



The Toronto Diving Academy & Dive Ontario

Present

The 2025 Super Stars Challenge



Nov 29th & 30th

at the Toronto Pan Am Sport Center
A multi-level event for E to Masters divers

The purpose of this event is to help prepare aspire, provincial, and national athletes for their competitive season through a prescriptive program of dryland and water skills.



Meet Information:

- Dates:** Saturday Nov 29th & Sunday Nov 30th, 2025
- Location:** Toronto Pan Am Sport Center
875 Morningside Ave
Scarborough, ON, M1C 0C7
- Technical Director:** Terri Breen (terri@diving.ca)
- Meet Manager:** Holly Broome
- Registration Deadline:** Nov 8th, 2025. Registrations for “Super Stars Challenge” (E/C/D divers) will be capped at 80 athletes.
- Late registrations:** **Registrations will not be accepted after Nov 8th.**
- Registration form:** Registration form: [SuperStars 2025 Registration Form](#)
- Entries:** Email registrations to terri@diving.ca
- Fees:** Entry Fee: \$100/diver (\$60 registration + \$40 event)
Entry fee Includes:
Dryland & Water events for E/D/C athletes
Synchro & Team events for A/B/Sr athletes
1m & 3m events for Masters athletes

All registration fees are non-refundable
- Dive Sheets:** Not required for E/D/C athletes as skills are prescribed.
Team Events: Submitted by email to terri@diving.ca. Dive Sheets will be sent to participating clubs by Nov 1
Masters & Synchro: Dive Sheet Generator – send to terri@diving.ca **Due Wed Nov 26th**
- Payment:** **Team Payment** (not individual athletes please) to be made by e-transfer to joanne@diving.ca
- Age Groups/Levels:** For **2026** Competitive season (Age as of Dec 31st, **2026**)

Saturday Nov 29 th :		
Future Stars (Aspire/pre-aspire) E1, E2, D1, D2, C1, C2	Shooting Stars (Provincial/National) D1, D2, C1, C2	
Sunday Nov 30 th :		
Synchro A, B, & Sr athletes	Team Event A, B, & Sr athletes	Masters: 19+ Novice & Advanced



Meet specific format information:

Super Stars Challenge:

- Athletes age E to C will be arranged into *Sessions* and *Flights* according to their age and level.
- There are 3 flights per session (max 18 divers/session).
- Sessions will begin in the dryland room and rotate through three dryland events (Floor, Dryboard, Trampoline). Divers will then transition to water where they will rotate through 1m, 3m, and platform skills.

A, B, & Sr 3m Synchro Event:

- Teams may be mixed or single gender
- Teams may be from one club or mixed clubs
- 4 groups must be covered in 5 dive list
- Rounds 1 & 2 will be “Compulsory” with fixed DD of 2.0
- Rounds 3, 4, & 5 will be “Optional” with no DD limit

A, B, & Sr Team Event:

- Team size of 3-4 athletes from single or mixed clubs
- Must have at least 1 male athlete, 1 female athlete, and 1 Aspire-level athlete
- Each diver must perform a dive in Round 1, 2, or 3.
- Each diver must perform no more than 3 dives.

Team Event format:

- Each team must do a 6-dive list that covers every group (1-6)
- Round 3 will be Synchro on 3m or platform (5m or 10m only for synchro round)
- For all other rounds any board may be used
- For platform, all heights allowable (for 3m platform, 1m DD will be used)
- All rounds will use World Aquatics DD's (no compulsory/optional requirements)



Skill requirements:

Future Stars E1 & E2

Dryland		
Floor: 6 component routine - Starting Posture + armswing 100a jump - Front roll tuck - Headstand 5 seconds - Back roll tuck + candlestick - Long bridge 5 seconds 4 (2 each side) single leg pike ups	Dryboard: 5 arms up bounces - Front jump straight with armswing - Back jump straight with armswing	Trampoline: 5 arms up bounces - Armswing Jump+100A+ seat drop+ swivel hip + stand +100A 201c arms up take off to flat back (with small mat- if desired)
Water		
1m: - Double bouncing 100c 101c (or 001b max 5) 401c or 201c (or 002a Max 5)	3m: 100a 200a	Platform: 3m only 001b or 001c 002c or 002a (or 200a Max 5)

Arms may be up or down for any foot first entry

Future Stars D1 & D2

Dryland		
Floor: 5 component routine - Inward posture on small block, arms up 400a jump - Front roll tuck straight into arms up front jump - Kick up or press to 3 second handstand - Back roll tuck to candlestick 102C to seat, from folded panel mat onto crash mat	Dryboard: 3 arms up bounces, 3 arm circle bounces - Back dive tuck with armswing 102C (standing, double bounce or hurdle. Arms up or armswing)	Trampoline: - Straight jump, Pike jump, Tuck jump, ½ twist, Straight jump, finish with proper stop 101c to stomach drop (with mat) OR hand-knee drop to stomach drop (Max of 5 for HK drop to stomach) 201c with arms swing to flat (with mat- if desired)
Water		
1m: - Double bouncing 100b 200B 101c or 401c 201c or 301c (Or 002a/201a for Max 5)	3m: - Hurdle 100c (or standing 100c Max 5) 200c 101c (or 001c/b Max 5) 201c (Or 002c/002a, Max 5)	Platform: 3m or 5m 001b or 001c 002a or 002c (or 200a max 5) 101c or 401c or 201c

Arms may be up or down for any foot first entry



Future Stars C1 & C2

Dryland		
Floor: 5 component routine - Inward posture on small block, arms up 400a jump - Front roll tuck- front roll to Handstand - Kick up or press to 3 second handstand - Back roll tuck back roll to handstand (or to plank- max 5) 102C to seat, from folded panel mat onto crash mat	Dryboard: 3 arms up bounces, 3 arm circle bounces - Back dive tuck with armswing 102C (standing, double bounce or hurdle. Arms up or armswing)	Trampoline: - Straight jump, Pike jump, Tuck jump, ½ twist, Straight jump, finish with proper stop 101c to stomach drop (with mat) OR hand-knee drop to stomach drop (Max of 5 for HK drop to stomach) 201c with arms swing to flat (with mat -if desired)
Water		
1m: - Double bouncing 100b 101c or 401c 201c or 301c (Or 002a/201a for Max 5)	3m: 1 step Hurdle 100c 101c (or 001c/b Max 5) 201c (Or 002c/002a, Max 5)	Platform: 3m or 5m 001b or 001c 002a or 002c (or 200a max 5) 101c 401c or 201c

Arms may be up or down for any foot first entry

Shooting Stars D1

Dryland		
Floor: 5 component routine - Headstand routine: - Tuck balance 3 sec - Extend to straight 3 sec - Return to tuck with control 3 sec - Extend to straddle 3 sec - Straddle up to straight with control and balance 3 sec - Lower with control to the floor toes first. - Back roll tuck to plank position OR back roll to handstand - Sitting Pike position closed (touching toes) for 3 seconds - Kick up or press up to 3 second handstand (on platform -may fall forward to flat position on crash or kick/press down)	Dryboard: - Hurdle +102C (Arms up or armswing) 201c 301c (standing or hurdle)	Trampoline: 101c to stomach drop 102c arms up double bounce 201c to flat



Standing 102c to seat (from box onto crash mat)		
Water		
1m: - Double bouncing 101c “Popper” back dive drill (Jumping entry layout) 301c (Hurdle or standing)	3m: 401c 201c 103c	Platform 3m or 5m: 001b or 001c 002a or 002c 101c or 401c or 201c

Shooting Stars D2

Dryland		
Floor: 5 component routine - Headstand routine: - oTuck balance 3 sec - oExtend to straight 3 sec - oReturn to tuck with control 3 sec - oExtend to straddle 3 sec - oStraddle up to straight with control and balance 3 sec - oLower with control to the floor toes first. - Back roll tuck to plank position OR back roll to handstand (may “kip” to feet for 1 point bonus) - Sitting Pike position closed (touching toes) for 3 seconds open (arms to side) for 3 seconds - Kick up or press up to 3 second handstand (platform and may fall forward to flat position on crash or kick/press down) - Standing 102c to seat (from box onto crash)	Dryboard: - Hurdle +102C 201c 301c (standing or hurdle)	Trampoline: 102c 202c - Armswing jump, Cradle (back drop, ½ twist, back drop) finish with control jump



Water

1m: • Double Bouncing 101C or B • “Popper” back dive drill (Jumping entry layout) • 301c	3m: • 201c • 401c • 103c	Platform 3m or 5m: • 001c or 001b • 002a or 002c • 600, 611 (3m), 612 c/b • 101 c/b or 401c/b or 201c arms may be up or down for entry on 611a
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Shooting Stars C1

Dryland

Floor: 5 component routine • 102c standing or with approach to sitting (onto crash mat) • Front roll, front roll to handstand; back roll, back roll handstand • Choose 1: Back walk over, back handspring, front walk over, front handspring (on airtrack) • Jump full twist • Press to handstand (kick to HS max 7). Bonus 1 point for back handstand press	Dryboard: • Hurdle 301c or b • Hurdle 102c/b • 202 or 203c	Trampoline: • 102b • 203C to flat or kick up (with mat, if desired) • Choose 1 twisting skill ○ Back drop, rotate to stomach, ½ t (Max 5) ○ Back ¾ layout to stomach, ½ twist (Max 7) ○ 5221d to seat (Max 10) ○ Back drop forward full twist to feet (Max 5) ○ Ball out (front ¾ sommie to back) full twist to feet (Max 7) ○ 5122 to feet (Max 10)
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Water

1m: • Double bouncing 103c/b • “Popper” back dive drill (Jumping entry layout) • 5221d or 5122d or 5132d Arms allowed in T for 5221/5122 with no penalty	3m: • 201c or b • 401 c or b • 301c or b	Platform 3m or 5m: • 600, 611 (3m), 612 c/b, 622c • 101b or 401b • 201 c/b or 301c/b arms may be up or down for entry on 611a
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Shooting Stars C2

Dryland



Floor: 5 component routine • 102c to feet (standing or with approach) • 202c (Max 5 with a spot) • Front roll, front roll to handstand; back roll, back roll handstand (connected skills) • Choose 1: Back walk over, back handspring, front walk over, front handspring (on airtrack) • Press to handstand (kick to HS max 7). Bonus 1 point for back handstand press	Dryboard: • 102c/b (Hurdle) • 203c • 302/303 (Hurdle)	Trampoline: • 102b • 202b or 203C/B to flat (with mat) • Choose 1 twisting skill ○ Back drop, rotate to stomach, ½ t (Max 5) ○ Back ¾ layout to stomach, ½ twist (Max 5) ○ Back drop forward full twist to feet (Max 7) ○ Ball out (front ¾ sommie to back) full twist to feet (Max 7) ○ 5221d to seat or feet (full score out of 10) ○ 5122 to feet (Max 10)
Water		
1m: • 401A or B • 201 c/b • 5221d or 5122d or 5132d Arms allowed in T for 5221/5122 with no penalty	3m: • Double bouncing 101b or 103c or 103b • 301C or B • 5231d or 5132d, (403c if needed, Max 5)	Platform 3m or 5m: • 600, 611 (3m), 612 c/b, 622c • 403c/b (103c if needed Max 5) • 201c/b • 301c /b arms may be up or down for entry on 611a

Masters (Water Only)

Novice Masters (all Ages) 1M, 3M & Platform	Advanced Masters (All Ages) 1M, 3M & Platform
• 4 Skills • May compete dives, entries, & jumps • May repeat Dive #'s in a different position • Minimum 2 directions • No DD • Arms may be up or down for foot first entries	• 5 skills • May not compete entries/jumps • Must have different dive #'s • Minimum 3 directions • Fina DD's will apply • Arms must be down for foot first entries
Athletes will choose 3m or platform as the second event (not both)	

Draft Event Schedule

Flights & Sessions will be rearranged/combined based on registration numbers.

A final schedule will be sent to all participating clubs ASAP after the registration deadline.



If there are more than 18 athletes in any given age group & level, they will compete over two sessions.

Saturday Nov 29th

Session 1	Future Stars E1 & E2
Sign in (Lobby of TPASC)	7:30-7:55am
Warm up/Activation in Dryland	7:45-8:00am
Specific Warm up A Floor/Dryboard/Tramp	8:00-8:10am
Competition A Floor/Dryboard/Tramp	8:10-8:25am
Specific Warm up B	8:25-8:35am
Competition B	8:35-8:50am
Specific Warm up C	8:50-9:00 am
Competition C	9:00-9:15 am
Session 1 Transition to water	9:15-9:20 am
Specific Warm up A (1m/3m/platform)	9:20-9:30 am
Water Competition A (1m/3m/platform)	9:30-9:45 am
Specific Warm up B	9:45-9:55 am
Water Competition B	9:55-10:10 am
Specific Warm up C	10:10-10:20 am
Water Competition C	10:20-10:35
Awards to Follow	

Session 2	Future Stars D1 & C1
Sign in (Lobby of TPASC)	8:15-9:00 am
Warm up/ Activation ON DECK	8:45-9:15 am
Specific Warm up A Floor/Dryboard/Tramp	9:20-9:30 am
Competition A Floor/Dryboard/Tramp	9:30-9:45 am
Specific Warm up B	9:45-9:55 am
Competition B	9:55-10:10 am
Specific Warm up C	10:10-10:20 am
Competition C	10:20-10:35 am
Session 2 Transition to water	10:35-10:40 am
Specific Warm up A (1m/3m/platform)	10:40-10:50 am
Water Competition A (1m/3m/platform)	10:50-11:05 am
Specific Warm up B	11:05-11:15 am
Water Competition B	11:15-11:30 am
Specific Warm up C	11:30-11:40 am
Water Competition C	11:40-11:55am
Awards to Follow	

30-minute Lunch Break 11:55-12:25pm

Session 3	Future Stars D2 & C2
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Sign in (Lobby of TPASC)	11:15-12:00pm
Warm up/Activation in Dryland	11:50-12:20 pm
Specific Warm up A Floor/Dryboard/Tramp	12:25-12:35 pm
Competition A Floor/Dryboard/Tramp	12:35-12:50 pm
Specific Warm up B	12:50-1:00 pm
Competition B	1:00-1:15 pm
Specific Warm up C	1:15-1:25 pm
Competition C	1:25-1:40 pm
Session 3 Transition to Water	1:40-1:45 pm
Specific Warm up A (1m/3m/platform)	1:45-1:55 pm
Water Competition A (1m/3m/platform)	1:55-2:10 pm
Specific Warm up B	2:10-2:20 pm
Water Competition B	2:20-2:35 pm
Specific Warm up C	2:35-2:45 pm
Water Competition C	2:45-3:00
Awards to Follow	

Session 4	Shooting Stars D1 & D2
Sign in (Lobby of TPASC)	12:30-1:15pm
Activation/Warm up ON DECK	1:15-1:45 pm
Specific Warm up A Floor/Dryboard/Tramp	1:45-1:55 pm
Competition A Floor/Dryboard/Tramp	1:55-2:10 pm
Specific Warm up B	2:10-2:20 pm
Competition B	2:20-2:35 pm
Specific Warm up C	2:35-2:45 pm
Competition C	2:45-3:00 pm
Session 4 Transition to water	3:00-3:05 pm
Specific Warm up A (1m/3m/platform)	3:05-3:15 pm
Water Competition A (1m/3m/platform)	3:15-3:30 pm
Specific Warm up B	3:30-3:40 pm
Water Competition B	3:40-3:55 pm
Specific Warm up C	3:55-4:05 pm
Water Competition C	4:05-4:20 pm
Awards to Follow	

Session 5	Shooting Stars C1 & C2
Sign in (Lobby of TPASC)	1:45-2:30 pm
Warm up/ Activation ON DECK	2:30-3:00 pm
Specific Warm up A Floor/Dryboard/Tramp	3:05-3:15 pm
Competition A Floor/Dryboard/Tramp	3:15-3:30 pm
Specific Warm up B	3:30-3:40 pm
Competition B	3:40-3:55 pm
Specific Warm up C	3:55-4:05 pm



Competition C	4:05-4:20 pm
Session 5 Transition to Water	4:20-4:25 pm
Specific Warm up A (1m/3m/platform)	4:25-4:35 pm
Water Competition A (1m/3m/platform)	4:35-4:50 pm
Specific Warm up B	4:50-5:00 pm
Water Competition B	5:00-5:15 pm
Specific Warm up C	5:15-5:25 pm
Water Competition C	5:25-5:40 pm
Awards to Follow	

Please note: Sessions overlap between water and dryland. If a coach has athletes in adjacent sessions, they will need an assistant coach.

Sunday Nov 30th A, B, Open & Masters

7:30-8:00am	Open Dryland Training
8:00-9:00am	Open Training 1m/3m/Plat
9:00-10:00am	3m A/B/Sr Synchro 1m Masters Adv & Nov
10:00-10:25am	Masters 3m/Plat closed training (1m open training)
10:25-11:00 am	Masters 3m/Platform Advanced & Novice
11:00-11:30am	Team Event warm up
11:30-12:45 pm	Team Event

Awards to Follow (in Dryland if needed)

General Information

- There is no number board for C/D/E Events. Where there is a choice of skills, divers will circle the skill they will be doing on their dive sheets. Each flight will have a dedicated “flight director” to organize athletes, announce the skill the athlete is doing and communicate with judges
- Score keeper will announce diver and skill to be performed
- Divers may communicate with their coach for skill clarification
- Floor routines will be posted in the dryland center for reference.
- In dryland, divers complete all skills for an event in one turn.
- In water, divers compete in rounds.
- Awards will be given for 1st-final place in Dryland, 1m, 3m, Platform, and Overall categories for C/D/E events, 1st-6th for Masters and A/B events
- Events may run up to 60 minutes ahead of schedule. Please arrive before your registration window.
- No DD's in C/D/E events; easier skills have reduced maximum scores.
- Boys and girls will compete together.



- Athletes and Coaches must use lockers or on deck bleachers for personal items, no bags permitted in dryland room due to limited space.
- Divers wear swimsuits for dryland events. Shorts are optional but must end above the knee. Long hair should be tied back.
- Dryland viewing area is limited

Video Summary of Skills will be provided as soon as possible