

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



NODC.ca





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 1 st , 2 nd , and 3 rd with Ribbons for 4 th , 5 th , and 6 th .

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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	
	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

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Rules:

Aspire - Group E

Aspire E 1m – 6 Skills				Aspire E 3m – 6 Skills				Aspire E Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	Hurdle 100C	Hurdle with or without armswing Arms must be up for entry If arms are down for entry, max 4.5	1.0	1	Hurdle 100C	Hurdle with or without armswing Arms must be up for entry If arms are down for entry, max 4.5	1.0	1	100C	Standing, with or without armswing Arms must be up for entry If performed with an approach OR if arms are down for entry OR if performed with an approach and arms are down for entry, max 4.5	1.0
2	200A	Standing, with or without armswing Arms must be up for entry	1.0	2	200A	Standing, with or without armswing Arms must be up for entry	1.0	2	200A	Standing, with or without armswing Arms must be up for entry	1.0
3	001A or 001C or 001B	001A - arms up or to side 001C - seated, grabbing tuck 001B - standing	1.2 1.2 1.2	3	001A or 001C or 001B	001A - arms up or to side 001C - seated, grabbing tuck 001B - standing	1.2 1.2 1.2	3	001A or 001C or 001B	001A - arms up or to side 001C - has to start rotation in tuck position before kick-out 001B - standing	1.2 1.2 1.2
	002A or 002C	002A – Arms up or down	1.2 1.2		002A or 002C	002A - Arms up or down	1.2 1.2		002A or 002C	002A - Arms up or down	1.2 1.2
	101C		1.6		101C		1.6		101C		1.6
	201C		1.6		201C		1.6		201C		1.6
	301C	Diver may choose 102C or 103C, not both	1.6		301C		1.6		301C		1.6
	401C	102C arms must be down for entry	1.6		401C		1.6		401C		1.6
	102C or 103C		1.6		103C		1.6		103C		1.6
4		May not repeat dive #3 See dive 3 for divers and rules		4		May not repeat dive #3 See dive 3 for dives and rules		4		May not repeat dive #3 See dive 3 for dives and rules	
5		May not repeat dive #3 or #4 See dive 3 for divers and rules		5		May not repeat dive #3 or #4 See dive 3 for dives and rules		5		May not repeat dive #3 or #4 See dive 3 for dives and rules	
6		May not repeat dive #3, #4, or #5 See dive 3 for divers and rules		6		May not repeat dive #3, #4, or #5 See dive 3 for dives and rules		6		May not repeat dive #3, #4, or #5 See dive 3 for dives and rules	

Notes:

- **Hurdle may be performed with or without armswing**
- **Any hurdle must be maximum 1 step “standard” hurdle, no “hop” hurdle allowed**
 - **Max 4 ½ for hop hurdle (unsatisfactory dive)**
- **001 A and B may be performed with arms in closed/entry position or open position**
- **No Dive # may be repeated**

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Aspire II - Group D

Aspire II D 1m – 5 Skills				Aspire II D 3m – 5 Skills				Aspire II D Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C 101B		1.6	1	101C 101B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall pike – to be performed from feet	1.6
2	201C 301C		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C 401B		1.6	3	401C 401B		1.6	3	101C/B		1.6
4	201C or 301C 102C or 103C 202C 302C 402C	201C or 301C (not repeated from above) Divers may choose 102C or 103C, not both	1.6	4	201C or 301C 103C 203C 303C 403C	201C or 301C (not repeated from above)	1.6	4	401C/B		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	201C 301C 103C 402C or 403C 600A or 612C/B	Divers may choose 402C or 403C, not both. 402C may only be performed on the 3m platform Divers may choose 600 or 612, not both	1.6
								6		May not repeat dive #5 See dive 5 for dives and rules	1.6

Notes:

- Hurdle may be performed with or without armswing
- Any hurdle must be maximum 4 step “standard” hurdle, no “hop” hurdle allowed
 - Max 4 ½ for hop hurdle (unsatisfactory dive)

Nepean Ottawa Diving Club Aspire

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Aspire I - Group D

Aspire I D 1m – 6 Skills				Aspire I D 3m – 5 Skills				Aspire I D Platform – 4 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	1 step hurdle 100B	Hurdle may be performed with or without armswing and arms must be up for entry If arms are down for entry, max 4.5	1.6	1	Hurdle 100A	Hurdle may be performed with or without armswing and arms must be up for entry If arms are down for entry, max 4.5	1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	200A		1.6	2	002A	002A may be performed with arms up	1.6	2	002C/A		1.6
3	101C/B		1.6	3	101C		1.6	3	101C 201C 301C	401C	1.6
4	401C/B		1.6	4	103C 201C 301C 401C/B		1.6	4	101C 201C 301C 401C		1.6
5	201C 301C 102C or 103C 402C	Divers may choose 102 or 103, not both	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6				
6		May not repeat dive #5 See dive 5 for dives and rules	1.6								

Aspire II - Group C

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Aspire II C 1m – 6 Skills				Aspire II C 3m – 6 Skills				Aspire II C Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m (only in invitational) or 5m or 7.5m where facilities allow	DD
1	101C/B 103C		1.6	1	101C/B 103C/B		1.6	1	001B 101C/B 103C/B	3m platform and 001B to be used only in invitational competitions, not permitted at Aspire Provincial Championships	001b only DD 1.2 101/103 DD 1.6
2	201C/B 301C/B		1.6	2	201C/B 301C/B		1.6	2	401C/B		1.6
3	401C/B		1.6	3	401C/B/A		1.6	3	201C or 301C		1.6
4	103C/B or 104C 201C/B 301C/B 202 C/B 203C 402C or 403C 5221D or 5122D	103 not repeated from above. Diver may choose 103 or 104, not both. 201C/B or 301C/B (not repeated from above). Diver may choose 402C or 403C, not both Diver may choose 5122D or 5221D, not both	Fina D.D	4	103C/B or 105C 201C/B or 301C/B 203C 303C 403C/B 5231D or 5132D	103 not repeated from above Diver may choose 103 or 105, not both 201C/B or 301C/B (not repeated from above) Diver may choose 5132D or 5231D, not both	Fina D.D	4	103C/B or 105C/B 201C or 301C 203C/B 303C 403C/B 5231D or 5132D 612C/B	103 not repeated from above Divers may choose 103 or 105, not both 201C or 301C Not repeated from above Diver may choose 5132D or 5231D, not both	Fina D.D
5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D

Aspire I Group C

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Aspire I C 1m – 5 Skills				Aspire I C 3m – 6 Skills				Aspire I C Platform – 4 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	001B	001B is front fall in pike, to be performed from feet	1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike from feet (from standing)	1.6
2	201C or 301C		1.6	2	002A, C	002A may be performed with arms down or arms up 002C sitting	1.6	2	002C/A		1.6
3	401C/B		1.6	3	101C/B		1.6	3	101C 201C 301C 401C		1.6
4	102C or 201C or 301C 03C 202C 302C 402C	201C or 301C not repeated from above Divers may choose 102 or 103, not both	1.6	4	401C/B		1.6	4	101C 201C 301C 401C		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	103C 201C 301C		1.6				
				6		May not repeat dive #5 See dive 5 for dives and rules	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)
 - 002A may be performed with arms down or arms up
- No Dive # is to be repeated

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Aspire I Group B

Aspire I B 1m – 6 Skills				Aspire I B 3m – 5 Skills				Aspire I B Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	101C/B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	201C 301C		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C/B		1.6	3	401C/B		1.6	3	101C/B		1.6
4	102C/B or 103C/B 201C or 301C 202C 302C 402C	Divers may choose 102 or 103, not both 201C or 301C (not repeated from above)	1.6	4	103C/B 201C or 301C 203C 303C 403C	201C or 301C (not repeated from above)	1.6	4	103C 201C 301C 401C or 403C 612C/B	Divers may choose 401 or 403, not both	1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6

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Aspire II Group A

Aspire II A 1m – 8 Skills				Aspire II A 3m – 7 Skills				Aspire II A Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 5m or 7.5m	DD
1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6
2	201C/B		1.6	2	201C/B		1.6	2	201C/B 301C/B		1.6
3	301C/B		1.6	3	301C/B		1.6	3	401C/B 403C/B		1.6
4	401C/B		1.6	4	401C/B		1.6	4	103C/B or 105C/B	103C or 103B (not repeated from above). Divers may choose 103 or 105, not both	Final D.D.
5	5122D 5132D 5124D 5221D 5231D 5223D		1.6	5	103C/B or 105C/B 203C/B or 205C 303C/B or 305C 403C/B or 404C or 405C 5132D or 5134D or 5231D or 5233D	103C/B (not repeated from above) Divers may choose 103 or 105, not both Divers may choose 203 or 205, not both Divers may choose 303 or 305, not both Divers may choose only 1 of 403, 404, or 405 Divers may choose only 1 of 5132D, 5134D, 5231D, or 5233D	Final D.D.		201C/B or 203C/B 301C/B or 303C 403C/B or 404C or 405C 5231D or 5132D 612C/B	201C or 201B (not repeated from above). Divers may choose 201 or 203, not both 301C or 301B (not repeated from above). Divers may choose 301 or 303, not both 403C or 403B (not repeated from above). Divers may choose only 1 of 403, 404 or 405 Divers may choose 5132D or 5231D, not both	
6	103C/B or 104C/B or 105C 202C 203C 302C 303C 402C/B or 403C/B or 5122D 5132D 5124D 5221D 5231D 5223D	103C/B not repeated from above. Choose only 1 of 103, 104, 105 Divers may choose 202 or 203, not both Divers may choose 302 or 303, not both Divers may choose 402 or 403, not both Divers may choose only 1 twisting dive.	Final D.D.								
7		May not repeat dive #6 See dive 6 for dives and rules	Final D.D.	6		May not repeat dive #5 See dive 5 for dives and rules	Final D.D.	5		May not repeat dive #4 See dive 4 for dives and rules	Final D.D.
8		May not repeat dive #6 or #7 See dive 6 for dives and rules	Final D.D.	7		May not repeat dive #5 or #6 See dive 5 for dives and rules	Final D.D.	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Final D.D.

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Aspire I Group A

Aspire I A 1m – 6 Skills				Aspire I A 3m – 5 Skills				Aspire I A Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD
1	101C/B		1.6	1	101C/B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	201C/B 301C/B		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C/B		1.6	3	401C/B		1.6	3	101C/B		1.6
4	102C/B or 103C/B or 201C/B or 301C/B 302C or 303C 402C/B or 403C/B 5122D or 5221D	Divers may choose 102 or 103, not both 201C/B or 301C/B (not repeated from above). Divers may choose 302 or 303, not both Divers may choose 402 or 403, not both Divers may choose 5122D or 5221D, not both	Final D.D.	4	103C/B 201C or 301C 203C 302C 403C	201C or 301C (not repeated from above). Divers may choose 201 or 203, not both	Final D.D.	4	103C 403C 201C 301C 401C or 612C/B	Divers may choose 401 or 403, not both	1.6
5		May not repeat dive #4 See dive 4 for dives and rules	Final D.D.	5		May not repeat dive #4 See dive 4 for dives and rules	Final D.D.	5		May not repeat dive #4 See dive 4 for dives and rules	1.6
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Final D.D.					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6

Master Dive Requirements:

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

Across both categories:

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

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- (iii) 100, 200, 001, 002 are allowed in any position, on any board with a D.D. of 1.0.

Special rules for 50 & over:

- (i) Dives performed from 10 meter must be foot-first dives.
- (ii) 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



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

[illegible]



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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”