



2025 Ontario Aspire Provincials

May 30 – June 1, 2025



Meet Information

Dates: Saturday, May 31st – Sunday, June 1st 2025

Etobicoke Olympium
590 Rathburn Road
Etobicoke, ON, M9C 3T3

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

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

Host Club Technical Director: Paul Wouters gatquatic@gmail.com

Registration Deadline: May 16th, 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 May 16, 2025

****For divers competing in Ontario Provincials May 16-18 they can be unregistered without penalty in the event of qualification****

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

Meal Plans: Optional meal plan (\$15 day or \$25 both days) for the weekend will be available. Please indicate if you would like this on the [registration form](#). For questions about the meal plan please contact gatquatic@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 Gatquatic Divers Club or e-transfer to gatquatic@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 30 minutes.

- Where there are less than 5 divers in an event the closed practice will be 20 minutes.

Rules & Requirements

Rules:

All dive sheets are due **72h prior** to posted start time of event using the Canadian Dive Sheet Generator – *Coach Edition*

https://www.integratedsports.net/diving/download/DS_CanCoach181.msi

- Please email the .html file to meetmanager@diveontario.com
- Example of html file:

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		
			Open								
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 (1 vs 2) on individual dive sheets.
- Dive sheets submitted after the 72hr submission deadline will be subject to a \$25 per sheet late fee
- 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 started time.
- Dive Ontario Aspire 1 and Aspire rules will apply to all events.
<https://diveontario.com/wp-content/uploads/2024/09/Dive-Ontario-Aspire-Regulations-July-2024.pdf>
- Dive Ontario Masters Regulations will apply to all Masters events.
<https://diveontario.com/wp-content/uploads/2025/03/Dive-Ontario-MASTERS-Technical-Regulations-March-2025.pdf>

Age Requirements:

Age group by birth year	2025
Group A	2007, 2008, 2009
Group B	2010, 2011
Group C	2012, 2013
Group D	2014, 2015
Group E	2016 and later

Draft Schedule of Events

START	FINISH	Friday (May 30, 2025)
7:00pm	9:00pm	OPEN PRACTICE

START	FINISH	Saturday (May 31, 2025)		
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 1, 2025)	
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 I B & A & Masters 3M) ~~AWARDS - Boys & Girls Aspire II D Tower~~			
		Boys Aspire I C		Girls Aspire I B & A & Masters	
		CLOSED PRACTICE (Boys Aspire II C Tower) ~~AWARDS - Boys Aspire I C 1M & Girls Aspire I B & A 3M & Masters 3M~~			
			Boys Aspire II C		
		CLOSED PRACTICE (Boys Aspire I B & A & Masters 1M & Girls Aspire II B & A 3M) ~~AWARDS – Boys Aspire II C Tower~~			
		Boys Aspire I B & A & Masters		Girls & Boys Aspire II B & A	
		CLOSED PRACTICE (Boys Aspire II B & A Tower) ~~AWARDS – Boys Aspire I B & A 1M & Masters 1M & Boys & Girls Aspire II 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 & Masters Tower) ~~AWARDS – Boys Aspire I D 1M & Girls Aspire I D 3M~~			
			Boys & Girls Aspire I C & Masters		
		~~AWARDS – Boys & Girls Aspire I C 3M & Master Tower~~			