

NEPEAN OTTAWA DIVING CLUB ASPIRE INVITATIONAL

FEBRUARY 10TH, & 11TH, 2024

Nepean Ottawa Diving Club 613-228-9270

Ottawa's diving club since 1973

Summer camps, March Break camps, Learn to Dive, Junior Olympics, Adult classes



Hosted by



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Nepean Ottawa Diving Club Aspire Invitational

February 10th, & 11th, 2024

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 | Website: www.nodc.ca
- Technical Director:** Fernando Henderson (ottawadiving@rogers.com)
Meet Director: Melanie Baur (nodcexec@gmail.com)
- 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 at 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 27th, 2024** *** 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 31st, 2024**.
- Awards:** Medals for 1st, 2nd, and 3rd with Ribbons for 4th, 5th, and 6th.

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SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am Closed Practice 9:00am - 9:20am
Opening Ceremonies & Coaches Meeting: 9:20am - 9:30am

Saturday, February 10th, 2024

Time	1 Meter		Platform		3 Meter	
9:30	Event	Event	Event	Event	Event	Event
	1	Aspire II Girls C			2	Aspire II Girls D
			3,4,5,6	Aspire I Girls/Boys 3,4, A / B 5,6		
	7,8	Aspire II Girls 7/Boys 8 E			9	Aspire II Boys D
				Awards		
			10,11, 12,13	Aspire I Girls/Boys 10,11, D / 12, 13, C		
	14,15, 16,17	Aspire II Girls/Boys 14, 15 A / 16, 17, B			18	Aspire II Boys C
	19	Aspire I Girls C			20	Aspire I Boys C
				Awards		
			21	Aspire II Girls C		
	22	Aspire I Girls D			23	Aspire I Boys D
			24,25	Aspire II Girls 24 / Boys 25 E		
	26,27	Aspire I Girls 26A/27B			28,29	Aspire I Boys 28A/29B
				Awards		

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SCHEDULE OF EVENTS

Open Practice: 8:00am - 9:00am Closed Practice 9:00am - 9:20am
 Coaches Meeting: 9:20am - 9:30am

Sunday, February 11th, 2024

Time	1 Meter		Platform		3 Meter	
9:30	Event	Event	Event	Event	Event	Event
	30	Aspire II Girls D			31	Aspire II Girls C
			32,33, 34,35	Aspire II Girls/Boys 32,33A /34, 35, B		
	36,37	Aspire II Boys 36 C/ 37 D			38,39	Aspire II Girls38 /Boys39 E
			Awards			
	40	Aspire I Boys C			41	Aspire I Girls C
			42,43	Aspire II Girls42 /Boys43 D		
			44	Aspire II Boys C		
			Awards			
	45	Aspire I Boys D			46	Aspire I Girls D
			47 W, 48 M	Master Women, Men		
	49, 50	Aspire I Boys A/B			51, 52	Aspire I Girls 51A / 52B
	53 W, 54M	Master Women, Men			55,56,5 7, 58	Aspire II Girls/Boys 55,56,A/ 57,58,B
					59 W, 60 M	Master Women, Men
			Awards			

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 Rules- **Masters Events will only run if there are at least 3 participants**



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Rules:

1.1 ASPIRE II DIVE REQUIREMENTS

Requirements for Group E Boys and Girls – 1M		
Dive Order	Dive #	D.D.
1	1 Step hurdler 100 A	1.6
2	200 A	1.6
3-6	Choose 4	
	101C	1.6
	401C	1.6
	201C	1.6
	301C	1.6
	102C or 103C	1.6
	<p>* Hurdle may be performed with or without armswing * Back jump must be performed with armswing and arms must be up for entry • Max 4 ½ for arms down on entry (unsatisfactory dive) * Any hurdles must be maximum 1 step, "standard" hurdle (no "hop" hurdle allowed) • Max 4 ½ for hop hurdle (unsatisfactory dive) * In the "choose from" list, divers may choose 102c or 103c, not both.</p>	

Requirements for Group E – 3M

Dive Order	Dive #	D.D.
1	001B from fee	1.6
2	002A	1.6
3-6	Choose 4 of:	1.6
	101C	1.6
	401C	1.6
	201C	1.6
	301C	1.6
	103C	1.6

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	<ul style="list-style-type: none"> * Hurdle may be performed with or without armswing * Any hurdles must be max 1 step "standard" hurdle (NO Hop hurdle allowed) ● Max 4 ½ for hop hurdle (unsatisfactory dive) * 001B must be performed from feet, not seated. * 001B may be performed with arms in closed/entry position, or open position * 002A May be performed with arms down or Up. 	
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Requirements for Group E – Platform

Dive Order	Platform Level	Dive #	D.D.
1	3M or 5M	001C	1.6
2	3M or 5M	002C	1.6
3-4	Choose 2 of:		
	3M or 5M	101C	1.6
	3M or 5M	401C	1.6
	3M or 5M	201C	1.6
	3M or 5M	301C	1.6

Requirements for Aspire II Group D – 1M

Dive Order	Dive #	D.D.
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose 2 of:	
	201C or 301C (not repeated from above)	1.6
	102C or 103C	1.6
	202C	1.6
	302C	1.6
	402C	1.6
	<ul style="list-style-type: none"> * Hurdle may be performed with or without armswing * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed) ● Max 4 ½ for hop hurdle (unsatisfactory dive) * In the "choose from" list, divers may choose 102c or 103c, not both. * No dive number may be repeated. 	

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Requirements for Aspire II Group D – 3M

Dive Order	Dive #	D.D.
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	
4-5	Choose 2 of:	1.6
	201C or 301C (not repeated from above)	1.6
	103C	1.6
	203C	1.6
	303C	1.6
	403C	1.6
	* Hurdle may be performed with or without armswing * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed) • Max 4 ½ for hop hurdle (unsatisfactory dive) * In the "choose from" list, divers may choose 102c or 103c, not both. * No dive number may be repeated.	

Requirements for Aspire II Group D – Platform

Dive Order	Platform Level	Dive #	D.D.
1	3M or 5M	001C or B	1.6
2	3M or 5M	002C or A	1.6
3	3M or 5M	101C or B	1.6
4	3M or 5M	401C or B	1.6
5-6	Choose 2 of:		
	3M or 5M	201C	1.6
	3M or 5M	301C	1.6
	3M or 5M	103C	1.6
	5M	403C	1.6
	3M or 5M	600A	1.6
	3M	612C or B	1.6
	* 001B is front fall in pike – to be performed from feet (Not seated). * In the "choose from" list, divers may choose 600 or 612, not both.		

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Requirements for Aspire II Group C – 1M

Dive Order	Dive #	D.D.
1	101C or 101B or 103C	1.6
2	201C, or B or 301C, or B	1.6
3	401C or B	1.6
4-6	Choose from:	
	103C/B (not repeated from above) or 104C	Fina D.D.
	201C/B or 301C/B (Not repeated from above)	Fina D.D.
	203C	Fina D.D.
	402C or 403C	Fina D.D.
	5221D or 5122D	Fina D.D.
	* No dive # is to be repeated * In the "choose from" list, divers may choose 103 or 104, not both. * In the "choose from" list, divers may choose 402C or 403C, not both * In the "choose from" list, divers may choose 5122D or 5221D, not both.	

Requirements for Aspire II Group C – 3M

Dive Order	Dive #	D.D.
1	101C or 101B or 103C or 103B	1.6
2	201C or B or 301C or B	1.6
3	401C or B or A	
4-6	Choose 2 of:	1.6
	103C or 103B or 105C	Fina D.D.
	201C or B or 301C or B (Not repeated from above)	Fina D.D.
	203C	Fina D.D.
	303C	Fina D.D.
	403C or B	Fina D.D.
	5231D or 5132D	Fina D.D.
	* No dive # is to be repeated * In the "choose from" list, divers may choose 103 or 105, not both. * In the "choose from" list, divers may choose 5132D or 5231D, not both.	

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Requirements for Aspire II Group C – Platform

Dive Order	Platform Level	Dive #	D.D.
1	3M, 5M	001B (invitational only)	1.2
	3M* , 5M, 7.5M	101C or 101B	1.6
	5M, 7.5M	103C or 103B	1.6
2	3M* , 5M, 7.5M	401C or B	1.6
3	3M* , 5M, 7.5M	201C or 301C	1.6
4-6	Choose from:		
	3M* , 5M, 7.5M	103C or B (Cannot repeat from above)	Fina D.D.
	5M, 7.5M	105C or 105B	Fina D.D.
	3M* , 5M, 7.5M	201C or 301C (Cannot repeat from above)	Fina D.D.
	5M, 7.5M	203C or 203B	Fina D.D.
	5M, 7.5M	203C or 203B	Fina D.D.
	5M, 7.5M	303C	Fina D.D.
	5M, 7.5M	403C or 403B	Fina D.D.
	5M, 7.5M	5231D or 5132D	Fina D.D.
	5M, 7.5M	612C or 612B	Fina D.D.
	* 3M to be used only in invitational competitions. At Aspire Provincial championship no 3M is to be used. * 001B to be used only in Invitational competitions. * In the “choose from” list, divers may choose 103 or 105, not both. * In the “choose from list, divers may choose 5132D or 5231D, not both.		

Requirements for Aspire II Group B – 1M

Dive Order	Dive #	D.D.
1	101C or 101B or 103C or 103B	1.6
2	201C or B	1.6
3	301C or B	1.6
4	401C or B	1.6
5-7	Choose from:	
	101C or 103B (Not repeated from above); or 104C or 104B, or 105C	Fina D.D.
	202C or 203C	Fina D.D.
	302C or 303C	Fina D.D.
	402C or 403C	Fina D.D.
	5221D or 5122D	Fina D.D.

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	<ul style="list-style-type: none"> * No dive # is to be repeated * In the "choose" list, divers may only choose one of : 103, 104, 105. * In the "choose" list, divers may only choose 202 or 203, not both. * In the "choose" list, divers may only choose 302 or 303, not both. * In the "choose" list, divers may only choose 402 or 403, not both. * In the "choose" list, divers may only choose 5122 or 5221, not both. 	
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Requirements for Aspire II Group B – 3M

Dive Order	Dive #	D.D.
1	101C or 101B or 103C or 103B	1.6
2	201C or B	1.6
3	301C or B	1.6
4	401C or 401B, 403C or 403B	1.6
5-7	Choose from:	1.6
	103C or 103B (Not repeated from above), 105C or 105B	Fina D.D.
	203C or B	Fina D.D.
	302C or 303C or 303B	Fina D.D.
	403C or 403B, or 404C or 405C	Fina D.D.
	5132D, or 5231D or 5233D	Fina D.D.
	<ul style="list-style-type: none"> * No dive # is to be repeated * In the "choose" list, divers may only choose one of: 103, 105. * In the "choose" list, divers may only choose 302 or 303, not both. * In the "choose" list, divers may choose only 1 of 403 or 404, or 405. * In the "choose" list, divers may choose only 1 of 5132, 5231, or 5233. 	

Requirements for Aspire II Group B – Platform

Dive Order	Platform Level	Dive #	D.D.
1	5M, 7.5M	101C or 101B	1.6
	5M, 7.5M	103C or 103B	1.6
2	5M, 7.5M	201C or 201B	1.6
	5M, 7.5M	301C or 301B	1.6
3	5M, 7.5M	401C or 401B	1.6
	5M, 7.5M	403C or 403B	1.6
4-6	Choose from:		
	5M, 7.5M	103C or 103B (Cannot repeat from above), 105c or 105B	Fina D.D.

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5M, 7.5M	201C or 201B (Cannot repeat from above), 203C or 203B	Fina D.D.
5M, 7.5M	301C or 301B (Cannot repeat from above), or 303C	Fina D.D.
5M, 7.5M	403C or 403B (Cannot repeat from above), or 404C or 405C	Fina D.D.
5M, 7.5M	5231D or 5132D	Fina D.D.
5M, 7.5M	612C or 612B	Fina D.D.
<p>* No dive # is to be repeated. * In the "choose" from" list, divers may choose 103 or 105, not both. In the "choose" from" list, divers may choose 201 or 203, not both. * In the "choose from list, divers may choose 301 or 303, not both. * In the "choose from list, divers may choose only 1 of 403, 404, or 405. * In the "choose from list, divers may choose 5132D, or 5231D, not both.</p>		

Requirements for Aspire II Group A – 1M

Dive Order	Dive #	D.D.
1	101C or 101B or 103C or 103B	1.6
2	201C or B	1.6
3	301C or B	1.6
4	401C or B	1.6
5	5122D or 5132D, or 5124D 5221D or 5231D or 5223D	1.6
6-8	Choose from:	
	101C or 103B (Not repeated from above); or 104C or 104B, or 105C	Fina D.D.
	202C or 203C	Fina D.D.
	302C or 303C	Fina D.D.
	402C or 402B or 403C or 403B	Fina D.D.
	5221D or 5132D or 5124D 5221D or 5231D or 5223D (Not repeated from above).	Fina D.D.

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	<ul style="list-style-type: none"> * No dive # is to be repeated * In the "choose" list, divers may only choose only 1 of 103, 104, 105. * In the "choose" list, divers may only choose 202 or 203, not both. * In the "choose" list, divers may only choose 302 or 303, not both. * In the "choose" list, divers may only choose 402 or 403, not both. * In the "choose" list, divers may only choose only 1 of: 5122D, 5231D, 5124D, 5221D, 5231D, 5223D 	
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Requirements for Aspire II Group A – 3M

Dive Order	Dive #	D.D.
1	101C or 101B or 103C or 103B	1.6
2	201C or B	1.6
3	301C or B	1.6
4	401C or B	1.6
5-7	Choose from:	1.6
	103C or 103B (Not repeated from above), or 105C or 105B	Fina D.D.
	203C or 203B or 205C	Fina D.D.
	303C or 303B or 305C	Fina D.D.
	403C or 403B, or 404C or 405C	Fina D.D.
	5132D, or 5134D or 5231D or 5233D	Fina D.D.
	<ul style="list-style-type: none"> * No dive # is to be repeated * In the "choose" list, divers may only choose one of: 103, 105. * In the "choose" list, divers may only choose 203 or 205, not both. * In the "choose" list, divers may choose only 1 of 303 or 305, not both. * In the "choose" list, divers may choose only 1 of 403, 404, or 405 * In the "choose" list, divers may choose only 1 of 5132D, 5134D, 5231D, 5233D. 	

Requirements for Aspire II Group A – Platform

Dive Order	Platform Level	Dive #	D.D.
1	5M, 7.5M	101C or 101B	1.6
	5M, 7.5M	103C or 103B	1.6
2	5M, 7.5M	201C or 201B	1.6
	5M, 7.5M	301C or 301B	1.6
3	5M, 7.5M	401C or 401B	1.6
	5M, 7.5M	403C or 403B	1.6
4-6	Choose from:		

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5M, 7.5M	103C or 103B (Cannot repeat from above), 105c or 105B	Fina D.D.
5M, 7.5M	201C or 201B (Cannot repeat from above), 203C or 203B	Fina D.D.
5M, 7.5M	301C or 301B (Cannot repeat from above), or 303C	Fina D.D.
5M, 7.5M	403C or 403B (Cannot repeat from above), or 404C or 405C	Fina D.D.
5M, 7.5M	5231D or 5132D	Fina D.D.
5M, 7.5M	612C or 612B	Fina D.D.
<p>* No dive # is to be repeated. * In the "choose" from" list, divers may choose 103 or 105, not both. * In the "choose" from" list, divers may choose 201 or 203, not both. * In the "choose from list, divers may choose 301 or 303, not both. * In the "choose from list, divers may choose only 1 of 403, 404, or 405. * In the "choose from list, divers may choose 5132D, or 5231D, not both.</p>		

Aspire I (Formerly Tier III)

Requirements for Aspire I Group D – 1M

Dive Order	Dive #	D.D.
1	1 step hurdle 100A	1.6
2	200A	1.6
3	101C	1.6
4	401C	1.6
5-6	Choose 2 from:	
	201C	1.6
	201C	1.6
	301C	1.6
	102C or 103C	1.6

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	402C	1.6
	<ul style="list-style-type: none"> * Hurdle may be performed with or without armswing * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed) <ul style="list-style-type: none"> • Max 4 ½ for hop hurdle (unsatisfactory dive) * Back jump must be performed with armswing and arms must be up for entry <ul style="list-style-type: none"> • Max 4 ½ for hop hurdle (unsatisfactory dive) * In the "choose from" list, divers may choose 102 or 103, not both. 	

Aspire I (Formerly Tier III)

Requirements for Aspire I Group D – 3M

Dive Order	Dive #	D.D.
1	001B	1.6
2	002A	1.6
3	101C	1.6
4	401C	1.6
5-6	Choose 2 of:	1.6
	201C	1.6
	301C	1.6
	103C	1.6
	<ul style="list-style-type: none"> * Hurdle may be performed with or without armswing * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop hurdle allowed) <ul style="list-style-type: none"> • Max 4 ½ for hop hurdle (unsatisfactory dive) * 001B is front fall in pike, to be performed from feet. 	

Aspire I (Formerly Tier III)

Requirements for Aspire I Group D & C – Platform Combined:

Dive Order	Platform Level	Dive #	D.D.
1	3M or 5M	001C or B	1.6
2	3M or 5M	002C or A	1.6
3	3M or 5M	101C	1.6
4	3M or 5M	401C	1.6
	<ul style="list-style-type: none"> * 001B is front fall in pike – to be performed from feet (Not seated). 		



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Aspire I (Formerly Tier III) Requirements for Aspire I Group C – 1M

Dive Order	Dive #	D.D.
1	101C or B	1.6
2	201C or 301C	1.6
3	401C or B	1.6
4-5	Choose 2 of:	
	202C	1.6
	302C	1.6
	402C	1.6
	* No Dive # is to be repeated * In the "choose from" list, divers may choose 102 or 103, not both.	

Aspire I (Formerly Tier III) Requirements for Aspire I Group C – 3M

Dive Order	Dive #	D.D.
1	Hurdle 100A	1.6
2	002A	1.6
3	101C or 101B	1.6
4-5	Choose 2 of:	
	201C	1.6
	301C	1.6
	103C	1.6
	401C or 401B	1.6
	* No Dive # is to be repeated	

Aspire I (Formerly Tier III) Requirements for Aspire III Group C – Platform: See "Combined C & D" Aspire III Platform

Aspire I (Formerly Tier III) Requirements for Aspire I Group B – 1M (6 Dives)

Dive Order	Dive #	D.D.
1	103C & 101B	1.6
2	201C or 301C	1.6
3	401C or B	1.6
4-6	Choose from:	
	102C or 102B or 103C or 103B	1.6
	202C	1.6

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	302C	1.6
	402C	
	201C or 301c (Not repeated from above)	
	* No Dive # is to be repeated * In the "choose from" list, divers may choose 102 or 103, not both.	

Aspire I (Formerly Tier III)

Requirements for Aspire I Group B – 3M (5 Dives)

Dive Order	Dive #	D.D.
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose from:	
	103C or 103B	1.6
	203C	1.6
	303C	1.6
	403C	1.6
	201C or 301C (Not repeated from above)	1.6
	* No Dive # is to be repeated	

Aspire I (Formerly Tier III)

Requirements for Aspire I Group B & A – Platform Combined:

Dive Order	Platform Level	Dive #	D.D.
1	3M or 5M	001C or 001B	1.6
2	3M or 5M	002C or 002A	1.6
3	3M or 5M	101C or 101B	1.6
4-6	Choose from:		
	5M	103C	1.6
	3M or 5M	401C	1.6
	5M	403C	1.6
	3M or 5M	201C	1.6
	3M or 5M	301C	1.6
	5M	612C or 612B	1.6
	* 001B is front fall in pike – to be performed from feet (Not seated). * No dive # is to be repeated * In the "choose from" list, divers may choose 401 or 403, not both.		



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Aspire I (Formerly Tier III)

Requirements for Aspire I Group A – 1M

Dive Order	Dive #	D.D.
1	101C or 101B	1.6
2	201C or 201B or 301C or 301B	1.6
3	401C or B	1.6
4-6	Choose from:	
	102C or 102B or 103C or 103B	1.6
	201C or 201B or 301C or 301B	1.6
	302C or 303B	1.6
	402C or 402B or 403C 403B	
	5122D or 5221D	
	* No Dive # is to be repeated * In the "choose from" list, divers may choose 102 or 103, not both. * In the "choose from" list, divers may choose 302 or 303, not both * In the "choose from" list, divers may choose 402 or 403, not both * In the "choose from" list, divers may choose 5122 or 5221, not both	

Aspire I (Formerly Tier III)

Requirements for Aspire I Group A – 3M

Dive Order	Dive #	D.D.
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose from:	
	103C or 103B	1.6
	201C or 301C (Not repeated from above)	1.6
	203C	1.6
	302C	1.6
	403C	1.6
	* No Dive # is to be repeated * In the "choose from" list, divers may choose 201 or 203, not both.	

Aspire I (Formerly Tier III)

Requirements for Aspire I Group A & B Combined – Platform: See Above in B group section



Nepean Ottawa Diving Club Aspire

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1.1

1.2 MASTERS DIVE REQUIREMENTS

The age categories are 25 - 49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- a) All dives performed must have a different dive number
- b) No minimum number of groups need be represented (a competitive list may consist of all twisting dives).

Special rules for 50 & over:

- a) Dives performed from 10 meter must be foot-first dives.
- b) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

Age Category 25-49

	Men	Women
One meter	7 different dives	6 different dives
Three meter	7 different dives	6 different dives
Platform	6 different dives	6 different dives

Age Category 50 & over

	Men	Women
One meter	6 different dives	5 different dives
Three meter	6 different dives	5 different dives
Platform	5 different dives	5 different dives

For reference:

http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119



Nepean Ottawa Diving Club Aspire

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Hotel & Car Information

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

GROUP RESERVATION

Hotel: **Hampton Inn and Suites Ottawa Airport**
2869 Gibford Dr
Ottawa, ON K1V2L9
(Rooms reserved are Kings with pullout sofas)
\$169/night + tax
Includes free breakfast, free wifi, free parking
Call hotel directly (613-248-1113) and provide dates and block code NOD or
www.hampton.com – enter city and dates, click on “add special rate code” and enter NOD

Hotel: **Days Inn Ottawa Airport**
366 Hunt Club Road
Ottawa Ontario, K1V-1C1
(866)468-4442 | 613)739-7555 Ext 400
(613)739-7005-Fax
www.daysinnottawa.com
\$149.95+tax
2 Queen beds Includes mini-fridge, microwave, coffee maker, internet as well as continental breakfast
Ask for Jayne Ditz and reference that it is for the Nepean Ottawa Diving Club event



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Meet Entry Form

PLEASE SUBMIT BY January 27th, 2024

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

Club Name: _____

Coach's: _____

Number of competitors: _____ X \$55.00 = \$ _____

Number of events: _____ X \$45.00 = \$ _____

Athlete Meal Total (2 days): _____ X \$40.00 = \$ _____

Total Fees Owning: \$ _____

Please e-transfer payment to ottawadiving@rogers.com or make cheques payable to "Nepean Ottawa Diving Club"