



# 2024 Ontario Spring Provincials

March 1-3, 2024



# Meet Information

**Dates:** Friday, March 1<sup>st</sup> – Sunday, March 3<sup>rd</sup>, 2024

**Location:** Canada Games Aquatic Centre  
1045 Wonderland Road North  
London, ON

**Equipment:** 3 x 1m MaxiFlex Boards  
2 x 3m MaxiFlex Boards  
Tower Complex – 3m, 5m, 7.5m, 10m, Bubbler  
Pool depth 16.6 feet (5 meters)

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

**Host Club Technical Director:** Jorge Pupo Carballo ([jpupocarballo@gmail.com](mailto:jpupocarballo@gmail.com))

**Registration Deadline:** February 15<sup>th</sup>, 2024

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

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

**Late Registrations:** \$60 late fee per diver for entries received after 11:59pm on  
February 15<sup>th</sup>, 2024

**Fees:** Registration Fee: \$60 for Ontario athletes  
\$70 for out of province athletes  
Board Fees: \$50 per event  
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.

**Meal Plans:** Optional \$50 meal plan for the weekend or \$20 a day (Fri., Sat., Sun.). Please include your selection(s) on the [registration form](#).  
For questions about the meal plan please contact [forestcitydiving@gmail.com](mailto:forestcitydiving@gmail.com).

**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 Forest City Diving Club or e-transfer to [forestcitydivingclub@gmail.com](mailto:forestcitydivingclub@gmail.com)

**Schedule:** A draft Schedule of Events is included with this meet package  
A Detailed timed schedule will be provided to all the clubs by February 19<sup>th</sup>, 2024.  
One Meter and 3 Meter events will run simultaneously  
Events may be combined depending on the 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	<b>Thursday February 29<sup>th</sup>, 2024</b>
4:00pm	6:00pm	<b>OPEN PRACTICE (All clubs / Events)</b>

START	FINISH	<b>Friday March 1<sup>st</sup>, 2024</b>		
8:00am	9:00am	<b>OPEN PRACTICE (all Friday events)</b>		
9:00am	9:15am	<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:45am	<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> ~~AWARDS - Boys & Girls D Final (Tower)~~		
		GIRLS A		BOYS & GIRLS B
		<b>TOWER CLOSED PRACTICE (Boys A)</b> ~~AWARDS – Girls A (1M) & Boys & Girls B (3M)~~		
			BOYS A	
		<b>CLOSED PRACTICE (Boys &amp; Girls C Prelims 3M &amp; Open Women 1M)</b> ~~AWARDS - Boys -Group A (Tower)~~		
		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> ~~AWARDS - Boys & Girls C Final (3M) & Women Open (1M)~~		
			OPEN MEN	
		<b>3M CLOSED PRACTICE (Mixed Synchro)</b> ~~AWARDS - Men Open (Tower)~~		
				MIXED SYNCHRO
		~~AWARDS - Mixed Synchro (3M)~~		

START	FINISH	<b>Saturday March 2<sup>nd</sup>, 2024</b>		
8:00am	9:00am	<b>OPEN PRACTICE (all Saturday events)</b>		
9:00am	9:15am	<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:45am	<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> ~~AWARDS - Boys & Girls D (1M) Boys & Girls C (3M)~~		
			GIRLS A	
		<b>CLOSED PRACTICE (Boys &amp; Girls B 1M &amp; Boys A 3M)</b> ~~AWARDS - Girls A (Tower)~~		
		BOYS & GIRLS B		BOYS A
		<b>TOWER CLOSED PRACTICE (Open Women)</b> ~~AWARDS - Boys B (1M) & Boys A (3M)~~		
			OPEN WOMEN	
		<b>3M CLOSED PRACTICE (Open Men)</b> ~~AWARDS - Girls B (1M) & Open Women (Tower)~~		
				OPEN MEN
		~~AWARDS - Open Men (3M)~~		

START	FINISH	<b>Sunday March 3<sup>rd</sup>, 2024</b>		
8:00am	9:00am	<b>OPEN PRACTICE (all Sunday events)</b>		
9:00am	9:15am	<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:45am	<b>CLOSED PRACTICE (Boys &amp; Girls - D Prelims 1M &amp; Girls A 3M)</b>		
		<b>Prelims</b> BOYS & GIRLS D1 BOYS & GIRLS D2		GIRLS A
		<b>1M CLOSED PRACTICE (Boys &amp; Girls - D Finals)</b>		
		<b>Finals</b> BOYS & GIRLS D		
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - Group B)</b> ~~AWARDS - Boys & Girls D Final (1M) & Girls A (3M)~~		
			BOYS & GIRLS B	
		<b>CLOSED PRACTICE (High Diving)</b> ~~AWARDS - Boys & Girls Group B (Tower)~~		
			High Diving	
		<b>CLOSED PRACTICE (Boys A 1M &amp; Open Women 3M)</b> ~~AWARDS - High Diving~~		
		BOYS A		OPEN WOMEN
		<b>Tower CLOSED PRACTICE (Boys &amp; Girls - C Prelims)</b> ~~AWARDS - Boys A (1M) & Open Women (3M)~~		
			<b>Prelims</b> BOYS & GIRLS C1 BOYS & GIRLS C2	
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - C Finals)</b>		
			<b>Finals</b> BOYS C & GIRLS C	
		<b>1M CLOSED PRACTICE (Open Men)</b> ~~AWARDS - Boys & Girls C Final (Tower)~~		
		OPEN MEN		
		~~AWARDS - Open Men (1M)~~		

# 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*

[https://www.integratedsports.net/diving/download/DS\\_CanCoach173.msi](https://www.integratedsports.net/diving/download/DS_CanCoach173.msi)

- Please email the **.html file** to [meetmanager@diveontario.com](mailto:meetmanager@diveontario.com)
- Example of html file (found within the *Open the folder containing your dive sheet(s)* section):

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					

- 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 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 sheet will be accepted within one hour of the posted start time of the event. Changes to dive sheets must be submitted a minimum of 1 hour before the event's posted start time.

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

## Diving Plungeon Canada Rules:

**Age Group Rules:** <https://diving.ca/wp-content/uploads/2023/11/DPC-Rules-Age-Group-Competitions-Final-Nov-22-2023-EN.pdf>

**Senior Rules:** <https://diving.ca/wp-content/uploads/2023/10/DPC-Rules-Senior-Competitions-Final-October-2023-EN.pdf>

**Age Group Dive Requirements:** <https://diving.ca/wp-content/uploads/2023/11/CDAG-Age-Group-Dive-List-Requirements-Nov-22-2023-EN.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 Open 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	2024
Group A	2006, 2007, 2008
Group B	2009, 2010
Group C2	2011
Group C1	2012
Group D2	2013
Group D1	2014 and later

## Standards:

### 2024 JUNIOR NATIONAL QUALIFICATION STANDARDS

GIRLS - FILLES			
	1M	3M	PLAT
D1	140	140	140
D2	200	205	205
C1	235	235	240
C2	245	245	245
B	310	330	255
A	360	395	305

BOYS - GARÇONS			
	1M	3M	PLAT
D1	140	140	140
D2	200	205	205
C1	235	235	240
C2	245	245	245
B	310	325	275
A	370	400	345

## Accommodation:

### Ivey Spencer Leadership Centre

<https://www.iveyspencerleadershipcentre.com/>

3.9km from Canada Games Aquatic Centre

Rooms from \$150/night

### Delta Hotels by Marriott London Armouries

<https://www.marriott.com/reservation/rateListMenu.mi>

5km from Canada Games Aquatic Centre

Rooms from \$243/night

### Doubletree by Hilton London

<https://www.hilton.com/en/hotels/xyuksdt-doubletree-london-ontario/>

5km from Canada Games Aquatic Centre

Rooms from \$372/night

### The Park Hotel London

<https://www.parkhotelsuites.com/>

4.3km from Canada Games Aquatic Centre

Special rate of \$209/night for a 3 night stay - rooms to be booked by February 8

Other rate of \$229/night (2 night minimum)- rooms to be booked by February 16