



2023

Ontario Spring Provincials

March 3-5, 2023



Meet Information

Dates: Friday, March 3rd – Sunday, March 5th 2023

Location: Windsor International Aquatic and Training Center
401 Pitt Street West
Windsor, ON, N9A 0B2

Equipment: 2 x 1m MaxiFlex Boards
2 x 3m MaxiFlex Boards
Tower Complex – 1m, 3m, 5m, 7.5m, 10m

Meet Manager: Robyn Bate & Kim O'Hara (divemeetmanager@gmail.com)

Host Club Technical Director: Ioana Marinescu windsordiving@gmail.com

Registration Deadline: Thursday February 16th, 2023

Registration Form: Registration Form can be found [here](#)

Entries: Email registrations & dive sheets to (divemeetmanager@gmail.com)

Late Registrations: \$60 late fee per diver for entries received after 11:59pm on February 16th, 2023

Fees: Registration Fee: \$50 for Ontario athletes
\$60 for out of province athletes
Board Fees: \$40 per event (capped at 4 events)
All registration fees are non-refundable.

- Synchro event will be run if 3 teams or more are entered.
Teams can be Male, Female, or mixed.

Meal Plans: Optional \$50 meal plan for the weekend or \$20 a day will be added to fees to cover breakfast, lunch, and snacks throughout the day. Please include your selection(s) on the [registration form](#).

Awards: Medals will be awarded to the top 3 in each event
Ribbons will be presented to 4-6th place in each event

Hospitality: Breakfast and lunch will be provided to all coaches and officials

Payment: Payment can be made by cheque to Windsor Diving Club or e-transfer to windsordiving@gmail.com

Schedule: A draft Schedule of Events is included with this meet package
A Detailed timed schedule will be provided to all the clubs 3 days after the registration deadline.
One Meter and 3 Meter events will run simultaneously
Events may be combined depending on number of registrants
All closed practices will be held for 30 minutes.

- Where there are less than 5 divers in an event the closed practice will be 20 minutes.
- There will be a 10-minute practice between C and D prelim and finals events.

Draft Schedule of Events

| START | FINISH | Thursday March 2, 2023 |
|--------|--------|---|
| 6:00pm | 7:30pm | OPEN PRACTICE (All clubs / Events) |

| START | FINISH | Friday March 3, 2023 | | |
|--------|--------|--|--|--|
| 7:30am | 8:30am | OPEN PRACTICE (all Friday events) | | |
| 8:30am | 8:40am | OFFICIALS AND COACHES MEETING | | |
| | | <u>1M</u> | <u>TOWER</u> | <u>3M</u> |
| 8:40am | | TOWER CLOSED PRACTICE (Boys & Girls - D Prelims) | | |
| | | | Prelims BOYS D1 & GIRLS D1 BOYS D2 & GIRLS D2 | |
| | | TOWER CLOSED PRACTICE (Boys & Girls - D Finals) | | |
| | | | Finals BOYS D & GIRLS D | |
| | | CLOSED PRACTICE (Girls A 1M & Boys & Girls B 3M) ~~AWARDS - Boys & Girls D Final (Tower)~~ | | |
| | | GIRLS A | | BOYS & GIRLS B |
| | | TOWER CLOSED PRACTICE (Boys A) ~~AWARDS – Girls A (1M) & Boys & Girls B (3M)~~ | | |
| | | | BOYS A | |
| | | CLOSED PRACTICE (Boys & Girls C Prelims 3M & Open Women 1M) ~~AWARDS - Boys -Group A (Tower)~~ | | |
| | | OPEN WOMEN | | Prelims BOYS & GIRLS C1 BOYS & GIRLS C2 |
| | | 3M CLOSED PRACTICE (Boys & Girls - C Finals) | | |
| | | | | Finals BOYS & GIRLS C |
| | | TOWER CLOSED PRACTICE (Men Open) ~~AWARDS - Boys & Girls C Final (3M) & Women Open (1M)~~ | | |
| | | | OPEN MEN | |
| | | 3M CLOSED PRACTICE (Mixed Synchro) ~~AWARDS - Men Open (Tower)~~ | | |
| | | | | MIXED SYNCHRO |
| | | ~~AWARDS - Mixed Synchro (3M)~~ | | |

| START | FINISH | <u>Saturday March 4, 2023</u> | | |
|--------------|---------------|---|--------------|--|
| 7:30am | 8:30am | OPEN PRACTICE (all Saturday events) | | |
| 8:30am | 8:40am | OFFICIALS AND COACHES MEETING | | |
| | | <u>1M</u> | <u>TOWER</u> | <u>3M</u> |
| 8:40am | | CLOSED PRACTICE (Prelims - Boys & Girls C 1M & Boys & Girls D 3M) | | |
| | | Prelims BOYS & GIRLS C1 BOYS & GIRLS C2 | | Prelims BOYS & GIRLS D1 BOYS & GIRLS D2 |
| | | CLOSED PRACTICE (Finals - Boys & Girls C 1M & Boys & Girls D 3M) | | |
| | | Finals BOYS & GIRLS C | | Finals BOYS & GIRLS D |
| | | TOWER CLOSED PRACTICE (Girls - A) ~~AWARDS - Boys & Girls D (1M) Boys & Girls C (3M)~~ | | |
| | | | GIRLS A | |
| | | CLOSED PRACTICE (Boys & Girls B 1M & Boys A 3M) ~~AWARDS - Girls A (Tower)~~ | | |
| | | BOYS & GIRLS B | | BOYS A |
| | | TOWER CLOSED PRACTICE (Open Women) ~~AWARDS - Boys & Girls Group B (1M) & Boys A (3M)~~ | | |
| | | | OPEN WOMEN | |
| | | 3M CLOSED PRACTICE (Open Men) ~AWARDS - Open Women (Tower) | | |
| | | | | OPEN MEN |
| | | ~~AWARDS - Open Men (3M)~~ | | |

| START | FINISH | Sunday March 5, 2023 | | |
|--------|--------|--|--|------------|
| 7:30am | 8:30am | OPEN PRACTICE (all Sunday events) | | |
| 8:30am | 8:40am | OFFICIALS AND COACHES MEETING | | |
| | | <u>1M</u> | <u>TOWER</u> | <u>3M</u> |
| 8:40am | | CLOSED PRACTICE (Boys & Girls - D Prelims 1M & Girls A 3M) | | |
| | | Prelims BOYS & GIRLS D1 BOYS & GIRLS D2 | | GIRLS A |
| | | 1M CLOSED PRACTICE (Boys & Girls - D Finals) | | |
| | | Finals BOYS & GIRLS D | | |
| | | TOWER CLOSED PRACTICE (Boys & Girls - Group B) ~~AWARDS - Boys & Girls D Final (1M) & Girls A (3M)~~ | | |
| | | | BOYS & GIRLS B | |
| | | CLOSED PRACTICE (High Diving) ~~AWARDS - Boys & Girls Group B (Tower)~~ | | |
| | | | High Diving | |
| | | CLOSED PRACTICE (Boys A 1M & Open Women 3M) ~~AWARDS – High Diving)~~ | | |
| | | BOYS A | | OPEN WOMEN |
| | | Tower CLOSED PRACTICE (Boys & Girls - C Prelims) ~~AWARDS - Boys A (1M) & Open Women (3M)~~ | | |
| | | | Prelims BOYS & GIRLS C1 BOYS & GIRLS C2 | |
| | | TOWER CLOSED PRACTICE (Boys & Girls - C Finals) | | |
| | | | Finals BOYS C & GIRLS C | |
| | | 1M CLOSED PRACTICE (Open Men) ~~AWARDS - Boys & Girls C Final (Tower)~~ | | |
| | | OPEN MEN | | |
| | | ~~AWARDS – Open Men (1M)~~ | | |

Rules, Requirements & Standards

Rules:

All dive sheets are due **72h prior** to 1st event on Friday using the Canadian Dive Sheet Generator – Coach Edition

https://www.integratedsports.net/diving/download/DS_CanCoach173.msi

- Please email the **.html file** to divemeetmanager@gmail.com
- Example of html file (found within the Open the folder containing your dive sheet(s) section):

Ontario Spring Provincials
2022-03-18

| Board | Dive #1 | Dive #2 | Dive #3 | Dive #4 | Dive #5 | Dive #6 | Dive #7 | Dive #8 | Dive #9 | Dive #10 | Dive #11 |
|-------|---------|---------|---------|---------|-------------------|-----------|---------------------------|---------|---------|----------|----------|
| 1M | 103 B | 201 B | 301 B | 401 A | 5132 D | 105 C | 203 C | 403 B | 5231 D | | |
| 1M | 1.7 | 1.6 | 1.7 | 1.8 | 2.2 | 2.4 | 2.0 | 2.4 | 2.1 | | |
| 3M | 103 B | 201 B | 301 B | 403 B | 5132 D | 105 B | 205 C | 405 C | 5231 D | | |
| 3M | 1.6 | 1.8 | 1.9 | 2.1 | 2.1 | 2.4 | 2.8 | 2.7 | 2.0 | | |
| | | | Open | | | | | | | | |
| | | | | Sex: M | Language: English | ETOBICOKE | Coach: MYKHAYLO KORDYUKOV | | | | |
| Board | Dive #1 | Dive #2 | Dive #3 | Dive #4 | Dive #5 | Dive #6 | Dive #7 | Dive #8 | Dive #9 | Dive #10 | Dive #11 |
| 1M | 105 C | 203 C | 303 C | 403 B | 5132 D | 5231 D | | | | | |
| 1M | 2.4 | 2.0 | 2.1 | 2.4 | 2.2 | 2.1 | | | | | |

- Dive sheets submitted after the 72hr submission deadline will be subject to a \$25 late fee (as per Diving Canada rulebook).
- Please specify which level your divers are entered (Open, versus Age Group, 1 vs 2) on individual dive sheets.
- C and D divers are to be registered as C1, C2, D1 and D2 for preliminary age events and as C or D for finals.
- 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 events posted started time.
- Diving Plongeon Canada rules will apply to all Open and Age group events.

Provincial Records: <https://diveontario.com/wp-content/uploads/2022/03/2022Springprovincial-records.pdf>

Junior Dive Requirements:

<https://diving.ca/wp-content/uploads/2023/01/CDAG-2023-DIVE-REQUIREMENTS-EN-Jan-12-2023.pdf>

Age Requirements:

| | |
|-------------------------|------------------|
| Age group by birth year | 2023 |
| Group A | 2005, 2006, 2007 |
| Group B | 2008, 2009 |
| Group C2 | 2010 |
| Group C1 | 2011 |
| Group D2 | 2012 |
| Group D1 | 2013 and later |

Open events (minimum dd):

| | 1m | 3m | platform |
|---------|------|------|----------|
| Women's | 10.8 | 11.5 | 11.6 |
| Men's | 13.0 | 14.4 | 14.0 |

Additional Open Requirements:

x01 and x02 dives are not allowed on 1m or 3m, where x denotes any group.

x01 dives shall be performed from the 10m platform only.

x02 dives are not allowed in any open platform event.

Accommodation:

The Windsor Diving Club were not able to accommodate a block of rooms for this weekend. Below are hotels near the pool. They are all within walking distance:

In order from least expensive to most expensive

1. Quality inn & Suites
2. Holiday inn express waterfront
3. Best western plus waterfront
4. Four points by Sheraton
5. Towneplace suites
6. Double tree by Hilton
7. Ceasars Windsor

Restaurants nearby

1. Cucina 360
2. Tim Horton's