

ONTARIO GAMES

- 1 Ontario Games - eligibility - National and Aspire Level.
- 2 Age groups competing - A, B, C, D
- 3 Spots for clubs will go %from registered competitive divers.
- 4 Coaches ratio: 1 coach for 6 divers

C

Dive requirements:

Group A 1m - 5 compulsories (9,0) + 4 optionals

3m - 5 compulsories (9,5) + 4 optionals

platform - 4 compulsories (7,6) + 3 optionals

5m, 7,5m, 10m

Group B 1m - 5 compulsories (9,0) + 3 optionals

3m - 5 compulsories (9,5) + 3 optionals

platform - 4 compulsories (7,6) + 3 optionals

5m, 7,5m, 10m

Group C 1m - 4 compulsories (7,2) + 3 optionals

3m - 4 compulsories (7,6) + 3 optionals

platform - 4 compulsories (7,6) + 2 optionals

5m, 7,5 m

Group d 1m - 3 compulsories (5,4) + 2 optionals

3m - 3 compulsories (5,4) + 2 optionals

platform - 3 compulsories (5,4) + 2 optionals

3m, 5m, 7,5m