



2023 Ontario Summer Provincials

May 19-21, 2023



Meet Information

Dates: Friday, May 19th – Sunday, May 21th 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 divemeetmanager@gmail.com

Host Club Technical Director: Brennan Villemaire 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

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 & High Diving events will be run with 3 or more entries.
- Synchro teams can be Male, Female, or mixed.
- Synchro & High Diving events are excluded from the cap.

Meal Plans: Optional \$50 lunch meal plan for the weekend will be available. Please indicate if you would like this 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 Ottawa National Diving Club or e-transfer to 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.

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:

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								
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

Junior Dive Requirements:

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

Junior Qualifying Standards:

https://diving.ca/wp-content/uploads/2023/02/National-Standards_JR_2022-23-website-version-1.pdf

High Diving Requirements:

<https://diveontario.com/wp-content/uploads/2023/03/2022-23-DPC-Junior-High-Diving-Rules14.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 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.

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

Draft Schedule of Events

START	FINISH	Thursday May 18, 2023
1:30pm	6:00pm	OPEN PRACTICE (All clubs / Events)

START		FINISH		Friday May 19, 2023	
8:00am	9:00am	OPEN PRACTICE (all Friday events)			
9:00am	9:15am	OFFICIALS AND COACHES MEETING			
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>	
		TOWER CLOSED PRACTICE (Boys & Girls - D Prelims)			
			Prelims BOYS & GIRLS D1		
			Prelims BOYS & GIRLS D2		
		TOWER CLOSED PRACTICE (Boys & Girls - D Finals)			
			Finals BOYS D & GIRLS D		
		CLOSED PRACTICE (Girls A 1M & Boys & Girls B 3M) <i>~~AWARDS - Boys & Girls D Final (Tower)~~</i>			
		GIRLS A		BOYS & GIRLS B	
		TOWER CLOSED PRACTICE (Boys A) <i>~~AWARDS – Girls A (1M) & Boys & Girls B (3M)~~</i>			
			BOYS A		
		CLOSED PRACTICE (Boys & Girls C Prelims 3M & Open Women 1M) <i>~~AWARDS - Boys -Group A (Tower)~~</i>			
		OPEN WOMEN		Prelims BOYS & GIRLS C1	
				Prelims BOYS & GIRLS C2	
		3M CLOSED PRACTICE (Boys & Girls - C Finals)			
				Finals BOYS & GIRLS C	
		TOWER CLOSED PRACTICE (Men Open) <i>~~AWARDS - Boys & Girls C Final (3M) & Women Open (1M)~~</i>			
			OPEN MEN		
		3M CLOSED PRACTICE (Mixed Synchro) <i>~~AWARDS - Men Open (Tower)~~</i>			
				MIXED SYNCHRO	
		CLOSED PRACTICE (High Diving) <i>~~AWARDS - Mixed Synchro (3M)~~</i>			
			High Diving		
		<i>~~AWARDS – High Diving~~</i>			

START	FINISH	<u>Saturday May 20, 2023</u>		
8:00am	9:00am	OPEN PRACTICE (all Saturday events)		
9:00am	9:10am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
		CLOSED PRACTICE (Prelims - Boys & Girls C 1M & Boys & Girls D 3M)		
		Prelims BOYS & GIRLS C1		Prelims BOYS & GIRLS D1
		Prelims BOYS & GIRLS C2		Prelims 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) <i>~~AWARDS - Boys & Girls D (1M) Boys & Girls C (3M)~~</i>		
			GIRLS A	
		CLOSED PRACTICE (Boys & Girls B 1M & Boys A 3M) <i>~~AWARDS - Girls A (Tower)~~</i>		
		BOYS & GIRLS B		BOYS A
		TOWER CLOSED PRACTICE (Open Women) <i>~~AWARDS - Boys & Girls Group B (1M) & Boys A (3M)~~</i>		
			OPEN WOMEN	
		3M CLOSED PRACTICE (Open Men) <i>~AWARDS – Open Women (Tower)</i>		
				OPEN MEN
		<i>~~AWARDS – Open Men (3M)~~</i>		

START	FINISH	Sunday May 21, 2023		
8:00am	9:00am	OPEN PRACTICE (all Sunday events)		
9:00am	9:05am	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		GIRLS A
		Prelims BOYS & GIRLS D2		
		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 (Boys A 1M & Open Women 3M) ~~AWARDS - Boys & Girls Group B (Tower)~~		
		BOYS A		OPEN WOMEN
		Tower CLOSED PRACTICE (Boys & Girls - C Prelims) ~~AWARDS - Boys A (1M) & Open Women (3M)~~		
			Prelims BOYS & GIRLS C1	
			Prelims 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)~~		

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