

# Nepean Ottawa Diving Club Aspire

February 7<sup>th</sup>, & 8<sup>th</sup>, 2026

START	FINISH	Friday (February 6 <sup>th</sup> )
3:30pm	6:30pm	OPEN PRACTICE

START	FINISH	Saturday (February 7 <sup>th</sup> )		
8:00am	9:00am	OPEN PRACTICE (all Saturday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		<b>1M</b> <b>TOWER</b> <b>3M</b>		
		<b>CLOSED PRACTICE</b> (Aspire I C 1M & Aspire I D 3M)		
		Aspire I C [5,6]		Aspire I D [3,4]
		<b>CLOSED PRACTICE</b> (Aspire I E 1M & Aspire II B 3M) ~ AWARDS – Aspire I C (1M) & Aspire I D (3M) ~		
		Aspire I E [61,62]		Aspire II B G&B [7,8]
		<b>CLOSED PRACTICE</b> (Aspire II A 1m & Aspire II D 3m) ~ AWARDS – Aspire I E (1M) & Aspire II B (3M) ~		
		Aspire II A G&B [9,10]		Aspire II D G&B [23,24]
		<b>CLOSED PRACTICE</b> (Aspire I D Tower) ~ AWARDS – Aspire II A (1m) & Aspire II D (3M) ~		
			Aspire I D [15,16]	
		<b>CLOSED PRACTICE</b> (Aspire II B 1M & Aspire I C Tower) ~ AWARDS – Aspire 1D Tower ~		
		Aspire II B G&B [13,14]	Aspire I C [17,18]	
		<b>CLOSED PRACTICE</b> (Aspire II C Tower & Aspire I and II E 3M) ~ Awards – Aspire II B (1M) & Aspire I C (Tower) ~		
			Aspire II C G&B [21,22]	Aspire I and II E G&B [11,12, 19,20]
		<b>CLOSED PRACTICE</b> (Aspire I A&B 1M and Aspire II A&B 3m) ~ AWARDS – Aspire II C (Tower) & Aspire I and II E (3M) ~		
		Aspire I A & B G&B [25, 26, 27, 28]		Aspire II A G&B [29,30]
		~ AWARDS – Aspire I A & B (1M) & Aspire II A (3M) ~		

In the tentative schedule, the numbers in brackets below the events denote the EVENT NUMBER that should be used for the registration form.



# Nepean Ottawa Diving Club Aspire

February 7<sup>th</sup>, & 8<sup>th</sup>, 2026



START	FINISH	Sunday (February 8 <sup>th</sup> )		
8:00am	9:00am	OPEN PRACTICE (all Sunday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
<b>CLOSED PRACTICE</b> (Aspire II C 1M & Aspire II B Tower)				
		Aspire II C G&B [1,2]	Aspire II B G&B [33,34]	
<b>CLOSED PRACTICE</b> (Aspire II D & E 1M & Masters & Aspire II A Tower) ~ AWARDS - Aspire II C (1M) & Aspire II B (Tower) ~				
		Aspire II D & E G&B [35,36,37,38]	Masters & Aspire II A G&B [39,40,41,42]	
<b>CLOSED PRACTICE</b> (Aspire I A & B Tower & Aspire I C 3M) ~ AWARDS - Aspire II D & E (1M) & Aspire II A (Tower) ~				
			Aspire I A & B G&B [43,44,45,46]	Aspire I C [47,48]
<b>CLOSED PRACTICE</b> (Aspire II D & E Tower & Masters & Aspire II C 3M) ~ Awards – Aspire I A & B (Tower) & Aspire I C (3M) ~				
			Aspire II D& E G&B [55,56,57,58]	Masters & Aspire II C G&B [51,52,53,54]
<b>CLOSED PRACTICE</b> (Aspire I D 1m & Aspire I E Tower) ~ AWARDS - Aspire II D & E (Tower) & Masters & Aspire II C (3M) ~				
		Aspire I D [31,32]	Aspire I E [49,50]	
<b>CLOSED PRACTICE</b> (Masters 1M & Aspire I A & B 3M) ~ AWARDS – Aspire I E (Tower) ~				
		Masters [59,60]		Aspire I A & B [63,64,65,66]
~ AWARDS – Masters(1M) & Aspire I A & B (3M) ~				

In the tentative schedule, the numbers in brackets below events denote the EVENT NUMBER that should be used for the registration form.

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