

TORONTO DIVING



2025

**Ontario Spring Provincials
& Junior National Diving Team Trials**

February 13-16, 2025



Meet Information

Dates: Thursday February 13th – Sunday February 16th, 2025

Location: Toronto Pan Am Sport Centre
875 Morningside Ave.,
Toronto, ON, M1C 0C7

Equipment: 4 x 1m MaxiFlex Boards
3 x 3m MaxiFlex Boards
Tower Complex –3m, 5m, 7.5m, 10m
3 x Dryland Boards, 2 x Trampolines

Meet Manager: Kim O'Hara (meetmanager@diveontario.com)

Host Club Technical Director: Anna Dacyshyn anna@diving.ca

Registration Deadline: January 31st, 2025

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
January 31st, 2025

Fees: Registration Fee: \$60
Board Fees: \$50 per event
All registration fees are non-refundable.

Awards: Medals will be awarded to the top 3 in each event
Ribbons will be presented to 4-6th place in each event

Hospitality: Lunch and snacks will be provided to all coaches and officials.

Payment: Payment can be made by e-transfer to joanne@diving.ca

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 7th, 2025.
One Meter and 3 Meter events will run simultaneously
All closed practices will be held for a minimum of 30 minutes.

Technical Meeting: Wednesday February 12th at 5:30pm in the TPASC Leadership room.

Open Practice Schedule:

START	FINISH	<u>Monday February 10th, 2025</u>
12:00pm	2:00pm	DRYLAND
2:00pm	4:00pm	POOL
START	FINISH	<u>Tuesday & Wednesday February 11th – 12th, 2025</u>
8:00am	9:30am	DRYLAND
9:30am	12:00pm	POOL
1:30pm	3:00pm	DRYLAND
3:00pm	5:00pm	POOL

Draft Schedule of Events

START	FINISH	<u>Thursday February 13th, 2025</u>		
8:00am	9:00am	OPEN PRACTICE – Dryland opens @ 7:30am		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:45am	CLOSED PRACTICE		
		Prelims GIRLS A		Prelims BOYS A
		CLOSED PRACTICE		
			Prelims GIRLS B	
		CLOSED PRACTICE		
		GIRLS C1 GIRLS C2		Prelims BOYS B
		CLOSED PRACTICE ~~ AWARDS – Girls C1 & C2 (1M) ~~		
			BOYS C1 BOYS C2	
		CLOSED PRACTICE ~~ AWARDS - Boys C1 & C2 (Tower) ~~		
		Finals GIRLS A		Finals BOYS A
		CLOSED PRACTICE ~~ AWARDS – Girls A (1M) & Boys A (3M) ~~		
			Finals GIRLS B	
		CLOSED PRACTICE ~~ AWARDS – Girls B (Tower) ~~		
				Finals BOYS B
		~~ AWARDS – Boys B (3M) ~~		

START	FINISH	Friday February 14th, 2025		
8:00am	9:00am	OPEN PRACTICE – Dryland opens @ 7:30am		
9:00am	9:10am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:10am	9:40am	CLOSED PRACTICE		
		Prelims BOYS A		Prelims GIRLS A
		CLOSED PRACTICE		
			Prelims BOYS B	
		CLOSED PRACTICE		
		BOYS D1 BOYS D2	GIRLS C1 GIRLS C2	
		CLOSED PRACTICE <i>~~ AWARDS – Boys D1 & D2 (1M) & Girls C1 & C2 (Tower) ~~</i>		
		BOYS C1 BOYS C2		GIRLS D1 GIRLS D2
		CLOSED PRACTICE <i>~~ AWARDS – Boys C1 & C2 (1M) & Girls D1 & D2 (3M) ~~</i>		
		Finals BOYS A		Finals GIRLS A
		CLOSED PRACTICE <i>~~ AWARDS – Boys A (1M) & Girls A (3M) ~~</i>		
			Finals BOYS B	
		<i>~~ AWARDS – Boys B (Tower) ~~</i>		
			OPEN MEN & WOMEN	
		<i>~~ AWARDS – Open Men (Tower)~~</i>		

START	FINISH	Saturday February 15^h, 2025		
8:00am	9:00am	OPEN PRACTICE – Dryland opens @ 7:30am		
9:00am	9:10am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:10am	9:40am	CLOSED PRACTICE		
		Prelims GIRLS B		GIRLS C1 GIRLS C2
				CLOSED PRACTICE
				BOYS C1 BOYS C2
		CLOSED PRACTICE ~~ AWARDS – Girls C1 & C2 (3M) & Boys C1 & C2 (3M) ~~		
			Prelims BOYS A	
		CLOSED PRACTICE		
				OPEN MEN & WOMEN
		CLOSED PRACTICE ~~ AWARDS – Men & Women Open (3M) ~~		
			GIRLS & BOYS D1 GIRLS & BOYS D2	
		CLOSED PRACTICE ~~ AWARDS – Girls D1 & D2 (Tower) & Boys D1 & D2 (Tower) ~~		
		Finals GIRLS B	Finals BOYS A	
		CLOSED PRACTICE ~~ AWARDS – Girls B (1M) & Boys A (Tower) ~~		

START	FINISH	Sunday February 16th, 2025		
8:00am	9:00am	OPEN PRACTICE – Dryland opens @ 7:30am		
9:00am	9:10am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:10am	9:40am	CLOSED PRACTICE		
		Prelims BOYS B (East)		Prelims GIRLS B
		CLOSED PRACTICE		
		GIRLS D1 (East) GIRLS D2		
		CLOSED PRACTICE ~~ AWARDS – Girls D1 & D2 (1M) ~~		
			Prelims GIRLS A	
		CLOSED PRACTICE		
		OPEN MEN & WOMEN		BOYS D1 BOYS D2
		CLOSED PRACTICE ~~ AWARDS – Womens Open (1M) & Boys D1 & D2 (3M) ~~		
		Finals BOYS B		Finals GIRLS B
		CLOSED PRACTICE ~~ AWARDS – Boys B (1M) & Girls B (3M) ~~		
			Finals GIRLS A	
		~~AWARDS – Girls A (Tower) ~~		

Rules, Requirements & Standards

Rules:

All dive sheets are due **72h prior** to 1st event on Thursday using the Canadian Dive Sheet Generator – *Coach Edition*

https://www.integratesports.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>

Age Group Dive Requirements: <https://diveontario.com/wp-content/uploads/2025/01/CDAG-2025-Age-Group-Dive-List-Requirements-Jan-24-2025-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	2025
Group A	2007, 2008, 2009
Group B	2010, 2011
Group C2	2012
Group C1	2013
Group D2	2014
Group D1	2015 and later

Junior National Qualification Standards: Will include once distributed

Parking Details:

Parking vouchers must be requested in advance as part of the registration process, with one submission per club. Please provide your name, cell phone number, and license plate details on the registration form. The cost is **\$5 per day** (single entry) or **\$15 flat rate** (in and out privileges) for the duration of the competition, Monday through Sunday.

Parking voucher request is included in the registration form [here](#).



FACILITY ACCESS

Packets containing facility entry barcodes (and parking vouchers for those requested) will be available at the Customer Service desk for a club representative to collect and distribute upon arrival.

Accommodation (Options for February 10–16, 2025):

1. Hilton Toronto/Markham Suites, Conference Centre & Spa (4-Diamond)

- Room Rates:
 - King Standard Suite (with sofa bed): \$189/night
 - Two Double Beds Standard Suite (with sofa bed): \$199/night
 - Two Double Beds Corner Suite (with sofa bed): \$229/night
 - Two Double Beds Kitchen Suite (with sofa bed): \$229/night (separate tower)
- Additional Concessions:
 - Complimentary parking
 - Discounted breakfast: \$18/person (vouchers available at front desk)
 - Complimentary access to Unionville Athletics Club, indoor pool, and internet
- Reservation can be made by using this [booking link](#), or by phone: 1-800-593-9223 ---press 1---- speak to central reservation associate. **GROUP CODE: 1DC**
- Cut- Off Date: January 20, 2025

2. Park Inn by Radisson Toronto Markham (2-Star)

- Room Rates:
 - Single Rooms: \$125/night
 - Double Rooms: \$130/night
- Inclusions: Hot breakfast (\$15/person), complimentary parking
- Policies:
 - 3-night minimum stay
 - 30-day cancellation policy, individual cancellations within 48 hours
- Reservation can be made by using this [booking link](#), **GROUP CODE: BW89E0**