



2026

Ontario Spring Provincials

March 6-8, 2026



Meet Information

Dates: Thursday March 5th – Sunday March 8th, 2026

Location: Windsor International Aquatic and Training Center
401 Pitt Street West
Windsor, ON, N9A 0B2

Equipment: 2 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: Ioana Voicu windsordiving@gmail.com

Registration Deadline: February 20th, 2026

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 February 20th, 2026

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.

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.

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 windsordiving@gmail.com

Payment: Payment can be made by e-transfer to windsordiving@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 by February 25th, 2026.
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 by **February 27th, 2026** using the Canadian Dive Sheet Generator – **Coach Edition version 19**

https://www.integratedsports.net/diving/download/DS_CanCoach190.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	Group B	Sex: M	Language: English	ETOBIKOKE	Coach: MYKHAYLO KORDYUKOV	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		ETOBIKOKE		Coach: MYKHAYLO KORDYUKOV			
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 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.
- Diving Plongeon Canada rules will apply to all Open and Age group events

Age Group Dive Requirements: <https://diving.ca/wp-content/uploads/2026/01/DPC-2026-Junior-Dive-List-Rules-January-14-2026.pdf>

Junior National Qualification Standards: <https://diving.ca/wp-content/uploads/2026/01/DPC-2026-Junior-Dive-List-Rules-January-14-2026.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	2026
Group A	2008, 2009, 2010
Group B	2011, 2012
Group C2	2013
Group C1	2014
Group D2	2015
Group D1	2016 and later

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

Draft Schedule of Events

START	FINISH	Thursday March 5th, 2026
5:00pm	7:00pm	OPEN PRACTICE (All clubs / Events)

START	FINISH	Friday March 6th, 2026
7:30am	8:30am	OPEN PRACTICE – Dryland/Deck opens @ 7:00am
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	Saturday March 7th, 2026		
7:30am	8:30am	OPEN PRACTICE – Dryland/Deck opens @ 7:00am		
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) ~~AWARDS – Boys & Girls A (Tower)~~		
		BOYS B		GIRLS B
		CLOSED PRACTICE (Finals - Boys & Girls D 1M & Boys & Girls C 3M) ~~AWARDS - Boys B (1M) & Girls B (3M)~~		
		Finals BOYS & GIRLS D		Finals BOYS & GIRLS C
		TOWER CLOSED PRACTICE (Open Men & Women) ~~AWARDS - Boys & Girls D (1M) & Boys & Girls C (3M)~~		
			OPEN MEN & WOMEN	
		~~AWARDS – Open Men & Women (Tower)~~		

START	FINISH	<u>Sunday March 8th, 2026</u>		
7:30am	8:30am	OPEN PRACTICE – Dryland/Deck opens @ 7:00am		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
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) ~~AWARDS - Boys A (1M) & Girls A (3M)~~		
			Finals BOYS & GIRLS C	
		3M CLOSED PRACTICE (Boys & Girls - D Prelims) ~~AWARDS - Boys & Girls C Final (Tower)~~		
				Prelims BOYS & GIRLS D1 BOYS & GIRLS D2
		TOWER CLOSED PRACTICE (Boys & Girls B)		
			BOYS & GIRLS B	
		3M CLOSED PRACTICE (Boys & Girls - D Finals) ~~AWARDS – Boys & Girls Group B (Tower)~~		
				Finals BOYS & GIRLS D
		TOWER CLOSED PRACTICE (Open Men 1m & Open Women 3M) ~~AWARDS - Boys & Girls D Final (3M)~~		
		OPEN MEN		OPEN WOMEN
		~~AWARDS – Open Men (1M) & Open Women (3M)~~		

Accommodation:

Recommended Hotels (Walking Distance to Windsor Diving Club)

Prices checked as of January 14, 2026

Hotel	Distance	Price (per night)	Notes
DoubleTree	3 min walk	\$170	Breakfast available
Four Points	6 min walk	\$180	Breakfast available
Best Western	2 min walk	\$130	Breakfast available
TownePlace Suites	2 min walk	\$200	Breakfast available, kitchenette
Caesars Windsor	15 min walk	\$215	Cook-to-order breakfast
Quality Suites	16 min walk	\$135	Breakfast included