



Nepean Ottawa Diving Club Aspire Invitational

February 8th & 9th, 2025



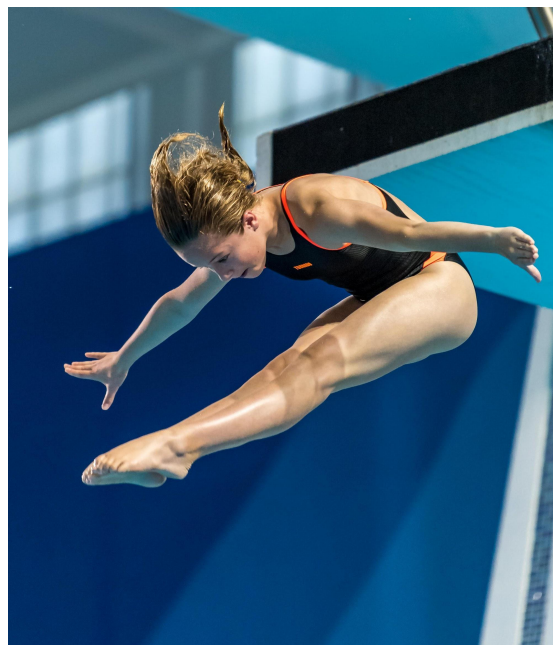
NEPEAN OTTAWA DIVING CLUB ASPIRE INVITATIONAL

FEBRUARY 8TH & 9TH, 2025

Nepean Ottawa Diving Club 613-228-9270

Ottawa's diving club since 1973

Summer camps, March Break camps, Learn to Dive, Junior Olympics, Adult classes



Hosted by



NODC.ca





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February 8th & 9th, 2025



Overview

- Venue/Location:** Nepean Sportsplex
1701 Woodroffe Ave, Nepean, ON K2G 1W2
613-580-2424 x41261
- Host Club:** Nepean Ottawa Diving Club - NODC
Phone: 613-228-9270 | Fax: 613-580-2717
E-mail: ottawadiving@rogers.com | Website: www.nodc.ca
- Technical Director:** Fernando Henderson (ottawadiving@rogers.com)
Meet Director: Melanie Baur (nodcexec@gmail.com)
- Rules/Eligibility:** Open to all DPC registered divers.
Dive Ontario rules will apply
- Facilities:** 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Meter Platforms.
- Dive Sheets:** Must be submitted electronically via e-mail at ottawadiving@rogers.com or as per DPC rules book, in hands of the Meet Office **48 hours** before the posted start time of the event
Changes will be permitted up to 1 hour before the event.
- Sanctioning:** Sanctioned by DPC and Dive Ontario.
- Entry Fees:** \$55 Registration fee per diver (Includes \$10.00 to Dive Ontario) | \$45 per diver per event
*Additional \$20.00 meal plan **per day** will be added to the registration fee to cover small breakfasts, full lunches and snacks during competition.
- Entry Due Date:** **January 25th, 2025** *** cut-off date
Late registration: \$25/diver late filing penalty –
All registration fees are non-refundable
- Age of Competitor:** Determined by diver's age as of **December 31st, 2025**.
- Awards:** Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th.

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START	FINISH	Friday (February 7 th)
3:30pm	6:30pm	OPEN PRACTICE

START	FINISH	Saturday (February 8 th)		
8:00am	9:00am	OPEN PRACTICE (all Saturday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
		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 (Girls Aspire II C 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 – Girls Boys & Girls E (Tower) ~		
		Girls Aspire I A & B		Boys Aspire I A & B
		~ AWARDS – Boys Aspire II A & B (3M) ~		

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START	FINISH	Sunday (February 9 th)		
8:00am	9:00am	OPEN PRACTICE (all Saturday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
		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 I A & B 3M) ~ AWARDS – Boys & Girls Aspire II D (Tower) ~		
		Boys Aspire I C		Girls Aspire I A & B & Masters
		CLOSED PRACTICE (Boys Aspire II C Tower) ~ AWARDS - Boys Aspire I C (1M) & Girls Aspire II A & B (3M) ~		
			Boys Aspire II C	
		CLOSED PRACTICE (Boys Aspire I A & B 1M & Boys & Girls Aspire II A & B 3M) ~ AWARDS – Boys Aspire II C (Tower) ~		
		Boys Aspire I A & B & Masters		Boys & Girls Aspire II A & B
		CLOSED PRACTICE (Boys Aspire II A & B Tower) ~ AWARDS - Boys Aspire I A & B (1M) & Girls Aspire I A & B (3M) ~		
			Boys Aspire II A & B	
		CLOSED PRACTICE (Boys Aspire I D 1M & Girls Aspire I D 3M) ~ AWARDS – Boys Aspire II A & B (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 & Masters	
		~ AWARDS –Boys & Girls Aspire I C (Tower) ~		

One meter and three meter events may run simultaneously
 Events will be combined depending on the number of registrants
 Each event may have a 20-minute closed practice
 Masters events will follow DPC & FINA Rules



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Hotel & Car Information

CAR RENTALS

Avis	1-800-879-2847	Budget	1-800-268-8900
Discount	1-800-263-2355	Hertz	1-800-263-0600
Tilden	1-800-387-4747	Enterprise	1-800-736-8222 613-228-8206

GROUP RESERVATION

Hotel: **Hampton Inn and Suites Ottawa Airport**
 2869 Gibford Dr
 Ottawa, ON K1V2L9
 (Rooms reserved are Kings with pullout sofas)
 \$169/night + tax
 Includes free breakfast, free wifi, free parking
 Call hotel directly (613-248-1113) and provide dates and block code NOD or
www.hampton.com – enter city and dates, click on “add special rate code” and enter NOD

Hotel: **Days Inn Ottawa Airport**
 366 Hunt Club Road
 Ottawa Ontario, K1V-1C1
 (866)468-4442 | 613)739-7555 Ext 400
 (613)739-7005-Fax
www.daysinnottawa.com
 \$149.95+tax
 2 Queen beds Includes mini-fridge, microwave, coffee maker, internet as well as continental breakfast
 Ask for Jayne Ditz and reference that it is for the Nepean Ottawa Diving Club event



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Name of Competitor (Last, First)	Age Group	Sex	1M		3m		3m/5m/7m
			Aspire	Event #	Aspire	Event #	Event #

Club Name: _____

Coach Name: _____

Number of competitors: _____ X \$55.00 = \$ _____

Number of events: _____ X \$45.00 = \$ _____

Athlete Meal Total (2 days): _____ X \$40.00 = \$ _____

Total Fees Owning: \$ _____

Please e-transfer payment to ottawadiving@rogers.com or make cheques payable to “Nepean Ottawa Diving Club”