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# 2026 Ontario Spring Provincials

May 15-17, 2026



# Meet Information

**Dates:** Thursday March 14<sup>th</sup> – Sunday May 17<sup>th</sup>, 2026

**Location:** Etobicoke Olympium  
590 Rathburn Road  
Etobicoke, ON, M9C 3T3

**Equipment:** 3 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](mailto:meetmanager@diveontario.com))  
**Host Club Technical Director:** Misha Kordyukov ([etobicokedivingclub@bellnet.ca](mailto:etobicokedivingclub@bellnet.ca))

**Registration Deadline:** April 30<sup>th</sup>, 2026

**Registration Form:** Registration Form can be found [here](#).

**Entries:** Email registrations & dive sheets to ([meetmanager@diveontario.com](mailto:meetmanager@diveontario.com))

**Late Registrations:** \$60 late fee per diver for entries received after 11:59pm on April 30<sup>th</sup>, 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 4-6<sup>th</sup> place in each event

**Hospitality:** Lunch and snacks will be provided to all coaches and officials.

**Meal Plans:** Details for diver meal options will be shared in the coming month.

**Payment:** Payment can be made by e-transfer to [etobicokedivingclub@bellnet.ca](mailto:etobicokedivingclub@bellnet.ca)

**Schedule:** A draft Schedule of Events is included with this meet package  
A Detailed timed schedule will be provided to all the clubs by May 5<sup>th</sup>, 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 **May 7<sup>th</sup>, 2026** using the Canadian Dive Sheet Generator – **Coach Edition version 19**

[https://www.integratedsports.net/diving/download/DS\\_CanCoach190.msi](https://www.integratedsports.net/diving/download/DS_CanCoach190.msi)

- Please email the **.html file** to [meetmanager@diveontario.com](mailto: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											
			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					

- 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/2025/02/CDAG-2025-Age-Group-Dive-List-Requirements-Jan-24-v3-EN.pdf>

**Junior National Qualification Standards:** <https://diving.ca/wp-content/uploads/2025/02/CDAG-2025-Age-Group-Dive-List-Requirements-Jan-24-v3-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	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	<b>Thursday May 14<sup>th</sup>, 2026</b>
7:30pm	9:00pm	<b>OPEN PRACTICE (All clubs / Events)</b>

START	FINISH	<b>Friday May 15<sup>th</sup>, 2026</b>		
8:00am	9:00am	<b>OPEN PRACTICE – Dryland/Deck opens @ 7:30am</b>		
9:00am	9:15am	<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:30am	<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - D Prelims)</b>		
			<b>Prelims</b> BOYS D1 & GIRLS D1 BOYS D2 & GIRLS D2	
		<b>CLOSED PRACTICE (Girls A 1M &amp; Boys A 3M)</b>		
		GIRLS A		Boys A
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - D Finals)</b> ~~AWARDS – Girls A (1M) & Boys A (3M)~~		
			<b>Finals</b> BOYS D & GIRLS D	
		<b>CLOSED PRACTICE (Girls B 1M &amp; Boys B 3M)</b> ~~AWARDS - Boys & Girls D Final (Tower)~~		
		GIRLS B		Boys B
		<b>CLOSED PRACTICE (Boys &amp; Girls C Prelims 1M &amp; Mixed Synchro 3M)</b> ~~AWARDS – Girls B (1M) & Boys B (3M)~~		
		<b>Prelims</b> BOYS & GIRLS C1 BOYS & GIRLS C2		MIXED SYNCHRO
		<b>CLOSED PRACTICE (Open Women 1M &amp; Open Men 3M)</b> ~~AWARDS – Mixed Synchro (3M)~~		
		OPEN WOMEN		OPEN MEN
		<b>CLOSED PRACTICE (Boys &amp; Girls 1M – C Finals)</b> ~~AWARDS – Open Women (1M) & Open Men (3M)~~		
		<b>Finals</b> BOYS & GIRLS C		
		~~AWARDS - Boys & Girls C Final (1M)~~		

START	FINISH	<b>Saturday May 16<sup>th</sup>, 2026</b>		
8:00am	9:00am	<b>OPEN PRACTICE – Dryland/Deck opens @ 7:30am</b>		
9:00am	9:15am	<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:30am	<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - C Prelims)</b>		
			<b>Prelims</b> BOYS & GIRLS C1 BOYS & GIRLS C2	
		<b>CLOSED PRACTICE (Boys A 1M &amp; Girls A 3M)</b>		
		BOYS A		GIRLS A
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls – C Finals)</b> ~~AWARDS - Boys A (1M) & Girls A (3M)~~		
			<b>Finals</b> BOYS & GIRLS C	
		<b>3M CLOSED PRACTICE (Boys &amp; Girls - D Prelims)</b> ~~AWARDS - Boys & Girls C Final (Tower)~~		
				<b>Prelims</b> BOYS & GIRLS D1 BOYS & GIRLS D2
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls B)</b>		
			BOYS & GIRLS B	
		<b>3M CLOSED PRACTICE (Boys &amp; Girls - D Finals)</b> ~~AWARDS – Boys & Girls Group B (Tower)~~		
				<b>Finals</b> BOYS & GIRLS D
		<b>TOWER CLOSED PRACTICE (Open Men 1m &amp; Open Women 3M)</b> ~~AWARDS - Boys & Girls D Final (3M)~~		
		OPEN MEN		OPEN WOMEN
		~~AWARDS – Open Men (1M) & Open Women (3M)~~		

START	FINISH	<b>Sunday May 17<sup>th</sup>, 2026</b>		
8:00am	9:00am	<b>OPEN PRACTICE – Dryland/Deck opens @ 7:30am</b>		
9:00am	9:15am	<b>OFFICIALS AND COACHES MEETING</b>		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
9:15am	9:30am	<b>CLOSED PRACTICE (Prelims - Boys &amp; Girls D 1M &amp; Boys &amp; Girls C 3M)</b>		
		<b>Prelims</b> BOYS & GIRLS D1 BOYS & GIRLS D2		<b>Prelims</b> BOYS & GIRLS C1 BOYS & GIRLS C2
		<b>TOWER CLOSED PRACTICE (Boys &amp; Girls - A)</b>		
			BOYS & GIRLS A	
		<b>CLOSED PRACTICE (Boys B 1M &amp; Girls B 3M)</b> ~~AWARDS – Boys & Girls A (Tower)~~		
		BOYS B		GIRLS B
		<b>CLOSED PRACTICE (Finals - Boys &amp; Girls D 1M &amp; Boys &amp; Girls C 3M)</b> ~~AWARDS - Boys B (1M) & Girls B (3M)~~		
		<b>Finals</b> BOYS & GIRLS D		<b>Finals</b> BOYS & GIRLS C
		<b>TOWER CLOSED PRACTICE (Open Men &amp; Women)</b> ~~AWARDS - Boys & Girls D (1M) & Boys & Girls C (3M)~~		
			OPEN MEN & WOMEN	
		~~AWARDS – Open Men & Women (Tower)~~		

## Accommodation:

### **TownePlace Suites by Marriott Mississauga-Airport Corporate Centre**

5050 Orbitor Drive Mississauga, Ontario, Canada, L4W 4X2

- **Booking Link:**  
<https://app.marriott.com/reslink?id=1769118617315&key=GRP&app=resvlink>
- **Rate:** \$229.00/night – Until April 14th