



2024 Ontario Spring Provincials

May 10-12, 2024



Meet Information

Dates: Friday, May 10th – Sunday, May 12th, 2024

Location: Windsor International Aquatic and Training Center
401 Pitt Street West
Windsor, ON, N9A 0B2

Equipment: 2 x 1m MaxiFlex Boards
2 x 3m MaxiFlex Boards
Tower Complex – 1m, 3m, 5m, 7.5m, 10m

Meet Manager: Kim O'Hara & Robyn Bate (meetmanager@diveontario.com)
Host Club Technical Director: Ioana Marinescu windsordiving@gmail.com

Registration Deadline: April 25th, 2024

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

Entries: Email registrations & dive sheets to (meetmanager@diveontario.com)

Late Registrations: \$60 late fee per diver for entries received after 11:59pm on April 25th, 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 to cover breakfast, lunch, and snacks throughout the day. Please include your selection(s) on the [registration form](#).
For questions about the meal plan please contact windsordiving@gmail.com.

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 Windsor Diving Club or e-transfer to windsordiving@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 April 29th, 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	Thursday May 9th, 2024
6:00pm	7:30pm	OPEN PRACTICE (All clubs / Events)

START	FINISH	Friday May 10th, 2024		
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>
9:15am	9:45am	TOWER CLOSED PRACTICE (Boys & Girls - D Prelims)		
			Prelims BOYS D1 & GIRLS D1 BOYS D2 & GIRLS D2	
		TOWER CLOSED PRACTICE (Boys & Girls - D Finals)		
			Finals BOYS D & GIRLS D	
		CLOSED PRACTICE (Girls A 1M & Boys & Girls B 3M) ~~AWARDS - Boys & Girls D Final (Tower)~~		
		GIRLS A		BOYS & GIRLS B
		TOWER CLOSED PRACTICE (Boys A) ~~AWARDS – Girls A (1M) & Boys & Girls B (3M)~~		
			BOYS A	
		CLOSED PRACTICE (Boys & Girls C Prelims 3M & Open Women 1M) ~~AWARDS - Boys -Group A (Tower)~~		
		OPEN WOMEN		Prelims BOYS & GIRLS C1 BOYS & GIRLS C2
		3M CLOSED PRACTICE (Boys & Girls - C Finals)		
				Finals BOYS & GIRLS C
		TOWER CLOSED PRACTICE (Men Open) ~~AWARDS - Boys & Girls C Final (3M) & Women Open (1M)~~		
			OPEN MEN	
		3M CLOSED PRACTICE (Mixed Synchro) ~~AWARDS - Men Open (Tower)~~		
				MIXED SYNCHRO
		~~AWARDS - Mixed Synchro (3M)~~		

START	FINISH	Saturday May 11th, 2024		
8:00am	9:00am	OPEN PRACTICE (all Saturday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:45am	CLOSED PRACTICE (Prelims - Boys & Girls C 1M & Boys & Girls D 3M)		
		Prelims BOYS & GIRLS C1 BOYS & GIRLS C2		Prelims BOYS & GIRLS D1 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) ~~AWARDS - Boys & Girls D (1M) Boys & Girls C (3M)~~		
			GIRLS A	
		CLOSED PRACTICE (Boys & Girls B 1M & Boys A 3M) ~~AWARDS - Girls A (Tower)~~		
		BOYS & GIRLS B		BOYS A
		TOWER CLOSED PRACTICE (Open Women) ~~AWARDS - Boys B (1M) & Boys A (3M)~~		
			OPEN WOMEN	
		3M CLOSED PRACTICE (Open Men) ~~AWARDS - Girls B (1M) & Open Women (Tower)~~		
				OPEN MEN
		~~AWARDS - Open Men (3M)~~		

START	FINISH	Sunday May 12th, 2024		
8:00am	9:00am	OPEN PRACTICE (all Sunday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:45am	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)		
			High Diving	
		CLOSED PRACTICE (Boys A 1M & Open Women 3M)		
		BOYS A		OPEN WOMEN
		Tower CLOSED PRACTICE (Boys & Girls - C Prelims) ~~AWARDS – Boys & Girls Group B (Tower) & High Diving & 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		
		~~AWARDS – Open Men (1M)~~		

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 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		

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:

1) Holiday Inn Express Waterfront Windsor

33 RIVERSIDE DRIVE EAST | WINDSOR, ON | N9A 2S4

- Rates: \$169/night (2 Queens or 1 King)
- Reservations via: www.hiexpress.com/windsorwfon / 519-258-7774 / 1-800-465-4329 (1-800-HOLIDAY) **by April 15, 2024**
- Reference Group Booking Name: Windsor Diving Club -Ontario Provincial Championships
 - Car parking located in city owned lot behind hotel. \$15 per day with in and out privileges.
 - Express Start Breakfast included
 - Indoor pool & fitness center
 - Free WIFI and Free local calls
 - 24hr Business Center with faxing, scanning and internet accessible work station
 - Pet friendly & 100% smoke free
 - Check in begins at 3:00 pm
 - Check out 11:00 am

2) Best Western Plus Waterfront Windsor

277 Riverside Dr W, Windsor, ON N9A 5K4

- Rates: \$159/night (2 Queens or 1 King)
- Reservations via: 519-973-5555 **by 6:00pm EST on April 15, 2024**
- Reference Group Booking Name: Windsor Diving Club Ontario Provincial Championships
 - Self –Parking is available to all hotel guests at \$20 + Tax per night. (In and out access)
 - Alternative Bus/Car parking located in city owned lot behind hotel. \$15 per day with in and out privileges.
 - River Room Restaurant onsite – breakfast not included
 - Indoor pool & fitness center – *currently closed for maintenance*
 - All rooms have a full or partial view of our beautiful waterfront
 - Free WIFI and Free local calls
 - Check in begins at 3:00 pm
 - Check out 11:00 am
 - 24hr Business Center with faxing, scanning and internet accessible work station
 - Pet friendly & 100% smoke free