



Nepean Ottawa Diving Club Aspire

February 8th, & 9th, 2025



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 I D 1M, Boys/Girls Aspire II C 3M, Boys/Girls Aspire II D 3M)		
9:20	10:00	Girls Aspire I D (7) <small>21</small>		Boys/Girls Aspire II C Boys/Girls Aspire II D (10) <small>2,12, 15, 30</small>
10:00	10:20	CLOSED PRACTICE (Girls Aspire II A/B 1m, Girls Aspire I C 3m) ~ AWARDS - Girls Aspire ID (1M), Boys/Girls Aspire II C/D (3M) ~		
10:20	11:17	Girls Aspire II A/B (12) <small>10,11</small>		Girls Aspire I C (10) <small>5</small>
11:17	11:37	CLOSED PRACTICE (Boys/Girls Aspire I A/B Tower) ~ AWARDS – Girls Aspire II A/B (1m), Girls Aspire I C (3m) ~		
11:37	12:25		Boys/Girls Aspire I A/B (12) <small>6,7,8,9</small>	
12:25	12:46	CLOSED PRACTICE (Boys/Girls E 1m, Boys Aspire 1 C/D 3m) ~ Awards – Boys/Girls Aspire I A/B (Tower) ~		
12:44	1:08	Boys/Girls E (6) <small>3,4</small>		Boys Aspire I C/D(5) <small>19,22</small>
1:08	1:28	CLOSED PRACTICE (Boys Aspire II A/B 1M) ~ AWARDS – Boys and Girls E (1m), Boys Aspire I C/D (3m) ~		
1:28	1:47	Boys Aspire II A/B (4) <small>13,14</small>		
1:47	2:07	CLOSED PRACTICE (Boys/Girls Aspire I D/E Tower) ~ AWARDS – Boys Aspire II A/B (1M) ~		
2:07	2:43		Boys/Girls E Boys/Girls Aspire I D (12) <small>16,17,23,24</small>	
2:43	3:03	CLOSED PRACTICE (Girls Aspire I C 1M, Boys Aspire I A/B 3M) ~ AWARDS – Boys/Girls Aspire I D/E (Tower) ~		
3:05	3:35	Girls Aspire I C (9) <small>18</small>		Boys Aspire I A/B (5) <small>27,28</small>
3:35	3:55	CLOSED PRACTICE (Girls Aspire II C Tower) ~ AWARDS – Girls Aspire I C (1M), Boys Aspire I A/B (3M) ~		
3:55	4:23		Girls Aspire II C (7) <small>20</small>	
4:23	4:43	CLOSED PRACTICE (Girls Aspire I A/B 1M) ~ AWARDS – Girls Aspire II C (Tower) ~		
4:45	5:10	Girls Aspire I A/B (6) ₂ <small>25,26</small>		
		~ AWARDS – Girls Aspire I A/B (1M) ~		

** Assumes 40 sec/dive and 20 min between flights



Nepean Ottawa Diving Club Aspire

February 8th, & 9th, 2025



START	FINISH	Sunday (February 9 th)		
8:00am	9:00am	OPEN PRACTICE (all Sunday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
		CLOSED PRACTICE (Girls Aspire II C/D 1M, Boys Aspire II C/D 1M, Masters 3M, Girls Aspire I A/B 3M)		
9:20	10:10	Girls Aspire II C/D Boys Aspire II C/D (11) <i>1,29,33,34</i>		Masters Girls Aspire I A/B (13) <i>40,41,42,43</i>
10:10	10:30	CLOSED PRACTICE (Girls Aspire II A/B Tower) ~ AWARDS Girls/Boys Aspire II C/D (1M), Masters (3M), Girls Aspire I A/B (3M) ~		
10:30	11:13		Girls Aspire II A/B (11) <i>31,32</i>	
10:52	11:12	CLOSED PRACTICE (Boys Aspire I C/D 1M, Boys/Girls E 3M, Girls Aspire I D 3M) ~ AWARDS - Girls Aspire II A/B (Tower) ~		
11:12	11:40	Boys Aspire I C/D (4) <i>39,55</i>		Boys/Girls E Girls Aspire I D (8) <i>35,36,56</i>
11:40	12:00	CLOSED PRACTICE (Boys/Girls Aspire II D and Boys Aspire II C Tower) ~ Awards – Boys Aspire I C/D (1M), Boys/Girls E (3M), Girls Aspire I D (3M) ~		
12:00	12:10		Boys/Girls Aspire II D Boys Aspire II C (2) <i>37,38,44</i>	
12:10	12:30	CLOSED PRACTICE (Masters 1M, Girls Aspire I A/B 1M, Boys/Girls Aspire II A/B 3m) ~ AWARDS – Boys/Girls Aspire II C/D (Tower) ~		
12:30	1:32	Masters Boys Aspire I A/B (14) <i>45,46,47,48</i>		Boys/Girls Aspire II A/B (15) <i>49,50,51,52</i>
1:34	1:54	CLOSED PRACTICE (Boys/Girls Aspire I C Tower) ~ AWARDS – Boys Aspire I A/B (1M), Girls Aspire II A/B (3M)		
1:54	2:22		Boys/Girls Aspire I C (14) <i>53,54</i>	
2:22	2:42	CLOSED PRACTICE (Masters Tower, Boys Aspire II A/B Tower) ~ AWARDS – Boys/Girls Aspire I C (Tower) ~		
2:42	3:10		Masters Boys Aspire II A/B (8) <i>57,58,59,60</i>	
		~ AWARDS – Boys Aspire II A/B (Tower) and Masters (1m and Tower) ~		

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