

# NEPEAN OTTAWA DIVING CLUB ASPIRE INVITATIONAL

FEBRUARY 10<sup>TH</sup>, & 11<sup>TH</sup>, 2024

**Nepean Ottawa Diving Club** 613-228-9270

*Ottawa's diving club since 1973*

Summer camps, March Break camps, Learn to Dive, Junior Olympics, Adult classes



Hosted by



**NODC.ca**





# Nepean Ottawa Diving Club Aspire Invitational



February 10<sup>th</sup>, & 11<sup>th</sup>, 2024

## Overview

- Venue/Location:** Nepean Sportsplex  
1701 Woodroffe Ave, Nepean, ON K2G 1W2  
613-580-2424 x41261
- Host Club:** Nepean Ottawa Diving Club - NODC  
Phone: 613-228-9270 | Fax: 613-580-2717  
E-mail: [ottawadiving@rogers.com](mailto:ottawadiving@rogers.com) | Website: [www.nodc.ca](http://www.nodc.ca)
- Technical Director:** Fernando Henderson ([ottawadiving@rogers.com](mailto:ottawadiving@rogers.com))  
**Meet Director:** Melanie Baur ([nodcexec@gmail.com](mailto:nodcexec@gmail.com))
- Rules/Eligibility:** Open to all DPC registered divers.  
Dive Ontario rules will apply
- Facilities:** 4 Type "B" One Meter Springboards  
2 Type "B" Three Meter Springboards  
3, 5, 7½, 10 Meter Platforms.
- Dive Sheets:** Must be submitted electronically via e-mail at [ottawadiving@rogers.com](mailto:ottawadiving@rogers.com) or as per DPC rules book, in hands of the Meet Office **48 hours** before the posted start time of the event  
Changes will be permitted up to 1 hour before the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario.
- Entry Fees:** \$55 Registration fee per diver (Includes \$10.00 to Dive Ontario) | \$45 per diver per event  
\*Additional \$20.00 meal plan **per day** will be added to the registration fee to cover small breakfasts, full lunches and snacks during competition.
- Entry Due Date:** **January 27<sup>th</sup>, 2024** \*\*\* cut-off date  
Late registration: \$25/diver late filing penalty –  
All registration fees are non-refundable
- Age of Competitor:** Determined by diver's age as of **December 31<sup>st</sup>, 2024**.
- Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> with Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>.



# Nepean Ottawa Diving Club Aspire Invitational

February 10<sup>th</sup>, & 11<sup>th</sup>, 2024



## SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am      Closed Practice 9:00am - 9:20am  
Opening Ceremonies & Coaches Meeting: 9:20am - 9:30am

### Saturday, February 10<sup>th</sup>, 2024

Time	1 Meter		Platform		3 Meter	
9:30	<b>Event</b>		<b>Event</b>		<b>Event</b>	
	1	Aspire II Girls C			2	Aspire II Girls D
			3,4,5,6	Aspire I Girls/Boys 3,4, A / B 5,6		
	7,8	Aspire II Girls 7/Boys 8 E			9	Aspire II Boys D
				<b>Awards</b>		
			10,11, 12,13	Aspire I Girls/Boys 10,11, D / 12, 13, C		
	14,15, 16,17	Aspire II Girls/Boys 14, 15 A / 16, 17, B			18	Aspire II Boys C
	19	Aspire I Girls C			20	Aspire I Boys C
				<b>Awards</b>		
			21	Aspire II Girls C		
	22	Aspire I Girls D			23	Aspire I Boys D
			24,25	Aspire II Girls 24 / Boys 25 E		
	26,27	Aspire I Girls 26A/27B			28,29	Aspire I Boys 28A/29B
				<b>Awards</b>		

### SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am      Closed Practice 9:00am - 9:20am  
 Coaches Meeting: 9:20am - 9:30am

### Sunday, February 11<sup>th</sup>, 2024

Time	1 Meter		Platform	3 Meter	
9:30	Event	Event		Event	
	30	Aspire II Girls D		31	Aspire II Girls C
		32,33, 34,35	Aspire II Girls/Boys 32,33A /34, 35, B		
	36,37	Aspire II Boys 36 C/ 37 D		38,39	Aspire II Girls38 /Boys39 E
			<b>Awards</b>		
	40	Aspire I Boys C		41	Aspire I Girls C
		42,43	Aspire II Girls42 /Boys43 D		
		44	Aspire II Boys C		
			<b>Awards</b>		
	45	Aspire I Boys D		46	Aspire I Girls D
		47 W, 48 M	Master Women, Men		
	49, 50	Aspire I Boys A/B		51, 52	Aspire I Girls 51A / 52B
	53 W, 54M	Master Women, Men		55,56,5 7, 58	Aspire II Girls/Boys 55,56,A/ 57,58,B
				59 W, 60 M	Master Women, Men
			<b>Awards</b>		

One meter and three meter events may run simultaneously  
 Events will be combined depending on the number of registrants  
 Each event may have a 20-minute closed practice  
 Masters events will follow DPC & FINA Rules

# Nepean Ottawa Diving Club Aspire

February 10<sup>th</sup>, & 11<sup>th</sup>, 2024

## Rules:

### Aspire - Group E

Aspire E 1m – 6 Skills				Aspire E 3m – 6 Skills				Aspire E Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	Hurdle 100C	Hurdle with or without armswing Arms must be up for entry If arms are down for entry, max 4.5	1.0	1	Hurdle 100C	Hurdle with or without armswing Arms must be up for entry If arms are down for entry, max 4.5	1.0	1	100C	Standing, with or without armswing Arms must be up for entry If performed with an approach OR if arms are down for entry OR if performed with an approach and arms are down for entry, max 4.5	1.0
2	200A	Standing, with or without armswing Arms must be up for entry	1.0	2	200A	Standing, with or without armswing Arms must be up for entry	1.0	2	200A	Standing, with or without armswing Arms must be up for entry	1.0
3	001A or 001C or 001B	001A - arms up or to side	1.2	3	001A or 001C or 001B	001A - arms up or to side	1.2	3	001A or 001C or 001B	001A - arms up or to side	1.2
		001C - seated, grabbing tuck	1.2			001C - seated, grabbing tuck	1.2			001C - has to start rotation in tuck position before kick-out	1.2
		001B - standing	1.2			001B - standing	1.2			001B - standing	1.2
	002A or 002C	002A – Arms up or down	1.2		002A or 002C	002A - Arms up or down	1.2		002A or 002C	002A - Arms up or down	1.2
			1.2				1.2				1.2
	101C		1.6		101C		1.6		101C		1.6
	201C		1.6		201C		1.6		201C		1.6
	301C	Diver may choose 102C or 103C, not both	1.6		301C		1.6		301C		1.6
	401C		1.6		401C		1.6		401C		1.6
	102C or 103C	102C arms must be down for entry	1.6		103C		1.6		103C		1.6
4		May not repeat dive #3 See dive 3 for divers and rules		4		May not repeat dive #3 See dive 3 for dives and rules		4		May not repeat dive #3 See dive 3 for dives and rules	
5		May not repeat dive #3 or #4 See dive 3 for divers and rules		5		May not repeat dive #3 or #4 See dive 3 for dives and rules		5		May not repeat dive # 3 or #4 See dive 3 for dives and rules	
6		May not repeat dive #3, #4, or #5 See dive 3 for divers and rules		6		May not repeat dive #3, #4, or #5 See dive 3 for dives and rules		6		May not repeat dive # 3, #4, or #5 See dive 3 for dives and rules	

## Notes:

- **Hurdle may be performed with or without armswing**
- **Any hurdle must be maximum 1 step “standard” hurdle, no “hop” hurdle allowed**
  - **Max 4 ½ for hop hurdle (unsatisfactory dive)**
- **001 A and B may be performed with arms in closed/entry position or open position**
- **No Dive # may be repeated**



# Nepean Ottawa Diving Club Aspire

February 10<sup>th</sup>, & 11<sup>th</sup>, 2024



## Aspire II - Group D

Aspire II D 1m – 5 Skills				Aspire II D 3m – 5 Skills				Aspire II D Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C 101B		1.6	1	101C 101B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall pike – to be performed from feet	1.6
2	201C 301C		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C 401B		1.6	3	401C 401B		1.6	3	101C/B		1.6
4	201C or 301C  102C or 103C  202C  302C  402C	201C or 301C (not repeated from above)  Divers may choose 102C or 103C, not both	1.6	4	201C or 301C  103C  203C  303C  403C	201C or 301C (not repeated from above)	1.6	4	401C/B		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	201C  301C  103C  402C or 403C  600A or 612C/B	Divers may choose 402C or 403C, not both. 402C may only be performed on the 3m platform  Divers may choose 600 or 612, not both	1.6
								6		May not repeat dive #5 See dive 5 for dives and rules	1.6

**Notes:**

- Hurdle may be performed with or without armswing
- Any hurdle must be maximum 4 step “standard” hurdle, no “hop” hurdle allowed
  - Max 4 ½ for hop hurdle (unsatisfactory dive)



# Nepean Ottawa Diving Club Aspire

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## Aspire I - Group D

Aspire I D 1m – 6 Skills				Aspire I D 3m – 5 Skills				Aspire I D Platform – 4 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	1 step hurdle 100B	Hurdle may be performed with or without <del>armswing</del> and arms must be up for entry If arms are down for entry, max 4.5	1.6	1	Hurdle 100A	Hurdle may be performed with or without <del>armswing</del> and arms must be up for entry If arms are down for entry, max 4.5	1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	200A		1.6	2	002A	002A may be performed with arms up	1.6	2	002C/A		1.6
3	101C/B		1.6	3	101C		1.6	3	101C 201C 301C	401C	1.6
4	401C/B		1.6	4	103C 201C 301C 401C/B		1.6	4	101C 201C 301C 401C		1.6
5	201C 301C 102C or 103C 402C	Divers may choose 102 or 103, not both	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6				
6		May not repeat dive #5 See dive 5 for dives and rules	1.6								

## Aspire II - Group C



# Nepean Ottawa Diving Club Aspire

February 10<sup>th</sup>, & 11<sup>th</sup>, 2024



Aspire II C 1m – 6 Skills				Aspire II C 3m – 6 Skills				Aspire II C Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m (only in invitational) or 5m or 7.5m where facilities allow	DD
1	101C/B 103C		1.6	1	101C/B 103C/B		1.6	1	001B 101C/B 103C/B	3m platform and 001B to be used only in invitational competitions, not permitted at Aspire Provincial Championships	001b only DD 1.2 101/103 DD 1.6
2	201C/B 301C/B		1.6	2	201C/B 301C/B		1.6	2	401C/B		1.6
3	401C/B		1.6	3	401C/B/A		1.6	3	201C or 301C		1.6
4	103C/B or 104C  201C/B 301C/B  202 C/B 203C  402C or 403C  5221D or 5122D	103 not repeated from above. Diver may choose 103 or 104, not both.  201C/B or 301C/B (not repeated from above).  Diver may choose 402C or 403C, not both  Diver may choose 5122D or 5221D, not both	Fina D.D	4	103C/B or 105C  201C/B or 301C/B  203C  303C  403C/B  5231D or 5132D	103 not repeated from above Diver may choose 103 or 105, not both  201C/B or 301C/B (not repeated from above)  Diver may choose 5132D or 5231D, not both	Fina D.D	4	103C/B or 105C/B  201C or 301C  203C/B  303C  403C/B  5231D or 5132D  612C/B	103 not repeated from above Diver may choose 103 or 105, not both  201C or 301C Not repeated from above  Diver may choose 5132D or 5231D, not both	Fina D.D
5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D

## Aspire I Group C



# Nepean Ottawa Diving Club Aspire

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Aspire I C 1m – 5 Skills				Aspire I C 3m – 6 Skills				Aspire I C Platform – 4 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD
1	101C/B		1.6	1	001B	001B is front fall in pike, to be performed from feet	1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike from feet (from standing)	1.6
2	201C or 301C		1.6	2	002A, C	002A may be performed with arms down or arms up 002C sitting	1.6	2	002C/A		1.6
3	401C/B		1.6	3	101C/B		1.6	3	101C 201C 301C 401C		1.6
4	102C or 201C or 301C 03C 202C 302C 402C	201C or 301C not repeated from above Divers may choose 102 or 103, not both	1.6	4	401C/B		1.6	4	101C 201C 301C 401C		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	103C 201C 301C		1.6				
				6		May not repeat dive #5 See dive 5 for dives and rules	1.6				

- Hurdle may be performed with or without ~~armswing~~
  - Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)
- Max 4 ½ for hop hurdle (unsatisfactory dive)
  - 002A may be performed with arms down or arms up
- No Dive # is to be repeated



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## Aspire I Group B

Aspire I B 1m – 6 Skills				Aspire I B 3m – 5 Skills				Aspire I B Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	101C/B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	201C 301C		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C/B		1.6	3	401C/B		1.6	3	101C/B		1.6
4	102C/B or 103C/B  201C or 301C  202C 302C 402C	Divers may choose 102 or 103, not both  201C or 301C (not repeated from above)	1.6	4	103C/B  201C or 301C  203C 303C 403C	201C or 301C (not repeated from above)	1.6	4	103C  201C 301C  401C or 403C  612C/B	Divers may choose 401 or 403, not both	1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6

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## Aspire II Group A

Aspire II A 1m – 8 Skills				Aspire II A 3m – 7 Skills				Aspire II A Platform – 6 Skills					
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 5m or 7.5m	DD		
1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6		
2	201C/B		1.6	2	201C/B		1.6	2	201C/B 301C/B		1.6		
3	301C/B		1.6	3	301C/B		1.6	3	401C/B 403C/B		1.6		
4	401C/B		1.6	4	401C/B		1.6	4	103C/B or 105C/B	103C or 103B (not repeated from above). Divers may choose 103 or 105, not both	Fina D.D		
5	5122D 5132D 5124D 5221D 5231D 5223D		1.6	5	103C/B or 105C/B  203C/B or 205C	103C/B (not repeated from above) Divers may choose 103 or 105, not both  Divers may choose 203 or 205, not both	Fina D.D		201C/B or 203C/B	201C or 201B (not repeated from above). Divers may choose 201 or 203, not both			
6	103C/B or 104C/B or 105C  202C 203C  302C 303C  402C/B or 403C/B or  5122D 5132D 5124D 5221D 5231D 5223D	103C/B not repeated from above. Choose only 1 of 103, 104, 105  Divers may choose 202 or 203, not both  Divers may choose 302 or 303, not both  Divers may choose 402 or 403, not both  Divers may choose only 1 twisting dive.	Fina D.D		303C/B or 305C  403C/B or 404C or 405C  5132D or 5134D or 5231D or 5233D	Divers may choose 303 or 305, not both  Divers may choose only 1 of 403, 404, or 405  Divers may choose only 1 of 5132D, 5134D, 5231D, or 5233D			301C/B or 303C  403C/B or 404C or 405C  5231D or 5132D  612C/B	301C or 301B (not repeated from above). Divers may choose 301 or 303, not both  403C or 403B (not repeated from above). Divers may choose only 1 of 403, 404 or 405  Divers may choose 5132D or 5231D, not both			
7		May not repeat dive #6 See dive 6 for dives and rules	Fina D.D	6		May not repeat dive #5 See dive 5 for dives and rules	Fina D.D		5			May not repeat dive #4 See dive 4 for dives and rules	Fina D.D
8		May not repeat dive #6 or #7 See dive 6 for dives and rules	Fina D.D	7		May not repeat dive #5 or #6 See dive 5 for dives and rules	Fina D.D		6			May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D

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## Aspire I Group A

Aspire I A 1m – 6 Skills				Aspire I A 3m – 5 Skills				Aspire I A Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	101C/B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	201C/B 301C/B		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C/B		1.6	3	401C/B		1.6	3	101C/B		1.6
4	102C/B or 103C/B or 201C/B or 301C/B or 302C or 303C or 402C/B or 403C/B or 5122D or 5221D	Divers may choose 102 or 103, not both 201C/B or 301C/B (not repeated from above). Divers may choose 302 or 303, not both Divers may choose 402 or 403, not both Divers may choose 5122D or 5221D, not both	Fina D.D	4	103C/B 201C or 301C 203C 302C 403C	201C or 301C (not repeated from above). Divers may choose 201 or 203, not both	Fina D.D	4	103C 403C 201C 301C 401C or 612C/B	Divers may choose 401 or 403, not both	1.6
5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	1.6
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6

### Master Dive Requirements:

The age categories are 25-49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- (i) All dives performed must have a different dive number
- (ii) No minimum number of groups need be represented (a competitive list may consist of all twisting dives).



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(iii) 100, 200, 001, 002 are allowed in any position, on any board with a D.D. of 1.0.

Special rules for 50 & over:

- (i) Dives performed from 10 meter must be foot-first dives.
- (ii) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

## Age Category 25-49

	Men	Women
One meter	7 different dives	6 different dives
Three meter	7 different dives	6 different dives
Platform	6 different dives	6 different dives

## Age Category 50 & over

	Men	Women
One meter	6 different dives	5 different dives
Three meter	6 different dives	5 different dives
Platform	5 different dives	5 different dives



# Nepean Ottawa Diving Club Aspire

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## Hotel & Car Information

### CAR RENTALS

Avis	1-800-879-2847	Budget	1-800-268-8900
Discount	1-800-263-2355	Hertz	1-800-263-0600
Tilden	1-800-387-4747	Enterprise	1-800-736-8222   613-228-8206

### GROUP RESERVATION

**Hotel:** **Hampton Inn and Suites Ottawa Airport**  
2869 Gibford Dr  
Ottawa, ON K1V2L9  
(Rooms reserved are Kings with pullout sofas)  
\$169/night + tax  
Includes free breakfast, free wifi, free parking  
Call hotel directly (613-248-1113) and provide dates and block code NOD or  
[www.hampton.com](http://www.hampton.com) – enter city and dates, click on “add special rate code” and enter NOD

**Hotel:** **Days Inn Ottawa Airport**  
366 Hunt Club Road  
Ottawa Ontario, K1V-1C1  
(866)468-4442 | 613)739-7555 Ext 400  
(613)739-7005-Fax  
[www.daysinnottawa.com](http://www.daysinnottawa.com)  
\$149.95+tax  
2 Queen beds Includes mini-fridge, microwave, coffee maker, internet as well as continental breakfast  
Ask for Jayne Ditz and reference that it is for the Nepean Ottawa Diving Club event





# Nepean Ottawa Diving Club Aspire

February 10th, & 11th, 2024




Club Name: \_\_\_\_\_

Coach's: \_\_\_\_\_

Number of competitors: \_\_\_\_\_ X \$55.00 = \$ \_\_\_\_\_

Number of events: \_\_\_\_\_ X \$45.00 = \$ \_\_\_\_\_

Athlete Meal Total (2 days): \_\_\_\_\_ X \$40.00 = \$ \_\_\_\_\_

Total Fees Owning: \$ \_\_\_\_\_

Please e-transfer payment to [ottawadiving@rogers.com](mailto:ottawadiving@rogers.com) or make cheques payable to "Nepean Ottawa Diving Club"