



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
Hospitality 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: Included in mandatory hospitality fee above.
For questions about the hospitality fee 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 |