



2024 Ontario Aspire Provincials

June 8-9, 2024



Meet Information

Dates: Saturday June 8th, 2024 – Sunday, June 9th 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: Kim O'Hara (meetmanager@diveontario.com)

Host Club Technical Director: Jorge Pupo Carballo (jpupocarballo@gmail.com)

Registration Deadline: May 24th, 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
May 24th, 2024

Fees: Registration Fee: \$55 per diver
Board Fees: \$45 per event
Meal Plan Fee: \$25 per diver
All registration fees are non-refundable.

Age of Diver: Determined by diver's age as of December 31st, 2024.

Meal Plans: Mandatory hospitality fee of \$25 for every registrant.
For questions about the meal plan please contact
forestcitydivingclub@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 Forest City Diving Club or e-transfer to 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 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 20 minutes.

Draft Schedule of Events

START	FINISH	Friday (June 7, 2024)
4:00pm	7:00pm	OPEN PRACTICE (All clubs / Events)

START	FINISH	Saturday (June 8, 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>
		CLOSED PRACTICE - Girls Aspire II C (1M) & Girls Aspire II D (3M)		
		Girls Aspire II C		Girls Aspire II D
		CLOSED PRACTICE - Boys & Girls E (1M) & Girls Aspire I C (3M) ~~AWARDS Girls Aspire II C (1M) & Girls Aspire II D (3M)~~		
		Boys & Girls E		Girls Aspire I C
		CLOSED PRACTICE - Boys & Girls Aspire I A & B (Tower) ~~AWARDS - Boys & Girls E (1M) & Girls Aspire I C (3M)~~		
			Boys & Girls Aspire I A & B	
		CLOSED PRACTICE - Girls Aspire II A & B (1M) & Boys Aspire II D (3M) ~~AWARDS - Boys & Girls Aspire I A & B (Tower)~~		
		Girls Aspire II A & B		Boys Aspire II D
		CLOSED PRACTICE - Boys Aspire II A & B (1M) & Boys Aspire II C (3M) ~~AWARDS - Girls Aspire II A & B (1M) & Boys Aspire II D (3M)~~		
		Boys Aspire II A & B		Boys Aspire II C
		CLOSED PRACTICE - Boys & Girls Aspire I D (Tower) ~~AWARDS - Boys Aspire II A & B (1M) & Boys Aspire II C (3M)~~		
			Boys & Girls Aspire I D	
		CLOSED PRACTICE - Girls Aspire I C (1M) & Boys Aspire I C (3M) ~~AWARDS - Boys & Girls Aspire I D (Tower)~~		
		Girls Aspire I C		Boys Aspire I C
		CLOSED PRACTICE - Girls Aspire II C (Tower) ~~AWARDS - Girls Aspire I C (1M) & Boys Aspire I C (3M)~~		
			Girls Aspire II C	
		CLOSED PRACTICE - Girls Aspire I D (1M) & Boys Aspire I D (3M) ~~AWARDS - Girls Aspire II C (Tower)~~		
		Girls Aspire I D		Boys Aspire I D
		CLOSED PRACTICE - Boys & Girls E (Tower) ~~AWARDS - Girls Aspire I D (1M) & Boys Aspire I D (3M)~~		
			Boys & Girls E	
		CLOSED PRACTICE - Girls Aspire I A & B (1M) & Boys Aspire I A & B (3M) ~~AWARDS - Boys & Girls E (Tower)~~		
		Girls Aspire I A & B		Boys Aspire I A & B
		CLOSED PRACTICE - Boys Aspire II A & B (3M) ~~AWARDS - Girls Aspire I A & B (1M) & Boys Aspire I A & B (3M)~~		
				Boys Aspire II A & B
		~~AWARDS - Boys Aspire II A & B (3M)~~		

START		FINISH		Sunday (June 9, 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>	
		CLOSED PRACTICE - Girls Aspire II D (1M) & Girls Aspire II C (3M)			
		Girls Aspire II D		Girls Aspire II C	
		CLOSED PRACTICE - Girls Aspire II A & B (Tower) ~~Awards Girls Aspire II D (1M) & Girls Aspire II C (3M)~~			
			Girls Aspire II A & B		
		CLOSED PRACTICE - Boys Aspire II D & C (1M) & Boys & Girls E (3M) ~~AWARDS – Girls Aspire II A & B (Tower)~~			
		Boys Aspire II D & C		Boys & Girls E	
		CLOSED PRACTICE - Boys & Girls Aspire II D (Tower) ~~AWARDS – Boys Aspire II D & C (1M) & Boys & Girls E (3M)~~			
			Boys & Girls Aspire II D		
		CLOSED PRACTICE - Boys Aspire I C (1M) & Girls Aspire II B & A & Masters (3M) ~~AWARDS - Boys & Girls Aspire II D (Tower)~~			
		Boys Aspire I C		Girls Aspire II B & A Masters (Men & Women)	
		CLOSED PRACTICE - Boys Aspire II C (Tower) ~~AWARDS - Boys Aspire I C (1M) & Girls Aspire II B & A & Masters (3M)~~			
			Boys Aspire II C		
		CLOSED PRACTICE - Boys Aspire I B & A & Masters (1M) & Girls Aspire I B & A (3M) ~~AWARDS – Boys Aspire II C (Tower)~~			
		Boys Aspire I B & A Masters (Men & Women)		Girls Aspire I B & A	
		CLOSED PRACTICE - Boys Aspire II B & A (Tower) ~~AWARDS – Boys Aspire I B & A & Masters (1M) & Girls Aspire I B & A (3M)~~			
			Boys Aspire II B & A		
		CLOSED PRACTICE - Boys Aspire I D (1M) & Girls Aspire I D (3M) ~~AWARDS – Boys Aspire II B & A (Tower)~~			
		Boys Aspire I D		Girls Aspire I D	
		CLOSED PRACTICE - Boys & Girls Aspire I C (Tower) ~~AWARDS – Boys Aspire I D (1M) & Girls Aspire I D (3M)~~			
			Boys & Girls Aspire I C		
		CLOSED PRACTICE - Masters (Tower) ~~AWARDS – Boys & Girls Aspire I C (Tower)~~			
			Masters (Men & Women)		
		~~AWARDS – Masters Men & Women (Tower)~~			

Rules & Requirements

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		

Coach: MYKHAYLO KORDYUKOV

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					

Coach: MYKHAYLO KORDYUKOV

- Please specify which level your divers are entered (Aspire 1 vs Aspire 2) on individual dive sheets.
- Dive sheets submitted after the 72hr times submission deadline will be subject to a \$25 late fee (as per Diving Canada rulebook).
- 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 start time.
- Dive Ontario Aspire rules will apply to all events.
<https://diveontario.com/wp-content/uploads/2024/02/240105-DO-Aspire-Technical-Regulations-Updated-Jan-Final.pdf>

Age requirements:

Age group by birth year	2024
Group A	2006, 2007, 2008
Group B	2009, 2010
Group C	2011, 2012
Group D	2013, 2014
Group E	2013 and later