



2026 Ontario Aspire Provincials

June 13 – 14, 2026



Meet Information

Dates: Saturday, June 13th – Sunday, June 14th 2026

Canada Games Aquatic Centre
1045 Wonderland Rd N,
London ON, N6G 2Y9

Equipment: 3 x 1m MaxiFlex Boards
2 x 3m MaxiFlex Boards
Tower Complex – 3m, 5m, 7.5m, 10m

Meet Manager: Kim O'Hara meetmanager@diveontario.com

Host Club Technical Director: Jorge Pupo Carballo j_pupocarballo@gmail.com

Registration Deadline: May 29th, 2026

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

Entries: Email registrations & dive sheets to meetmanager@diveontario.com

Late Registrations: \$60 late fee per diver for entries received after 11:59pm on
May 29, 2026

Fees: Registration Fee: \$55 per diver
Board Fees: \$45 per event
All registration fees are non-refundable.

Meal Plans: Optional meal plan (\$20 - 1 day / \$30 - both days) will be available.
Please indicate if you would like this on the [registration form](#). For
questions about the meal plan please contact
forestcitydivingclub@gmail.com

Awards: Medals will be awarded to the top 3 in each event
Ribbons will be presented to 4-6th place in each event

Hospitality: Breakfast and lunch will be provided to all coaches and officials

Payment: Payment can be made by cheque to Forest City Diving Club by
e-transfer to forestcitydivingclub@gmail.com

Schedule: A draft Schedule of events is included with this meet package
A Detailed timed schedule will be provided to all the clubs 3 days after
the registration deadline.
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.

Rules & Requirements

Rules:

All dive sheets are due June 6th, 2026 to posted start time of event using the Canadian Dive Sheet Generator – *Coach Edition*

https://www.integratedsports.net/diving/download/DS_CanCoach190.msi

- Please email the .html file to meetmanager@diveontario.com
- Example of html file:

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 (1 vs 2) on individual dive sheets.
- Dive sheets submitted after the submission deadline will be subject to a \$25 per sheet late fee
- No new dive sheets will be accepted within one hour of the posted start time of the event. Changes to the dive sheets must be submitted a minimum of 1 hour prior to events posted started time.
- Dive Ontario Aspire 1, Aspire 2 and Master Regulations will apply to all events.

<https://diveontario.com/wp-content/uploads/2026/05/Aspire-Technical-Regulations-V4-May-7-2026.pdf>

Age Requirements:

Age group by birth year	2026
Group A	2008, 2009, 2010
Group B	2011, 2012
Group C	2013, 2014
Group D	2015, 2016
Group E	2017 and later

Draft Schedule of Events

START	FINISH	Friday (June 12, 2026)
4:00pm	7:00pm	OPEN PRACTICE

START	FINISH	Saturday (June 13, 2026)		
8:00am	9:00am	OPEN PRACTICE (all Saturday events)		
9:00am	9:15am	OFFICIALS AND COACHES MEETING / OPENING CERAMONY		
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>
		CLOSED PRACTICE (Aspire II B 1M & Aspire II C 3M)		
		Boys & Girls Aspire II B		Boys & Girls Aspire II C
		CLOSED PRACTICE (Aspire I A & Aspire II A Tower & Masters 3M) ~~Awards - Aspire II B 1M & Aspire II C 3M~~		
			Aspire I A & Boys & Girls Aspire II A	Masters
		CLOSED PRACTICE (Aspire II D 1M & Aspire I D 3M) ~~AWARDS - Aspire I A & Aspire II A Tower & Masters 3M~~		
		Boys & Girls Aspire II D		Aspire I D
		CLOSED PRACTICE (Aspire I C 1M & Aspire I E & Aspire II E 3M) ~~AWARDS - Aspire II D 1M & Aspire I D 3M~~		
		Aspire I C		Aspire I E & Boys & Girls Aspire II E
		CLOSED PRACTICE (Aspire II C & Masters Tower & Aspire I B & Aspire II B 3M) ~~AWARDS - Aspire I C 1M & Aspire I E & Aspire II E 3M~~		
			Boys & Girls Aspire II C & Masters	Aspire I B & Boys & Girls Aspire II B
		CLOSED PRACTICE (Aspire I A & Aspire II A 1M) ~~AWARDS - Aspire II C & Masters Tower & Aspire I B & Aspire II B 3M~~		
		Aspire I A & Boys & Girls Aspire II A		
		~~AWARDS - Aspire I A & Aspire II A 1M~~		

START		FINISH		Sunday (June 14, 2026)	
8:00am	9:00am	OPEN PRACTICE (all Sunday events)			
9:00am	9:15am	OFFICIALS AND COACHES MEETING			
		<u>1M</u>	<u>TOWER</u>	<u>3M</u>	
		CLOSED PRACTICE (Aspire I E & Aspire II C Tower)			
			Aspire I E & Boys & Girls Aspire II E		
		CLOSED PRACTICE (Aspire I D 1M – Aspire I C 3M) <i>~~Awards Aspire I E & Aspire II C Tower~~</i>			
		Aspire I D		Aspire IC	
		CLOSED PRACTICE (Aspire I B & Aspire II B & Master Tower – Aspire II D 3M) <i>~~AWARDS – Aspire I D 1M & Aspire I C 3M~~</i>			
			Aspire I B & Boys & Girls Aspire II B & Masters	Boys & Girls Aspire II D	
		CLOSED PRACTICE (Aspire II C 1M – Aspire I A & Aspire II A 3M) <i>~~AWARDS – Aspire I B & Aspire II B & Master Tower & Aspire II D 3M~~</i>			
		Boys & Girls Aspire II C		Aspire I A & Boys & Girls Aspire II A	
		CLOSED PRACTICE (Aspire II D Tower) <i>~~AWARDS - Aspire II C 1M & Aspire I A & Aspire II A 3M~~</i>			
			Boys & Girls Aspire II D		
		CLOSED PRACTICE (Aspire I E & Aspire II E 1M – Aspire I C Tower) <i>~~AWARDS – Aspire II D Tower~~</i>			
		Aspire I E & Boys & Girls Aspire II E	Aspire I C		
		CLOSED PRACTICE (Aspire I D Tower) <i>~~AWARDS – Aspire I E & Aspire II E 1M & Aspire I C Tower~~</i>			
			Aspire I D		
		<i>~~AWARDS – Aspire I D Tower~~</i>			

Accommodations

1. Park Hotel London (242 Pall Mall Street).

- Book with the following link for a special rate starting at \$199/night with breakfast included for King or two-Queen suites.
- Guests can also call the hotel and ask for the Dive Ontario Provincials block.
- Cut off date is June 1 but rate is subject to availability at time of booking so reserving early is encouraged.
- <https://be.synxis.com/?arrive=2026-06-12&chain=10237&depart=2026-06-14&group=DIVEON2026 &hotel=1472>

2. Spencer Hotel and Conference Centre (551 Windermere Road)

- Only queen beds available. Two-Queen rooms are sold out.
- Rates are based on double occupancy.
- Parent has to be present at check-in
- Complimentary parking.
- Complimentary Wi-Fi.

□

Room Type	Occupancy	Room Rate (Room Only)		Room Rate (with breakfast)	
		Rooms	Rate per night	Rooms	Rate per night
Heritage Standard Room	Double	10	\$205.00	10	\$245.00

Book using this link:

<https://stay.spencerhotel.ca/book/dates-of-stay?domain=portal.travelclick.com&groupID=4914613>

- Click on the link and click “Go To Next Step”
- Make your selection for the check-in and checkout dates
- After making the selection, click on “Apply” at the bottom right of the screen.
- Select the room type by clicking “Select This Rate”
- Click “Go To Checkout” at the bottom right of the screen.
- Add your personal information and credit card details
- Click on “Book Now”

3. Residence Inn London Downtown (383 Colborne Street).

- These suites each have a kitchenette.
- Suite with One King Bed + Queen Sized Sofa Bed: \$175/night + tax
- Suite with 2 Beds + Queen Sized Sofa Bed: \$195/night + tax
- Rates include free breakfast buffet, parking, wifi.
- Email Brent Smith directly to book: bsmith@marriottresidenceinnlondon.com