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**2023**

**Ontario Summer**  
**Provincials**

**May 19-21, 2023**



# Meet Information

**Dates:** Friday, May 19<sup>th</sup> – Sunday, May 21<sup>th</sup> 2023

**Location:** Nepean Sportsplex  
1701 Woodroffe Ave.  
Ottawa, Ontario

**Equipment:** 4 x 1m DuraFlex Boards  
2 x 3m DuraFlex Boards  
Tower Complex – 3m, 5m, 7.5m, 10m

**Meet Manager:** Robyn Bate & Kim O'Hara ([divemeentmanager@gmail.com](mailto:divemeentmanager@gmail.com))

**Host Club Technical Director:** Brennan Villemaire ([info@ottawanationaldiving.ca](mailto:info@ottawanationaldiving.ca))

**Registration Deadline:** May 5, 2023

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

**Entries:** Email registrations & dive sheets to ([divemeetmanager@gmail.com](mailto:divemeetmanager@gmail.com))

**Late Registrations:** \$60 late fee per diver for entries received after 11:59pm on May 5, 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.

**Awards:** Medals will be awarded to the top 3 in each event  
Ribbons will be presented to 4-6<sup>th</sup> place in each event.

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

**Payment:** Payment can be made by cheque to Ottawa National Diving Club or e-transfer to [info@ottawanationaldiving.ca](mailto:info@ottawanationaldiving.ca)

**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	<u>Thursday (May 18, 2023)</u>
		OPEN PRACTICE (All clubs / Events)

START	FINISH	<b>Friday (May 19, 2023)</b>		
		<b>OPEN PRACTICE (all Friday events)</b>		
		<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - D Prelims)</b>		
			<b>Prelims</b> BOYS D1 & GIRLS D1 BOYS D2 & GIRLS D2	
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - D Finals)</b>		
			<b>Finals</b> BOYS D & GIRLS D	
		<b>CLOSED PRACTICE (Girls A 1M &amp; Boys &amp; Girls B 3M)</b> <i>~~AWARDS - Boys &amp; Girls D Final (Tower)~~</i>		
		GIRLS A		BOYS & GIRLS B
		<b>TOWER CLOSED PRACTICE (Boys A)</b> <i>~~AWARDS – Girls A (1M) &amp; Boys &amp; Girls B (3M)~~</i>		
			BOYS A	
		<b>CLOSED PRACTICE (Boys &amp; Girls C Prelims 3M &amp; Open Women 1M)</b> <i>~~AWARDS - Boys -Group A (Tower)~~</i>		
		OPEN WOMEN		<b>Prelims</b> BOYS & GIRLS C1 BOYS & GIRLS C2
		<b>3M CLOSED PRACTICE (Boys &amp; Girls - C Finals)</b>		
				<b>Finals</b> BOYS & GIRLS C
		<b>TOWER CLOSED PRACTICE (Men Open)</b> <i>~~AWARDS - Boys &amp; Girls C Final (3M) &amp; Women Open (1M)~~</i>		
			OPEN MEN	
		<b>3M CLOSED PRACTICE (Mixed Synchro)</b> <i>~~AWARDS - Men Open (Tower)~~</i>		
				MIXED SYNCHRO
		<i>~~AWARDS - Mixed Synchro (3M)~~</i>		

START	FINISH	<b><u>Saturday (May 20, 2023)</u></b>		
		<b>OPEN PRACTICE (all Saturday events)</b>		
		<b>OFFICIALS AND COACHES MEETING</b>		
		<b>1M</b>	<b>TOWER</b>	<b>3M</b>
		<b>CLOSED PRACTICE (Prelims - Boys &amp; Girls C 1M &amp; Boys &amp; Girls D 3M)</b>		
		<b>Prelims</b> BOYS & GIRLS C1 BOYS & GIRLS C2		<b>Prelims</b> BOYS & GIRLS D1 BOYS & GIRLS D2
		<b>CLOSED PRACTICE (Finals - Boys &amp; Girls C 1M &amp; Boys &amp; Girls D 3M)</b>		
		<b>Finals</b> BOYS & GIRLS C		<b>Finals</b> BOYS & GIRLS D
		<b>TOWER CLOSED PRACTICE (Girls - A)</b> <i>~~AWARDS - Boys &amp; Girls D (1M) Boys &amp; Girls C (3M)~~</i>		
			GIRLS A	
		<b>CLOSED PRACTICE (Boys &amp; Girls B 1M &amp; Boys A 3M)</b> <i>~~AWARDS - Girls A (Tower)~~</i>		
		BOYS & GIRLS B		BOYS A
		<b>TOWER CLOSED PRACTICE (Open Women)</b> <i>~~AWARDS - Boys &amp; Girls Group B (1M) &amp; Boys A (3M)~~</i>		
			OPEN WOMEN	
		<b>3M CLOSED PRACTICE (Open Men)</b> <i>~AWARDS - Open Women (Tower)</i>		
				OPEN MEN
		<i>~~AWARDS - Open Men (3M)~~</i>		

START	FINISH	<u>Sunday (May 21, 2023)</u>		
		OPEN PRACTICE (all Sunday events)		
		OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
		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		

## Rules, Requirements & Standards

### Rules:

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

[http://www.integratedsports.net/iss\\_mms\\_diving\\_download.asp](http://www.integratedsports.net/iss_mms_diving_download.asp)

- Please email the .html file to [divemeetmanager@gmail.com](mailto:divemeetmanager@gmail.com)
- Example of html file:

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		

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					

- Please specify which level your divers are entered (Open, versus Age Group, 1 vs 2) on individual dive sheets.
- Dive sheets submitted after the 72hr times submission deadline will be subject to a \$25 late fee (as per Diving Canada rulebook).
- 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.

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

### Open events (minimum dd):

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

### Additional 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.



## 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

## National Standards:

FreeCell 8:46 PM Thu Feb 9 86%

AA [diving.ca](http://diving.ca)

[Новости России и мир...](#)
[diving.ca](#)
[etvnet.com](#)
[diving.ca](#)
[diving.ca/wp-content/u...](#)

### STANDARDS DE QUALIFICATION NATIONALE JUNIOR NATIONAL QUALIFICATION STANDARDS

GIRLS - FILLES			
	1M	3M	PLAT
D1	140	140	140
D2	200	175	205
C1	235	235	235
C2	240	240	240
B	300	315	230
A	345	380	290

BOYS - GARÇONS			
	1M	3M	PLAT
D1	140	140	140
D2	200	175	205
C1	235	235	235
C2	240	240	240
B	305	320	270
A	360	385	340

- ALL D AND C STANDARD ARE ACHIEVED WITH THE PRELIMINARY DIVE LIST
- 1m: Needs to achieve the qualification standard once
- 3m: Needs to achieve the qualification standard once
- Platform: Needs to achieve the qualification standard once
- If an athlete qualifies in 2 events, the athlete is automatically qualified on all 3 events
- If an athlete qualifies on 3m, the athlete is automatically qualified on 1m

## Accommodation:

Days Inn Ottawa Airport

366 Hunt Club Rd.

Ottawa, Ontario K1V1C1

613-739-7555ext. 400

1-866-468-4442

Code: CGONDC \$129.95 + tax

**Reservations Must be made by April 18**

Alternate Hotels in the area of the Nepean Sportsplex

Hampton Inn by Hilton 2869 Gibford Dr. 613-248-1113

Sandman Signature Ottawa Airport 250 W. Hunt Club Rd. 613-216-7263