



Nepean Ottawa Diving Club
Aspire Invitational

NEPEAN OTTAWA DIVING CLUB ASPIRE INVITATIONAL

FEBRUARY 7TH & 8TH, 2026

Nepean Ottawa Diving Club

613-228-9270

Ottawa's diving club since 1973



Hosted by



NODC.ca





Nepean Ottawa Diving Club

Aspire Invitational

Overview

Venue/Location: Nepean Sportsplex

1701 Woodroffe Ave, Nepean, ON K2G 1W2
613-580-2424 x41261

Host Club: Nepean Ottawa Diving Club - NODC

Phone: 613-228-9270 | Fax: 613-580-2717
E-mail: ottawadiving@rogers.com | Website: www.nodc.ca

Technical Director: Fernando Henderson (ottawadiving@rogers.com)

Meet Director: Melanie Baur (nodcexec@gmail.com) and Bob Powell (shadow)

Rules/Eligibility: Open to all DPC registered divers
Dive Ontario rules will apply

Facilities: 4 Type "B" One Meter Springboards
2 Type "B" Three Meter Springboards
3, 5, 7½, 10 Meter Platforms

Dive Sheets: Must be submitted electronically via e-mail to ottawadiving@rogers.com OR as per DPC rules book, in hands of the Meet Office **48 hours** before the posted start time of the event

Changes will be permitted up to 1 hour before the event.

Sanctioning: Sanctioned by DPC and Dive Ontario.

Entry Fees: \$55 Registration fee per diver (includes \$10.00 to Dive Ontario)
\$45 per diver per event
*Additional \$20.00 meal plan **per day** will be added to the registration fee to cover small breakfasts, full lunches and snacks during competition.

Entry Due Date: January 23rd, 2026 ** cut-off date
Late registration: \$25/diver late filing penalty
All registration fees are non-refundable

Age of Competitor: Determined by diver's age as of December 31st, 2026

Awards: Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th



Nepean Ottawa Diving Club Aspire

February 7th, & 8th, 2026



START	FINISH	Friday (February 7 th)
3:30pm	6:30pm	OPEN PRACTICE

START	FINISH	Saturday (February 8 th)		
7:30am	8:30am	OPEN PRACTICE (all Saturday events)		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
		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 (Girls Aspire II C 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 – Girls Boys & Girls E (Tower) ~		
		Girls Aspire I A & B		Boys Aspire I A & B
		~ AWARDS – Boys Aspire II A & B (3M) ~		



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February 7th, & 8th, 2026



START	FINISH	Sunday (February 9 th)		
7:30am	8:30am	OPEN PRACTICE (all Sunday events)		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
		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 A & B 3M) ~ AWARDS – Boys & Girls Aspire II D (Tower) ~		
		Boys Aspire I C		Girls Aspire I A & B & Masters
		CLOSED PRACTICE (Boys Aspire II C Tower) ~ AWARDS - Boys Aspire I C (1M) & Girls Aspire II A & B (3M) ~		
			Boys Aspire II C	
		CLOSED PRACTICE (Boys Aspire I A & B 1M & Boys & Girls Aspire II A & B 3M) ~ AWARDS – Boys Aspire II C (Tower) ~		
		Boys Aspire I A & B & Masters		Boys & Girls Aspire II A & B
		CLOSED PRACTICE (Boys Aspire II A & B Tower) ~ AWARDS - Boys Aspire I A & B (1M) & Girls Aspire I A & B (3M) ~		
			Boys Aspire II A & B	
		CLOSED PRACTICE (Boys Aspire I D 1M & Girls Aspire I D 3M) ~ AWARDS – Boys Aspire II A & B (Tower) ~		
		Boys Aspire I D		Girls Aspire I D
		CLOSED PRACTICE (Boys & Girls Aspire I C Tower) ~ AWARDS - Boys Aspire I D (1M) & Girls Aspire I D (3M) ~		
			Boys & Girls Aspire I C & Masters	
		~ AWARDS – Boys & Girls Aspire I C (Tower) & Masters		

One meter and three meter 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 Rule



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Dive Requirements and Regulations

For the up-to-date Dive Ontario dive requirements and regulations, please visit
<https://diveontario.com/wp-content/uploads/2025/12/Aspire-Technical-Regulations- Dec-2025-3.pdf>

Hotel & Car Information

*Hotel bookings for Feb 6 and 7:

Hampton Inn and Suites Ottawa Airport www.hampton.com

2869 Gibford Dr, Ottawa, ON K1V2L9

(613) 248-1113

\$179/night + tax

King bed with pullout sofa, includes breakfast, wifi, and parking

Call hotel directly and provide dates and block code **NOD**

OR

Visit www.hampton.com, enter city, dates, click on “add special rate code” and enter NOD

Sandra Gomes managing coordinator

Book by January 23rd for the preferred rate

Days Inn Ottawa Airport www.daysinnottawa.com

366 Hunt Club Road, Ottawa Ontario, K1V-1C1

(866)468-4442 | 613)739-7555 Ext 400 | (613)739-7005-Fax

\$159.95+tax

2 Queen beds, includes mini-fridge, microwave, coffee maker, internet, and breakfast

Group code **020626DCL**

Jayne Ditz managing coordinator

Book by January 14th for the preferred rate

Car Rentals

Avis	1-800-879-2847	Budget	1-800-268-8900
Discount	1-800-263-2355	Hertz	1-800-263-0600
Tilden	1-800-387-4747	Enterprise	1-800-736-8222 613-228-8206



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Meet Entry Form

PLEASE SUBMIT BY January 23, 2026



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Name of Competitor (Last, First)	Age Group	Sex	1M		3m		3m/5m/7m
			Aspire	Event #	Aspire	Event #	Event #

Club Name: _____

Coach Name: _____

Number of competitors: _____ X \$55.00 = \$_____

Number of events: _____ X \$45.00 = \$_____

Athlete Meal Total (2 days): _____ X \$40.00 = \$_____

Total Fees Owing: \$_____

E-transfer payment to ottawadiving@rogers.com OR make cheques payable to "Nepean Ottawa Diving Club"