

2026 ALBERTA SUMMER PROVINCIAL CHAMPIONSHIPS

Junior and Senior National Qualification events

Provincial and Provincial Open (POP) events

May 15 - 17, 2026

Sanctioned by Diving Plongeon Canada and Alberta Diving

Host Club EDMONTON KINSMEN DIVING CLUB

Location Kinsmen Sports Center
9100 Walterdale Hill
Edmonton, Alberta
(780) 436-4249

Technical Director David Flewwelling; ekdc@telus.net

Eligibility All Diving Plongeon Canada (DPC), U.S. Diving and International Divers currently registered with their national association may attend.

Rules

1. Age of competitors will be determined by their age as of December 31, 2026
2. "Provincial level (P1)" C and D divers will compete along with "Provincial Open (POP)" competitors. Separate awards will be presented
3. Age Group dive requirements will run in accordance to the 2026 Junior National rules.
<https://diving.ca/wp-content/uploads/2026/01/DPC-2026-Junior-Dive-List-Rules-January-14-2026.pdf>
4. Group E divers may participate in the National Group D1 level as well
5. Dive sheet changes will be allowed up until one hour before the scheduled time of the event

Entry Fees

\$50.00 per event to a maximum of \$200.00 per diver
\$75.00 Registration fee (Registration fee, light breakfast, lunch & snacks for 3 days, and official's fee)

Entry Deadline

Entries must be received no later than **Friday April 24, 2026**
Entries can be sent by e-mail to: ekdc@telus.net

Scoring

We will be using Integrated sports system. We ask that all clubs prepare their athletes dive lists using the Dive Sheet Generator by downloading the most recent file at [Diving | Download](#).
Please submit them by email to ekdc@telus.net by Tuesday May 12th, 2026.

Awards

Awards where possible will be presented prior to the start of the following event.
Medals will be awarded to top 3 overall as well as top 3 Albertans.
Ribbons will be presented to 4th – 6th place. All E group participants will receive awards.

Hospitality

Food will be provided to the athletes, coaches and officials on competition days. This includes light breakfast items, lunch and snacks.

Training Times

Open training times will be made available as follows –
Thursday May 14th 12:45pm – 3:15pm (water 2:00pm – 3:15 pm)
5:00pm – 8:00pm (water 6:00pm – 8:00 pm)
Competition days 7:00am – 8:30am (water 7:30am – 8:30am, then closed for 1st event)

DIVE REQUIREMENTS AND RULES

Rules:

National Level

- Age of competitor is determined by the diver's age as of Dec. 31, 2026. Age Groups:
 - E - Divers born 2017 or later
 - D2/D1 - Divers born 2015/2016
 - C2/C1 - Divers born 2013/2014
 - B - Divers born 2011 or 2012
 - A - Divers born 2008 to 2010
 - Open - All Ages
- All events will be a straight final (no cuts).
- National age group events will run in accordance with current DPC Junior National rules. <https://diving.ca/wp-content/uploads/2026/01/DPC-2026-Junior-Dive-List-Rules-January-14-2026.pdf>
- Senior event divers must meet the minimum DD requirement (see below)
- No Synchronized Diving events are scheduled at this time.
- Dive sheet changes will be allowed up until 1 hour before the scheduled time for that event.
- 1-metre events will run on the north side of the pool. South 1 metre boards will be available for training during open and restricted training times.
- A revised schedule with updated times will be sent out a few days after the registration deadline.

Provincial and Provincial Open (POP) events

- We will be running Provincial (P1) events. Please see the dive requirements for "Provincial (P1) rules"
- The Provincial Open (POP) events are for Group C and Group D athletes to practice their Junior National "FINALS" lists. Please see the current Finals Lists dive requirements by clicking on the CDAG 2026 age group lists above.
- Entry fees will be the same for both Provincial and National level events.

Senior Rules

Number of optional dives

Minimum DD

Womens Open 1m	5 optional dives	10.0 Minimum
Womens Open 3m	5 optional dives	10.4 Minimum
Womens Open Platform	5 optional dives	10.2 Minimum
Mens Open 1m	6 optional dives	12.1 Minimum
Mens Open 3m	6 optional dives	12.6 Minimum
Mens Open Platform	6 optional dives	12.1 Minimum

Synchronized Diving Events

We won't be running any synchro events at this year's event

Junior Qualifying Competitions

- All sanctioned qualifiers must be monitored by a DPC assigned meet referee.
- There must be a minimum of 2 National level judges on each judging panel.
- Only divers using lists adhering to the junior national dive requirements will be eligible to compete in the qualification meets.

Hotel options – Below are some options if you wish to stay Downtown Edmonton or southside. Please use Expedia or your preferred hotel booking site for your best price

1. Double Tree by Hilton Edmonton Downtown
9576 Jasper Avenue NW
Edmonton, Alberta
(587) 525-1234
[DoubleTree by Hilton West Edmonton - Guest Reservations](#)

2. Delta Edmonton South Hotel & Conference Centre
4404 Gateway Blvd NW
Edmonton, Alberta
(780) 434-6415
<http://www.marriott.com/hotels/travel/yeges-delta-hotels-edmonton-south-conference-centre/>

3. Comfort Inn & Suites Downtown Edmonton
10425 100 Avenue NW
Edmonton, Alberta
(866) 246-5035
[Comfort Inn & Suites Downtown Edmonton - ReservationDesk.com](#)

4. Holiday Inn Express Edmonton Downtown by IHG
10010 – 104th Street
Edmonton, Alberta
(866) 246-5035
[Holiday Inn Express Edmonton Downtown by IHG - ReservationDesk.com](#)

5. Four Points by Sheraton Edmonton South
7230 Argyll Road NW
Edmonton, Alberta
(866) 246-5035
[Four Points by Sheraton Edmonton South - ReservationDesk.com](#)

Schedule - 2026 Alberta Summer Provincials

20/03/2026

Friday

<u>Start</u>	<u>Finish</u>	<u>1 Metre</u>	<u>3 Metre</u>	<u>Tower</u>
7:30 AM	8:25 AM	open practice	open practice	open practice
8:25 AM	8:55 AM	open practice	open practice	CLOSED practice
9:00 AM				Boys/Girls D1-D2
		CLOSED practice	CLOSED practice	open practice
		Boys/Girls B	Boys/Girls C1-C2	
		open practice	open practice	CLOSED practice
				Boys/Girls D P1/Pop
		CLOSED practice	CLOSED practice	open practice
		Boys/Girls A	Boys/Girls C P1/Pop	
		CLOSED practice	open practice	CLOSED practice
		Mix P1 A,B		Boys/Girls E
		CLOSED practice	open practice	open practice
		Mens/Womens		
		1/2 hr. open practice	1/2 hr. open practice	1/2 hr. open practice

Saturday

<u>Start</u>	<u>Finish</u>	<u>1 Metre</u>	<u>3 Metre</u>	<u>Tower</u>
7:30 AM	8:25 AM	open practice	open practice	open practice
8:25 AM	8:55 AM	CLOSED practice	CLOSED practice	open practice
9:00 AM		Boys/Girls D1-D2	Mix P1 A,B	
		open practice	open practice	CLOSED practice
				Boys/Girls C1-C2
		CLOSED practice	CLOSED practice	open practice
		Boys/Girls D P1/Pop	Boys/Girls B	
		CLOSED practice	CLOSED practice	open practice
		Boys/Girls E	Boys/Girls A	
		open practice	open practice	CLOSED practice
				Boys/Girls C P1/Pop
		open practice	CLOSED practice	open practice
			Mens/Womens	
		1/2 hr. open practice	1/2 hr. open practice	1/2 hr. open practice

Sunday

<u>Start</u>	<u>Finish</u>	<u>1 Metre</u>	<u>3 Metre</u>	<u>Tower</u>
7:30 AM	8:25 AM	open practice	open practice	open practice
8:25 AM	8:55 AM	open practice	CLOSED practice	open practice
9:00 AM			Boys/Girls D1-D2	
		CLOSED practice	open practice	CLOSED practice
		Boys/Girls C1-C2		Boys/Girls B
		open practice	CLOSED practice	open practice
			Boys/Girls D P1/Pop	
		CLOSED practice	open practice	CLOSED practice
		Boys/Girls C P1/Pop		Boys/Girls A
		open practice	CLOSED practice	CLOSED practice
			Boys/Girls E	Mix HD A,B P1 A,B
		open practice	open practice	CLOSED practice
				Mens/Womens

2026 Alberta Summer Provincials – Registration Form

Date: May 15 – 17, 2026				National Rules Indicate ie. D1, C2, A			Provincial rules/ Prov. Open rules Indicate P or PO			Entry Deadline: April 24, 2026				
	NAME	Age Group	M	F	Age Group			Age Group			Senior			Events
					1m	3m	Plt	1m	3m	Plt	1m	3m	Plt	
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														

Club _____

Coach _____

Address _____

Phone _____ E-mail _____

Direct any inquiries to:

Email: ekdc@telus.net

Number of Divers _____ x \$75.00 = \$ _____

Number of Events _____ x \$50.00 = \$ _____ (max of \$200 each diver)

TOTAL AMOUNT \$ _____

PROVINCIAL LEVEL

AGE GROUP RULES (PAG Rules)

PAG 1 FINA Rules of competition will apply in all age group competitions.

PAG 2 Age Categories

All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

PAG 3 Diving Events

PAG 3.1 Group A

PAG 3.1.1 Age: 16, 17, or 18 years on December 31st of the year of the competition.

PAG 3.1.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.0, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be covered. 5 metre, 7.5 metre and 10 metre platforms may be used.

PAG 3.2 Group B

PAG 3.2.1 Age: 14 or 15 years on December 31st of the year of the competition.

PAG 3.2.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.0, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. 5 metre, 7.5 metre and 10 metre platforms may be used.

PAG 3.3 Group C

PAG 3.3.1 Age: 12 or 13 years on December 31st of the year of the competition.

PAG 3.3.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.2, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. All five (5) groups must be covered.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 3 metre - 5 metre - 7.5 metre

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group. 3 metre, 5 metre and 7.5 metre platforms may be used, however a maximum of three (3) dives may be performed on the 3 metre platform. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0.

PAG 3.4 Group D

PAG 3.4.1 Age: 10 or 11 years and under on December 31st of the year of the competition.

PAG 3.4.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise six (6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise five (5) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.7, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 3 metre or 5 metre

This competition shall comprise five (5) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and two (2) dives without limit of degree of difficulty, each dive selected from a different group. 3 metre and/or the 5 metre platforms may be used. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0.

PAG 3.5 Group E

PAG 3.5.1 Age: 9 years and under on December 31st of the year of the competition.

PAG 3.5.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise of six (6) different dives; two (2) dives including 100A with a hurdle and 200A, and four (4) dives selected from three (3) groups. All dives shall have a degree of difficulty of 1.8.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise of six (6) different dives; three (3) dives including 100B with a hurdle, 001B, 002A, and three (3) dives selected from three (3) groups. All dives shall have a degree of difficulty of 1.9.

Girls' and Boys' Platform - 3 metre - 5 metre

This competition shall comprise of six (6) different dives; three (3) dives including 100B, 001B, 002A, and three (3) dives selected from two (2) groups. 3 metre and 5 meter platforms may be used. All dives shall have a degree of difficulty of 2.0.

PAG 3.6 Age group combined Synchronized Diving

PAG 3.6.1 Age: 18 years and under on December 31st of the year of the competition.

PAG 3.6.2 Competition Format

Girls' and Boys' Synchronised Diving - 3 metre

This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

PAG 3.7 Special Rules applying to all Provincial Level Events

PAG 3.7.1 Age: 18 years and under on December 31st of the year of the competition.

PAG 3.7.2 Twisting Dives

On all Boards twisting dives with less than a minimum of one (1) somersault (511X, 521X, 531X, 541X) shall have degree of difficulty of 1.0.

PAG 3.7.3 3 metre Platform Dives

Dives on 3m Platform are all worth 1.0

PAG 3.7.4 Group E Degree of Difficulty

The special rules for Degree of Difficulty listed in PAG 3.7.2 and 3.7.3. above do not apply to Group E events. Group E degree of difficulty assignments are 1.8 for all dives on 1m, 1.9 for all dives on 3m and 2.0 for all dives on Platform.

PROVINCIAL LEVEL RULES

		<i>Total # of Dives</i>	<i>Required Dives</i>	<i>Optional Dives</i>	<i>Minimum # of Groups Covered</i>	<i>Special Rules</i>
GROUP A BOYS & GIRLS	<i>1M</i>	9	5 (9.0 D.D. limit)	4	5	
	<i>3M</i>	9	5 (9.5 D.D. limit)	4	5	
	<i>Plt</i>	8	4 (7.6 D.D. limit)	4	5	10m, 7.5m, 5m plat may be used
GROUP B BOYS & GIRLS	<i>1M</i>	8	5 (9.0 D.D. limit)	3	5	
	<i>3M</i>	8	5 (9.5 D.D. limit)	3	5	
	<i>Plt</i>	7	4 (7.6 D.D. limit)	3	4	10m, 7.5m, 5m plat may be used
GROUP C BOYS & GIRLS	<i>1M</i>	7	4 (7.2 D.D. limit)	3	5	
	<i>3M</i>	7	4 (7.6 D.D. limit)	3	4	
	<i>Plt</i>	6	4 (7.6 D.D. limit)	2	4	-3m, 5m and 7.5m platform may be used -Max 3 dives from 3m platform
GROUP D BOYS & GIRLS	<i>1M</i>	6	3 (5.4 D.D. limit)	3	3	
	<i>3M</i>	5	3 (5.7 D.D. limit)	2	3	
	<i>Plt</i>	5	3 (5.4 D.D. limit)	2	3	3m and 5m platform may be used
GROUP E BOYS & GIRLS	<i>1M</i>	6	2, must use: 100A with hurdle 200A	4 (from 3 groups)	3	All dives 1.8
	<i>3M</i>	6	3, must use: 001B 002A 100B with hurdle	3 (from 3 groups)	3	All dives 1.9
	<i>Plt</i>	6	3, must use: 001B 002A 100B	3 (from 2 groups)	2	-All dives 2.0 -3m and 5m platform may be used
BOYS & GIRLS Synchronized Diving	<i>3M</i>	5	2 (each assigned a D.D. of 2.0)	3	4	
Special Rules Applied to All Events	<ol style="list-style-type: none"> 1. In all events, on all boards, twisting dives with less than a minimum of one (1) somersault (511X, 5211X, 5311X, 5411X) shall have degree of difficulty of 1.0. 2. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0. 3. The above D.D. special rules for degree of difficulty do not apply to E Group events. In Group E assigned D.D. is used for every dive: 1.8 on 1m, 1.9 on 3m and 2.0 on Platform. 					