



2022

Ontario Aspire Provincials

June 18-19, 2022



Welcome to Ottawa

The Ottawa National Diving Club and Dive Ontario invite you to the Ontario Aspire Provincials, being held from June 18th - 19th, 2022 at the Nepean Sportsplex in Ottawa, Ontario.

This meet is an Aspire Provincial.

We thank our coaches, divers, and volunteers for their persistence throughout the pandemic and dedication to the sport of diving.

Information in this package is tentative and subject to change dependent on public health unit requirements for COVID19.

We ask all participants to conform with local health regulations and regulations set forth by Dive Ontario, specifically:

"Dive Ontario requires that all individuals 12 and over on deck (including participants, officials, volunteers, coaches) must be fully vaccinated at all Dive Ontario Provincial Competitions for the 2021/2022 season"

"Unvaccinated individuals ages 5-11 will have to present a negative rapid antigen test result to their coach, taken within 24 hours and no later than midnight, prior to arriving at the venue for the meet."

We offer a warm welcome to all participants, and hope you enjoy your time in our wonderful city.

Matt Gervais and Dan Lamarche

ONDC Presidents

Meet Information

- Dates:** Saturday, June 18th – Sunday, June 19th, 2022
- Location:** Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, ON
- Equipment:** 4 x 1m MaxiFlex Boards
2 x 3m MaxiFlex Boards
1 Tower Complex – 3, 5, 7.5, and 10 meter
Bubbler
Pool depth 16.6 feet (5 meters)
- Meet Manager:** Kim O'Hara & Robyn Bate (divemeetmanager@gmail.com)
- Technical Director:** Brennan Villemaire (info@ottawanationaldiving.ca)
- Entries:** Email registrations to (divemeetmanager@gmail.com)
- Registration Deadline:** Monday June 6th, 2022
- Late Registrations:** \$25 late fee for entries received after the June 6th deadline
- Entry Fees:** Registration Fee: \$50
Board Fees: \$40 (capped at 4 events)
\$40 per event
All registration fees are non-refundable
- Awards:** Medals will be awarded to the top 3 in each event
Ribbons will be presented to 4th-6th place in each event
- Hospitality:** Breakfast and lunch will be provided to all coaches and officials.
- Payment:** Payment can be made by cheque or e-transfer to info@ottawanationaldiving.ca

Accommodation

Room rates are based on the hotels' websites. Book early to get the best rates!

Sandman Hotel



250 W. Hunt Club Road,
Ottawa

Please contact for rates and availability
Tel: (613) 216-7263
Distance from facility: 3.7km

5 minutes to the pool, restaurants within walking distance

Holiday Inn Express – Ottawa Airport



Please contact for rates and availability
Tel: (613) 247-9500
Distance from facility: 7.6km

15 minutes to the pool, restaurants within walking distance

Rules

All dive sheets are due 24 hours prior to the event using the Canadian Dive Sheet Generator (available online through Integrated Sport System) (http://www.integratedsports.net/iss_mms_diving_download.asp)

Please be clear about which level your divers are entered for on the general entries, as well as on individual dive sheets.

- Please send separate files for Aspire I & Aspire II events.
- Please submit divers as 'X Gender Event Aspire II' and Aspire I divers as 'X Gender Event'
 - e.g. B Boys 3M Aspire II and B Boys 3M

Dive sheets submitted after these times will be subject to a \$25 late dive sheet fee. No new dive sheets will be accepted within one hour of the posted start time of the event. Changes to the dive sheets must be submitted a minimum of 1 hour prior to the events posted started time.

Schedule:

A **draft** event schedule is included in this Meet Package.

A revised schedule will be provided after the registration deadline.

- Events will have 20 minutes to warm-up prior to the start of the event.
- Open practice each morning, from 7:30-8:30 am
- Coaches meeting 8:30 am (Saturday morning)
- One metre and three metre events will run simultaneously
- Events will be combined depending on the number of registrants
- Masters events will follow DPC & FINA Rules
 - Masters Events will only run if there are at least 3 participants

Age Requirements

	Dive Groups by Birth Year
GROUP A	2004, 2005, 2006
GROUP B	2007 or 2008
GROUP C	2009 or 2010
GROUP D	2011 or 2012
GROUP E	2013 or later

Dive Requirements

Please refer to the Dive Ontario website for detailed Aspire 1 and Aspire 2 rules. Details can be found in Section 5.1.

<https://diveontario.com/wp-content/uploads/2022/05/220510-DO-Aspire-Technical-Regulations-2021-Updated-May-2022.pdf>

Tentative Schedule

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

2022 Aspire Provincials Schedule - Ottawa

Start	Finish	Friday June 17		
		1m	Tower	3m
13:30	15:30	Open practice		
18:30	20:00	Open practice		
Start	Finish	Saturday June 18		
		1m	Tower	3m
7:30	8:30	Open practice		
8:30	8:40	Coaches Meeting		
8:40	9:00	Closed Practice		
9:00	9:40	Girls Aspire II C (10)		Girls Aspire II D (5)
9:40	10:00	restricted practice/awards		restricted practice/awards
10:00	10:35	Girls (7) and Boys (1) E		Girls Aspire 1 C (3)
10:35	10:55		restricted practice/awards	
10:55	11:10		Girls (0) and Boys (4) Aspire 1 A & B	
11:10	11:40	restricted practice/awards		restricted practice/awards
11:40	12:35	Girls (11) Aspire II A & B		Boys Aspire II D (3)
12:35	13:05	restricted practice/awards		restricted practice/awards
13:05	13:55	Boys (9) Aspire II A & B		Boys Aspire II C (7)
13:55	14:15		restricted practice/awards	
14:15	14:25		Girls (3) and Boys (0) Aspire 1 D	
14:25	14:45	restricted practice/awards		restricted practice/awards
14:45	14:55	Girls Aspire 1 C (3)		Boys Aspire 1 C (0)
14:55	15:25		restricted practice/awards	
15:25	16:05		Girls Aspire II C (10)	
16:05	16:25	restricted practice/awards		restricted practice/awards
16:25	16:35	Girls Aspire I D (3)		Boys Aspire 1 D (1)
16:35	16:55		restricted practice/awards	
16:55	17:20		Girls (5) and Boys (1) E	
17:20	17:40	restricted practice/awards		restricted practice/awards
17:40	17:50	Girls Aspire I A (0) and B (2)		Boys Aspire I A (2) and B (1)
17:50	18:10			restricted practice/awards
18:10	18:45			Boys Aspire II A (1) and B (2)
18:45	19:00			Awards

		Sunday June 19		
Start	Finish	1m	Tower	3m
7:30	8:30	Open practice		
8:30	8:40	Coaches Meeting		
8:40	9:00	Closed Practice		
9:00	9:40	Girls Aspire II D (5)		Girls Aspire II C (10)
9:40	10:00	restricted practice/awards		
10:00	10:25	Girls (6) Aspire II A & B		
10:25	10:55	restricted practice/awards		restricted practice/awards
10:55	11:40	Boys Aspire II C (7) and D (4)		Girls (5) and Boys (1) E
11:40	11:55	restricted practice/awards		
11:55	12:35	Girls(5) and Boys (4) Aspire II D		
12:35	13:05	restricted practice/awards		restricted practice/awards
13:05	13:50	Boys Aspire 1 C (0)		Girls Aspire II A (6) and B (4)
13:50	14:10	restricted practice/awards		
14:10	14:35	Boys Aspire II C (6)		
14:35	14:55	restricted practice/awards		restricted practice/awards
14:55	15:05	Boys Aspire 1 A (0) and B (1)		Girls Aspire 1 A (0) and B (3)
15:05	15:25	restricted practice/awards		
15:25	16:00	Boys (8) Aspire II A & B		
16:00	16:20	restricted practice/awards		restricted practice/awards
16:20	16:30	Boys Aspire I D (0)		Girls Aspire 1 D (3)
16:30	16:50	restricted practice/awards		
16:50	17:00	Girls (3) and Boys (1) Aspire 1 C		
17:00	17:10	Awards		

