



2025 Ontario Summer Provincials

May 16-18, 2025



Meet Information

Dates: Friday, May 16th – Sunday, May 18th 2025

Location: Nepean Sportsplex
1701 Woodroffe Ave.
Ottawa, Ontario

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

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

Host Club Technical Director: Illya Kvasha illyak706@gmail.com

Registration Deadline: May 2, 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 2, 2025

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

- Synchro event will be run if 3 teams or more are entered. Teams can be Male, Female, or mixed.

Meal Plans: Optional \$60 meal plan (breakfast, lunch & snacks) 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 info@ottawanationaldiving.ca

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 Ottawa National Diving Club or e-transfer to info@ottawanationaldiving.ca

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.
- There will be a 10-minute practice between C and D prelim and finals events.

Rules, Requirements & Standards

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_CanCoach181.msi

Please email the .html file to meetmanager@diveontario.com

- Example of html file:

Ontario Spring Provincials 2022-03-18											
			Group B	Sex: M	Language: English	ETOBICOKE	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	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	Sex: M	Language: English	ETOBICOKE	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					
KORDYUK VANESSA Coach: DILIP KUMAR ETOBICOKE Coach: KATERINA KORDYUKOVA											

- Dive sheets submitted after the 72hr submission deadline will be subject to a \$25 per sheet late fee
- Please specify which level your divers are entered (Open, versus Age Group, 1 vs 2) on individual dive sheets.
- 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 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.
- Diving Plungeon Canada rules will apply to all Open and Age group events

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

Provincial Records: <https://diveontario.com/wp-content/uploads/2025/03/Provincial-Records-Updated-March-5-2025.pdf>

Accommodation (May 15th, 2025 - May 18th, 2025):**1. Homewood Suites Ottawa Airport**

3605 Paul Anka Drive

Ottawa, Ontario, CA K1V 2S6

+1 (613) 422-3678

Room Type	Number of Rooms	Group Rate
Studio Suite with King Bed (with pull-out couch)	15 rooms	\$199.00
One Bedroom Suite with Two Queen Beds (with pull-out couch)	15 rooms	\$209.00

Group Name is ONDC (Ottawa National Diving Club)

There is a cut-off date of **April 15, 2025**,

- Complimentary Hot Breakfast served (Weekdays 6am – 9:30am / Weekends 7am – 10am)
- Complimentary Airport shuttle (Weekdays 5am – 11pm / Weekends 6am – 11pm) available upon request
- Complimentary Parking

- 100% Smoke Free Hotel
- Complimentary Wi-Fi
- Complimentary local calling
- Complimentary In-Room coffee
- 48 hours cancellation policy

To book at the Homewood Suites Ottawa Airport, here are your booking options:

1. Call the hotel directly (613-422-3678) and provide dates and block code **OND**
2. Go to homewoodsuites.com
 - a. Enter city and dates
 - b. Click on “add special rate codes”
 - c. Enter **OND** in the “group code” section.

2. Holiday Inn Express & Suites Ottawa Airport

2881 Gibford Drive, Ottawa, ON, K1V 2L9

+1 (613) 247-9500

Hotel	Number of Rooms	Room Type	Group Rate
Holiday Inn Express and Suites Ottawa Airport	15	Double Queens	\$159.00
Holiday Inn Express and Suites Ottawa Airport	25	King Standard	\$169.00

Group Name is ONDC (Ottawa National Diving Club)

There is a cut-off date of **April 15, 2025**

- Complimentary hot and cold buffet breakfast
- Complimentary Wi-Fi
- Complimentary parking
- Complimentary airport shuttle service

To book at the Holiday Inn Express & Suites Ottawa Airport, here are your booking options:

1. Call the hotel directly (613-247-9500) and provide dates and block code **OND**
2. Go to www.hieottawa.com and follow the steps below:
 - a. Put the exact dates of check-in and check-out (they have to coincide with the group block dates)
 - b. Under the box for Group ID enter **OND**
 - c. The group rate with the group name will automatically populate.

Draft Schedule of Events

START	FINISH	<u>Thursday May 15th, 2025</u>
3:30pm	6:30pm	OPEN PRACTICE (All clubs / Events)

START	FINISH	<u>Friday May 16th, 2025</u>		
7:30am	8:30am	OPEN PRACTICE (all Friday events)		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
8:45am	9:15am	TOWER CLOSED PRACTICE (Boys & Girls - D Prelims)		
			Prelims BOYS D1 & GIRLS D1 BOYS D2 & GIRLS D2	
		CLOSED PRACTICE (Girls A 1M & Boys A 3M)		
		GIRLS A		Boys A
		TOWER CLOSED PRACTICE (Boys & Girls - D Finals) ~~AWARDS – Girls A (1M) & Boys A (3M)~~		
			Finals BOYS D & GIRLS D	
		CLOSED PRACTICE (Girls B 1M & Boys B 3M) ~~AWARDS - Boys & Girls D Final (Tower)~~		
		GIRLS B		Boys B
		CLOSED PRACTICE (Boys & Girls C Prelims 1M & Mixed Synchro 3M) ~~AWARDS – Girls B (1M) & Boys B (3M)~~		
		Prelims BOYS & GIRLS C1 BOYS & GIRLS C2		MIXED SYNCHRO
		CLOSED PRACTICE (Open Women 1M & Open Men 3M) ~~AWARDS – Mixed Synchro (3M)~~		
		OPEN WOMEN		OPEN MEN
		CLOSED PRACTICE (Boys & Girls 1M – C Finals) ~~AWARDS – Open Women (1M) & Open Men (3M)~~		
		Finals BOYS & GIRLS C		
		~~AWARDS - Boys & Girls C Final (1M)~~		

START	FINISH	<u>Saturday May 17th, 2025</u>		
7:30am	8:30am	OPEN PRACTICE (all Saturday events)		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
8:45am	9:15am	CLOSED PRACTICE (Prelims - Boys & Girls D 1M & Boys & Girls C 3M)		
		Prelims BOYS & GIRLS D1 BOYS & GIRLS D2		Prelims BOYS & GIRLS C1 BOYS & GIRLS C2
		TOWER CLOSED PRACTICE (Boys & Girls - A)		
			BOYS & GIRLS A	
		CLOSED PRACTICE (Boys B 1M & Girls B 3M) <i>~~AWARDS – Boys & Girls A (Tower)~~</i>		
		BOYS B		GIRLS B
		CLOSED PRACTICE (Finals - Boys & Girls D 1M & Boys & Girls C 3M) <i>~~AWARDS - Boys B (1M) & Girls B (3M)~~</i>		
		Finals BOYS & GIRLS D		Finals BOYS & GIRLS C
		TOWER CLOSED PRACTICE (Open Men & Women) <i>~~AWARDS - Boys & Girls D (1M) & Boys & Girls C (3M)~~</i>		
			OPEN MEN & WOMEN	
		<i>~~AWARDS – Open Men & Women (Tower)~~</i>		

START	FINISH	<u>Sunday May 18th, 2025</u>		
7:30am	8:30am	OPEN PRACTICE (all Sunday events)		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
8:45am	9:15am	TOWER CLOSED PRACTICE (Boys & Girls - C Prelims)		
			Prelims BOYS & GIRLS C1 BOYS & GIRLS C2	
		CLOSED PRACTICE (Boys A 1M & Girls A 3M)		
		BOYS A		GIRLS A
		TOWER CLOSED PRACTICE (Boys & Girls – C Finals) <i>~~AWARDS - Boys A (1M) & Girls A (3M)~~</i>		
			Finals BOYS & GIRLS C	
		3M CLOSED PRACTICE (Boys & Girls - D Prelims) <i>~~AWARDS - Boys & Girls C Final (Tower)~~</i>		
				Prelims BOYS & GIRLS D1 BOYS & GIRLS D2
		TOWER CLOSED PRACTICE (Boys & Girls B)		
			BOYS & GIRLS B	
		3M CLOSED PRACTICE (Boys & Girls - D Finals) <i>~~AWARDS – Boys & Girls Group B (Tower)~~</i>		
				Finals BOYS & GIRLS D
		TOWER CLOSED PRACTICE (Open Men 1m & Open Women 3M) <i>~~AWARDS - Boys & Girls D Final (3M)~~</i>		
		OPEN MEN		OPEN WOMEN
		<i>~~AWARDS – Open Men (1M) & Open Women (3M)~~</i>		