



*Nepean Ottawa Diving Club*  
*Aspire Invitational*

# NEPEAN OTTAWA DIVING CLUB ASPIRE INVITATIONAL

FEBRUARY 7<sup>TH</sup> & 8<sup>TH</sup>, 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](mailto:ottawadiving@rogers.com) | Website: [www.nodc.ca](http://www.nodc.ca)
- Technical Director:** Fernando Henderson ([ottawadiving@rogers.com](mailto:ottawadiving@rogers.com))
- Meet Director:** Melanie Baur ([nodcexec@gmail.com](mailto: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](mailto: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 31<sup>st</sup>, 2026
- Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> with Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>

# Nepean Ottawa Diving Club Aspire

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

START	FINISH	Friday (February 7 <sup>th</sup> )
3:30pm	6:30pm	OPEN PRACTICE

START	FINISH	Saturday (February 8 <sup>th</sup> )		
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) ~		

# Nepean Ottawa Diving Club Aspire

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

START	FINISH	Sunday (February 9 <sup>th</sup> )		
7:30am	8:30am	OPEN PRACTICE (all Sunday events)		
8:30am	8:45am	OFFICIALS AND COACHES MEETING		
		1M	TOWER	3M
		<b>CLOSED PRACTICE</b> (Girls Aspire II D 1M & Girls Aspire II C 3M)		
		Girls Aspire II D		Girls Aspire II C
		<b>CLOSED PRACTICE</b> (Girls Aspire II A & B Tower) ~ AWARDS - Girls Aspire II D (1M) & Girls Aspire II C (3M) ~		
			Girls Aspire II A & B	
		<b>CLOSED PRACTICE</b> (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
		<b>CLOSED PRACTICE</b> (Boys & Girls Aspire II D Tower) ~ Awards – Boys Aspire II D & C (1M) & Boys & Girls E (3M) ~		
			Boys & Girls Aspire II D	
		<b>CLOSED PRACTICE</b> (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
		<b>CLOSED PRACTICE</b> (Boys Aspire II C Tower) ~ AWARDS - Boys Aspire I C (1M) & Girls Aspire II A & B (3M) ~		
			Boys Aspire II C	
		<b>CLOSED PRACTICE</b> (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
		<b>CLOSED PRACTICE</b> (Boys Aspire II A & B Tower) ~ AWARDS - Boys Aspire I A & B (1M) & Girls Aspire I A & B (3M) ~		
			Boys Aspire II A & B	
		<b>CLOSED PRACTICE</b> (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
		<b>CLOSED PRACTICE</b> (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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February 7<sup>th</sup>, & 8<sup>th</sup>, 2026



## 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](http://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](http://www.hampton.com), enter city, dates, click on “add special rate code” and enter NOD

Sandra Gomes managing coordinator

Book by January 23<sup>rd</sup> for the preferred rate

### **Days Inn Ottawa Airport**      [www.daysinnottawa.com](http://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 14<sup>th</sup> 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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February 7th, & 8th, 2026



## Meet Entry Form

PLEASE SUBMIT BY January 23, 2026

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



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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 Owning: \$ \_\_\_\_\_

E-transfer payment to [ottawadiving@rogers.com](mailto:ottawadiving@rogers.com) OR make cheques payable to "Nepean Ottawa Diving Club"