

2023 Nepean Ottawa Diving Club Aspire Invitational



Schedule of Events

Open Practice 8:00-9:00 am

Closed Practice: 9:00 - 9:20 am

Opening Ceremonies and Coaches Meeting: 9:20-9:30 am

Saturday February 18th, 2023

Time	1 Meter		Platform			3 Meter
	Event		Event		Event	
9:30 AM	1,7,8	Aspire II Girls C Aspire II Girls/Boys E 11 divers			2,9	Aspire II Girls/Boys D 6 divers
10:16 AM	CLOSED PRACTICE					
10:36 AM			3,4,5,6	Aspire I Girls/Boys A /B 6 divers		
11:04 AM	CLOSED PRACTICE					
11:24 AM			10,11,12,13	Aspire I Girls/Boys C/D 11 divers		
11:54 AM	CLOSED PRACTICE AND AWARDS					
12:14 PM	14,15,16,17	Aspire II Girls/Boys A/B 13 divers			18	Aspire II Boys C 4 divers
1:21 PM	CLOSED PRACTICE					
1:41 PM	19,22	Aspire I Girls C/D 9 divers			20, 23	Aspire 1 Boys C/D 3 divers
2:15 PM	CLOSED PRACTICE AND AWARDS					
2:35 PM			21,24,25	Aspire II Girls C Aspire II Girls/Boys E 11 divers		
3:24 PM	CLOSED PRACTICE					
3:44 PM	26,27	Aspire I Girls A/B 6 divers				
4:08 PM	AWARDS					

** Assumes 40 sec/dive and 20 min between flights

2023 Nepean Ottawa Diving Club Aspire Invitational



Schedule of Events

Open Practice 8:00-9:00 am

Closed Practice: 9:00 - 9:20 am

Opening Ceremonies and Coaches Meeting: 9:20-9:30 am

Sunday February 19th, 2023

Time	1 Meter		Platform		3 Meter	
9:30 AM	Event 30, 36, 37	Aspire II Girls D Aspire II Boys C/D 10 divers	Event		Event 31,38,39	Aspire II Girls C Aspire II Girls /Boys E 11 divers
10:15 AM	CLOSED PRACTICE and AWARDS					
10:35 AM			32,33,34,35	Aspire II Girls/Boys A/B 13 divers		
11:28 AM	CLOSED PRACTICE					
11:48 AM	45	Aspire I Boys C/D 3 divers			41,46,51,52	Aspire I Girls A, B, C, D 15 divers
12:42 PM	CLOSED PRACTICE and AWARDS					
1:02 PM			42,43,44	Aspire II Girls/Boys D Aspire II Boys C 10 divers		
1:42 PM	CLOSED PRACTICE					
2:02 PM			47,48	Master's Men/Women 4 divers		
2:18 PM	CLOSED PRACTICE					
2:38 PM	53,54	Masters Men/Women 9 divers			55,56,57,58	Aspire II Girls/Boys A/B 13 divers
3:49 PM	CLOSED PRACTICE and AWARDS					
4:09 PM					59,60	Masters Men/Women 9 divers
4:49 PM	AWARDS					

** Assumes 40 sec/dive and 20 min between flights