level | Dive | DD |
|------------|----------------|---------------|-----|
| 1 | 3m or 5m | 001C or *001B | 1.6 |
| 2 | 3m or 5m | 002C or A | 1.6 |
| 3 | 3m or 5m | 101C | 1.6 |
| 4 | 3m or 5m | 401C | 1.6 |

- * 001B is front fall in pike performed from **feet**

This Event will be competed as one age group category.

Aspire I Group C 1m (5 dives)

| Dive Order | Dive | DD |
|------------|--|-----|
| 1 | 101C or B | 1.6 |
| 2 | 201C or 301C | 1.6 |
| 3 | 401C or B | 1.6 |
| 4-5 | Choose two from: | |
| | 201C or 301C (not repeated from above) | 1.6 |
| | 102C or 103C | 1.6 |
| | 202C | 1.6 |
| | 302C | 1.6 |
| | 402C | 1.6 |

* No Dive # is to be repeated

* In the “choose from” list, divers may choose 102 or 103, not both

Aspire I Group C 3m (6 dives)

| Dive Order | Dive | DD |
|------------|-------------------------|-----|
| 1 | 001B | 1.6 |
| 2 | 002A | 1.6 |
| 3 | 101C | 1.6 |
| 4 | 401C | 1.6 |
| 5-6 | Choose two from: | |
| | 201C | 1.6 |
| | 301C | |
| | 103C | |

* Hurdle may be performed with or without armswing

* Any hurdles must be maximum 4 step, “standard” hurdle (no “hop” hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

* 001B is front fall in pike, to be performed from **feet**

* 002A may be performed with arms down or arms up

Requirements for Aspire I Group C Platform: See “combined C & D” Aspire I Platform

Aspire I Group B 1m: 6 dives

| Dive order | Dive number | DD |
|------------|--|-----|
| 1 | 101C or 101B | 1.6 |
| 2 | 201C or 301C | 1.6 |
| 3 | 401C or 401B | 1.6 |
| 4-6 | Choose three from: | |
| | 102C or 102B or 103C or 103B | 1.6 |
| | 202C | 1.6 |
| | 302C | 1.6 |
| | 402C | 1.6 |
| | 201C or 301C (not repeated from above) | 1.6 |

* No dive # is to be repeated

* In the “choose from” list, divers may choose 102 or 103, not both

Aspire I Group B 3m (5 dives)

| Dive order | Dive number | DD |
|------------|--|-----|
| 1 | 101C or 101B | 1.6 |
| 2 | 201C or 301C | 1.6 |
| 3 | 401C or 401B | 1.6 |
| 4-5 | Choose two from: | |
| | 103C or 103B | 1.6 |
| | 203C | 1.6 |
| | 303C | 1.6 |
| | 403C | 1.6 |
| | 201C or 301C (not repeated from above) | 1.6 |

* No dive # is to be repeated

Aspire I Platform B & A Combined (6 dives)

| Dive Order | Platform Level | Dive | DD |
|------------|-----------------------|---------------|-----|
| 1 | 3m or 5m | 001C or *001B | 1.6 |
| 2 | 3m or 5m | 002C or 002A | 1.6 |
| 3 | 3m or 5m | 101C or 101B | 1.6 |
| 4-6 | Choose 3 from: | | |
| | 5m | 103C | 1.6 |
| | 3m or 5m | 401C | 1.6 |
| | 5m | 403C | 1.6 |
| | 3m or 5m | 201C | 1.6 |
| | 3m or 5m | 301C | 1.6 |
| | 5m | 612C or 612B | 1.6 |

* 001B is front fall in pike performed from **feet**.

* No dive # is to be repeated

* In the “choose from” list, divers may choose 401 or 403, not both

This Event will be competed as one age group category.

Aspire I Group A 1m (6 dives)

| Dive order | Dive number | DD |
|------------|---|----------|
| 1 | 101C or 101B | 1.6 |
| 2 | 201C or 201B or 301C or 301B | 1.6 |
| 3 | 401C or 401B | 1.6 |
| 4-6 | Choose three from: | |
| | 102C or 102B or 103C or 103B | Fina D.D |
| | 201C or 201B or 301C or 301B (not repeated from above) | Fina D.D |
| | 302C or 303C | Fina D.D |
| | 402C or 402B or 403C or 403B | Fina D.D |
| | 5122D or 5221D | Fina D.D |

* No dive # is to be repeated

* In the “choose from” list, divers may choose 102 or 103, not both

* In the “choose from” list, divers may choose 302 or 303, not both

* In the “choose from” list, divers may choose 402 or 403, not both

* In the “choose from” list, divers may choose 5122D or 5221D, not both

Aspire I Group A 3m (5 dives)

| Dive order | Dive number | DD |
|------------|--|----------|
| 1 | 101C or 101B | 1.6 |
| 2 | 201C or 301C | 1.6 |
| 3 | 401C or 401B | 1.6 |
| 4-5 | Choose two from: | |
| | 103C or 103B | Fina D.D |
| | 201C or 301C (not repeated from above) | Fina D.D |
| | 203C | Fina D.D |
| | 302C | Fina D.D |
| | 403C | Fina D.D |

* No dive # is to be repeated

* In the “choose from” list, divers may choose 201 or 203, not both

Aspire I Group A & B Combined Platform- See above in B group section.



Nepean Ottawa Diving Club Aspire

February 22nd & 23rd, 2020



Master Dive Requirements:

The age categories are 25-49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- (i) All dives performed must have a different dive number
- (ii) No minimum number of groups need be represented
(a competitive list may consist of all twisting dives).

Special rules for 50 & over:

- (i) Dives performed from 10 meter must be foot-first dives.
- (ii) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

Age Category 25 - 49

| | Men | Women |
|-------------|-------------------|-------------------|
| One meter | 7 different dives | 6 different dives |
| Three meter | 7 different dives | 6 different dives |
| Platform | 6 different dives | 6 different dives |

Age Category 50 & over

| | Men | Women |
|-------------|-------------------|-------------------|
| One meter | 6 different dives | 5 different dives |
| Three meter | 6 different dives | 5 different dives |
| Platform | 5 different dives | 5 different dives |

For reference:

http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119



Nepean Ottawa Diving Club Aspire

February 22nd & 23rd, 2020



Hotel & Car Information

CAR RENTALS

| | | | |
|----------|----------------|------------|-------------------------------|
| Avis | 1-800-879-2847 | Budget | 1-800-268-8900 |
| Discount | 1-800-263-2355 | Hertz | 1-800-263-0600 |
| Tilden | 1-800-387-4747 | Enterprise | 1-800-736-8222 613-228-8206 |

GROUP RESERVATION

Hotel: **Sandman Signature Hotel**

250 West Hunt Club Rd
Ottawa Ontario, K2E-0B7

Phone: 613-216-7263

Contact: General Manager

Cost: \$129.00 per room (for 2 queen bed or 1 king bed with a pullout)

Nights: Friday February 21st, Saturday February 22nd.

Website: google: sandman signature hotel

Amenities: Pool, hot tub, fitness facility, business centre, free parking, free wifi, breakfast NOT included

Great location, walking distance to many food services, (restaurants, fast food options.

Nepean Sportsplex Pool: with in 10 minutes.

Deadline for Special rate: book your reservation by February 1st.

Hotel: **Days Inn Ottawa Airport**

366 Hunt Club Road
Ottawa Ontario, K1V-1C1
(866)468-4442 | 613)739-7555
(613)739-7005-Fax
www.daysinnottawa.com

Ramada Ottawa on the Rideau

2259 Prince of Wales Dr,
Ottawa, ON K2E 6Z
(613) 288-3500



Nepean Ottawa Diving Club Aspire

February 22nd & 23rd, 2020



Meet Entry Form

PLEASE SUBMIT BY February 7th, 2020

| Name of Competitor (Last, First) | Age Group | Sex | 1M | | 3m | | 3m/5m /7m |
|-------------------------------------|--------------|-----|--------|---------|--------|------------|--------------|
| | | | Aspire | Event # | Aspire | Event # | Event # |
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Club Name: _____

Coach's: _____

Number of competitors: _____ X \$50.00 = \$ _____

Number of events: _____ X \$35.00 = \$ _____

Athlete Meal Total: _____ X \$15.00 _____

Total Fees Owning: \$ _____

Please make cheques payable to "Nepean Ottawa Diving Club"