The Toronto Diving Academy & Dive Ontario

Present

The 2026 Super Stars Challenge

November 21st 2026

Toronto Pan Am Sport Centre

A multi-level event for E, D, C, and 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.

DIVING PLONGEON CANADA

TORONTO DIVING ACADEMY

DIVE ONTARIO

Meet Information:

Date: Saturday Nov 21st, 2026

Location: Toronto Pan Am Sport Centre
875 Morningside Ave
Scarborough, ON, M1C 0C7

Technical Director: Terri Breen (terri@diving.ca)

Meet Managers: Kerri Commisso & Jessica Haluschak

Registration Deadline: Nov 8th, 2026. 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: Super Stars 2026 Registration Form

Entries: Email registrations to terri@diving.ca

Fees: Registration Fee: $60/diver
Entry Fee: $40/diver
Entry fee Includes:
Dryland & Water events for E/D/C athletes
1m & 3m or platform events for Masters athletes

Dive Sheets: **Due Nov 13th**
Where there is a choice in C/D/E events please email to terri@diving.ca
Masters: send to terri@diving.ca

Payment: **Team Payment** (not individual athletes please) to be made by e-transfer to joanne@diving.ca

Age Groups/Levels: For **2027** Competitive season (Age as of Dec 31st, **2027**)

Saturday Nov 29th:	
Aspire Stars E1, E2, D1, D2, C1, C2	**Provincial Stars** D1, D2, C1, C2

Divers in B1 for the 2027 season may compete as C2.

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.
- Divers may opt out of any skill or event as needed.

Skill requirements:

Aspire 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 • V-Hold 5 seconds	**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 100a • Armswing 200a • 101c (or 001b max 5) • 002a	**3m:** • 100a • 200a • 001c (100c for Max 5)	**Platform: 3m only** • 100c or b • 001b • 200a

Arms may be up or down for any foot first entry

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Aspire 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. Landing may be to feet or to seat, focus is on take off direction and air position)	**Trampoline:** • Straight jump, Pike jump, Tuck jump, ½ twist, Straight jump, finish with proper stop • 101c to stomach drop-pop to long plank (with mat) • 201c with arms swing to flat (with mat- if desired)
Water		
1m: • Double bouncing 100b • 200B • 101c or 401c • 201c (Or 002a for Max 5)	**3m:** • Hurdle 100c • 200c • 101c (001b Max 5) • 401c (001c Max 5)	**Platform: 3m or 5m** • 001b or 001c • 002a or 002c (or 200b max 5) • 101c or 401c or 201c

Arms may be up or down for any foot first entry

Aspire 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 plank • 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 pop to long plank (with mat) • 201c with arms swing to flat (with mat -if desired) • 102c to feet or seat (with mat if desired)
Water		
1m: • Double bouncing 100b • 101c • 401c • 201c or 301c (Or 002a/201a for Max 5)	**3m:** • Hurdle 100c • 200c • 101c (or 001b Max 5) • 401c (001c Max 5)	**Platform: 3m or 5m** • 001b or 001c • 002a or 002c (or 200a max 5) • 101c • 401c or 201c (or 100b max 5)

Arms may be up or down for any foot first entry

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DIVE ONTARIO

Provincial 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) • Standing 102c to seat (from box onto crash mat)	**Dryboard:** • Hurdle +102C (Arms up or armswing) • 201c • 301c (standing or hurdle)	**Trampoline:** • 101c to stomach drop with pop to long plank • 102c arms up double bounce • 201c to flat
Water		
1m: • Double bouncing 101c • 401c • 201c or 301c • 102b or 103c	**3m:** • 401c • 201c (or 002a/c for max 5) • 103c (or 101c for max 5)	**Platform 3m or 5m:** • 001b or 001c • 002a or 002c • 101c or 401c or 201c

Provincials Stars D2

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 handstand • Sitting Pike position closed (touching toes) for 3 seconds	**Dryboard:** • Hurdle +102C • 201c • 301c (standing or hurdle)	**Trampoline:** • 102c • 202c • Armswing jump, Cradle (back drop, ½ twist, back drop) finish with control jump

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		
Water		
1m: • Double Bouncing 101C/B • 103c • 301c or 202c	**3m:** • 201c • 401c • 103c (or 101c max 5)	**Platform 3m or 5m:** • 001c or 001b • 002a or 002c • 600, 611 (3m), 612 c/b • 401c/b or 201c **arms may be up or down for entry on 611a**

Provincial 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).	**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) ○ Ball out (front ¾ sommie to back) full twist to feet (Max 7) ○ 5122 to seat or feet (Max 10) ○ 5221d to seat or feet (Max 10
Water		
1m: • Double bouncing 103c/b • 301c • 102a or 202a or 5221d or 5122d **Arms allowed in T for102/202/5221/5122 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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Provincial Stars C2

Dryland		
Floor: 5 component routine • 102c to feet (standing or with approach) • 202c (may have spot with no penalty) • 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).	**Dryboard:** • Hurdle 102c/b • 203c • Hurdle 302/303 (301c for Max 5)	**Trampoline:** • 102b • 202b or 203C/B to flat (with mat) • Choose 1 twisting skill ○ Back drop, rotate to stomach, ½ t (Max 5) ○ Ball out (front ¾ sommie to back) full twist to feet (Max 7) ○ 5221d to seat or feet ○ 5122 to seat or feet
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, 5m or 7m:** • 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)	

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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.

Saturday Nov 21st, 2026

Session 1	**Aspire 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	**Aspire 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	

Masters Session	
Masters 1m	12:15 (warm up 11:55-12:15)
Masters 3m or Platform	20 minute warm up following 1m event
Awards to follow	

Session 3	Aspire Stars D2 & C2
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	Provincial 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	Provincial 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.

General Information

- There is no number board for C/D/E Events.
- 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
- 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