

2026 speedo



JUNIOR ÉLITE
DIVING | PLONGEON
MONTREAL 2026

JUNIOR ELITE NATIONAL CHAMPIONSHIPS



Sara-Jade Tessier

Claude-Olivier Lisé-Coderre

JULY 2-5
MONTREAL

diving.ca/jrelite2026



GENERAL INFORMATION

The 2026 Speedo Junior Elite National Diving Championships are sanctioned by Diving Plongeon Canada and Plongeon Quebec, and hosted by Club de Plongeon CAMO.

Dates	July 2nd - 5th, 2026
Facility	Complexe Sportif Claude-Robillard 1000 Av. Émile-Journault, Montréal, QC, H2M 2E7 Website +1 (518)-872-6900
Host Club	CAMO Plongeon 1000 Av. Émile-Journault, Montréal, QC, H2M 2E7 info@camoplongeon.com +1 (514)-872-1838 Website
Competition Director	Sarah Mayer - smayer@diving.ca
Meet Manager	Neris Lopez - neris@diving.ca
Technical Chair	Tommy McLeod - tommy@diving.ca
Meet Referee	Carol McPherson

EQUIPMENT

- (5) one-metre Duraflex "B" boards
- (5) three-metre Duraflex "B" boards
- Freestanding concrete tower including 3m, 5m, 7.5m and 10m platforms all with a non-skid, rough-teck surface
- Full sprayer systems are located under all competition boards
- Dry-land training area with mats, trampoline and dryboard

FORMAT

- Boys and Girls
 - Group B (14 - 15) – Individual 1m, 3m and Platform
 - Group A (16 - 18) – Individual 1m, 3m and Platform
 - Preliminaries and Finals
 - Top ten (10) divers from the preliminaries advance to the Finals
- Mixed Team Event
 - Direct final

ENTRANCE CRITERIAS & RULES

Refer to Diving Plongeon Canada Rule Book, Addendums and most recent email communications for further information.

Canadian, Exhibition and Visitor Status Please refer to the [Age Group Competition Rules](#) (*Version from Jan, 2026*) for details regarding Canadian, Exhibition and Visitor status.

Qualification Standards & Dive Lists Requirements

Please refer here for the [2026 Age Group Dive List Requirements and Junior National Qualification Standards](#) – updated January 2026.

Qualified Divers List

The eligible athlete list will be available [HERE](#).
(on [diving.ca](#) > Resources > Athletes > Junior and Senior Qualified Athletes).

**Please verify that your athletes that should be qualified are on the list.
An updated list will be uploaded once all provincial qualifying competitions are over.**

Please contact events@diving.ca if some of your divers are missing from the list by providing the below information:

- Diver's Full Name, Club and Age Group
- Competition, Event and Scores where they met the standard

General Competition Rules The [DPC Competition Regulations](#) (available under Resources > Rule book) shall be the official rules for this event. Any decisions made at this championship by the Jury of Appeal shall be final. The DPC Appeal Rules are also available on our [website](#).

SELECTION

This championship will be the selection event for the 2026 World Aquatics Junior Diving Championships.

All selection criteria are available in the [Coaches Corner](#) and [Divers Corner](#)

MIXED TEAM EVENT

ENTRANCE CRITERIA

The Mixed Team Event competition consist of at least one (1) female and one (1) male diver but no more than four (4) divers. Whenever possible, teams should be composed exclusively of divers from the same club. However, a team may include divers from up to three different clubs if at least one of the following conditions is met:

- The club has three (3) or fewer divers registered for the competition.
- The club has no male or no female divers registered at the competition.
 - o In such cases, a club may invite divers from other clubs to complete its team.

A diver can only dive with one team.

A club can enter a maximum of two teams, but only one team per club is eligible to receive club banner points.

FORMAT & DIVE LISTS REQUIREMENTS

Two (2) dives shall be executed by the female competitor and two (2) dives by the male competitor.

Two (2) dives shall be executed by a mixed synchronised team of one male and one female diver.

- All six (6) dives must be a different dive number.
- Five (5) different groups need to be represented.
- AQUA D.D. will be used.

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In the Mixed Team Event the following rounds will be performed.

ROUND	DIVE	HEIGHT	GENDER
Round 1	Dive 1	3m springboard	Female
	Dive 2	3m springboard	Male
Round 2	Dive 3	3m springboard	Mixed Synchronised
Round 3	Dive 4	5, 7.5 or 10m platform	Female
	Dive 5	5, 7.5 or 10m platform	Male
Round 4	Dive 6	5m or 10m platform	Mixed Synchronised

MIXED TEAM EVENT

CLUB POINTS

Only one team per club is eligible to receive club points. Only the club's best ranked team may count for club points, however all teams are eligible for medals. Non-Canadians are eligible for club points and medals for this event.

Participants will not earn individual points for their performance in this event. Only club points will be awarded based on the team's final placement.

- If the team is composed of divers from multiple clubs, the points will be divided proportionally based on the number of athletes from each club.
 - o Examples:
 - 2 divers from Club A + 2 divers from Club B
→ Each club receives 50% of the points
 - 3 divers from Club A + 1 diver from Club B
→ Club A receives 75% of the points, Club B receives 25%
- Based on the table below, each diver's club receives their percentage share of the total points, which contribute toward the overall club championship standings.

PLACEMENT	POINTS
1ST	100
2ND	90
3RD	80
4TH	70
5TH	60
6TH	50
7TH	40
8TH	30
9TH	25
10TH	20
11TH	15
12TH	10
13TH	9
14TH	8
15TH	7
16TH	6
17TH	5
18TH	4
19TH	3
20TH	2
21ST +	1

RIP CONTEST RULES

Each club must submit their dive list including:

Preliminary round

- Each club will be represented by one diver
- Each diver will perform a dive from 7.5m or 10m
 - Must be a headfirst entry dive
- Top-6 divers will advance into finals, should there be a tie for 6th place, the additional diver(s) will advance.

Final round

- Top-6 divers from the preliminaries will advance to finals
- All divers will start with 0 points in finals
- The diver order will be determined by the preliminary results
 - Start list will be in reverse order
- Each diver will perform a dive from 7.5m or 10m
 - The dive must be a different dive than used in preliminaries.

There will be an award for the #1 ripper in the country!

In case of a Tie, there will be a dive-off.

COACH CERTIFICATION REQUIREMENTS FOR JUNIOR/SENIOR NATIONAL CHAMPIONSHIPS AND TRIALS EVENTS

Coach Certification Status	Pool and Dryland Coaching Access
Considered a 'Certified Responsible Coach': <ul style="list-style-type: none"> • Competition Introduction - DPC screened and certified coach • NCCP Level 2 Certified plus MED and DPC screened coach 	Permitted to coach at national championships/trials without restrictions.
Considered a 'coach-in-training': <ul style="list-style-type: none"> • Competition Introduction - DPC screened coach with a locker status of "In training" and completed MED or <ul style="list-style-type: none"> • A Competition Introduction - DPC screened coach with a "trained" status and completed MED training 	May apply for a one-time exemption to be able to attend a national event with a Certified Responsible Coach. The Certified Responsible Coach is required to be on pool deck and in dryland training with the coach-in-training during training/competition at all times.
Non-NCCP certified Instruction Beginner Pre-Diving levels	Not permitted to coach at a national championships/trials. No possibility of exemptions.

If a coach from your club does not meet the required standard for a Certified Responsible Coach and instead falls within the possibility of obtaining a one-time exemption as a coach-in-training, please fill in the declaration form, which you can [download HERE](#), and submit to Tracy Bradley (tracy@diving.ca) at least two weeks in advance to be considered for an exemption.

Failure to submit the form within the specified timeframe or attending a national championships or trials without a written exemption, will immediately disqualify the coach from being admitted as a coach-in-training on pool deck or within dryland areas.

The Certified Responsible Coach will need to provide direct supervision and take full responsibility for the actions of the coach-in-training while attending a national championships or trials, including, without limitation, in all diving-related activities on pool deck and in dryland training. The Certified Responsible Coach will be required to sign a release form declaring that they will take on the responsibility and assume liability for the coach-in-training at the event.

JUDGING

You can refer to the link **HERE** for the full judging requirements.
Please direct all judging questions and concerns to the meet referee.

MEETINGS

Parents Meeting	Wednesday, July 1st from 16:00 to 17:30 at the pool <i>Who should attend? ALL parents and coaches</i>
Technical Meeting	Wednesday, July 1st at 18:00 at the pool
Officials Meeting	Thursday, July 2nd at 08:30 at the pool

DOPING

Doping control procedures may be in place at the competition.

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Divers are responsible for bringing a photo ID (passport, school card), in case they get selected for doping control. A photocopy saved on their phone could be used. Divers are also responsible for any medication/supplement they are taking. Please check [GlobalDro](#) and follow the steps to verify if your medication is not allowed. If this is the case, please contact smayer@diving.ca to learn what needs to be done.

OTHER USEFUL RESOURCES

DPC website > Resources > Athletes > Anti-doping program

Canadian Centre for Ethics in Sport > Anti-doping > The Prohibited list

Canadian Centre for Ethics in Sport > Anti-doping > Medical Exemptions

Canadian Centre for Ethics in Sport toll free line at +1 (800) 672-7775

REGISTRATION

MUST BE SUBMITTED BEFORE JUNE 22ND

CLUB ATHLETE REGISTRATION FORM IS AVAILABLE [HERE](#).

Please contact events@diving.ca if you are having trouble with registration or need to make changes to your submitted form.

Note. Declaration of status Visitor and Exhibition must be made upon registration and could be penalized by the late entry fee if not declared in time.

PAYMENTS

MUST BE MADE BEFORE JUNE 22ND

Registration Fee	\$85.00 per diver
Entry Fee	\$85.00 per diver per individual event

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Entries and Payments received after the deadline will be assessed a \$250.00 late fee per diver payable to DPC (as per DPC rules).

Please submit ONLY one payment per Club for all athletes.

***No fees for the Mixed Team Event.**

Payment can be made by:

- E-transfer to joanne@diving.ca (if prompted please use "JRELITE" as the answer to the security question). Please enter club, athlete name(s) and event(s) in the description.
- Cheque payable to Diving Plongeon Canada (if payment is made by cheque, please send an email to Neris to notify her).

Please contact events@diving.ca for any question/concern regarding payments.

STATEMENT OF DIVES

ALL LISTS MUST BE SUBMITTED BEFORE 10AM ON JULY 1ST

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach edition, **version 18.1** or higher). Download the new version [HERE](#). **Please submit only ONE file per club.** Dive lists can also be submitted by each athlete via the online Dive Sheet Generator available [HERE](#).

If you are having issues submitting your dive lists, contact events@diving.ca.

RULE REMINDERS REGARDING STATEMENT OF DIVES FOR ALL CANADIAN NATIONAL EVENTS

Deadline for submission of statement of dives	The statement of dives shall be submitted no later than 24 hours before the posted start time of the first event of the competition. Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.
Deadline for dive list change before an individual preliminary event or straight synchro final	In individual preliminary events, no changes to the statement of dives shall be permitted within 1 hour of the posted start time of the event.
Deadline for dive list change after an individual preliminary event for the finals	In all semi-final or final competitions, the diver or the diver's representative may change the statement of dives before the commencement of any semi-final or final of the competition, provided the amended statement is lodged with the Competition Secretariat, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the previous submission.

Please refer to the rules on our website [HERE](#) for more details.

The diver and the diver's representative are responsible for the accuracy of the statement in the list.

Reminder. For Age Groups A and B, Coaches must **ONLY** submit a preliminary dive list.

If a diver qualifies for a Final, the dives without limit from their Preliminary list will automatically be transferred to their Finals list. If a diver wants to make a change to their dive list for finals, they have 30 minutes after the end of their preliminary event to make a change by-hand with the secretariat.

AWARDS & RECOGNITIONS

We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshaling/athlete presentations, towels are not permitted. A full outfit (including pants, shorts, or leggings) is strongly recommended. There will be athlete presentations for all finals right before the first dive of each event.

Awards to be given:

- Top three will receive medals.
- All finalists be recognized.
- Outstanding Canadian of each age group (male & female).
- National Championship Banner to club that accumulates the most points.
- Isabel Warren Award – Top compulsory divers in Boys and Girls Group B.
 - Eligibility for all awards can be found in **Section CDAG 4.4.2** of the Rulebook.

RESULTS & WEB BROADCAST

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The full results booklet will be available on www.diving.ca the week following the event. Diving Plongeon Canada will be providing live internet results and video throughout the competition. Live results and video can be accessed through www.diving.ca.



LIVE RESULTS
HERE



RESULTS BOOKLET
HERE
after the event

HOST HOTEL

Hotel Montreal Metropolitan, Choice Hotels

3400 Boul Cremazie E, Montreal, Quebec H2A 1A6

+1 (514) 750-2378

- Proximity to Complexe Sportif Claude-Robillard - ~4 km
- Proximity to Montréal-Pierre Elliott Trudeau International Airport - ~17 km
- Single - \$199 / night
- Double - \$199 / night
- Breakfast included
- Complimentary high speed wireless internet access in guest rooms and public areas
- Exterior Parking Included
- Booking Deadline - **May 29th, 2026**

[Booking Link](#)

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PROMOTION CODE OFFER FOR AIR CANADA TRAVELLERS

We are happy to inform you that Air Canada is offering special Discounts to Event delegates travelling to our event in Montreal!



AIR CANADA

You can go to aircanada.com and use the promo code **C68PTVJ1 to book your travel at a discounted rate.**

Discount Chart

10% Standard

15% Flex-Comfort-Latitude

10% Premium Economy Low -15% Premium Economy Flex

10% Business Class Low -15% Business Flex

Applicable Rules

- The booking is to be made to the following city: **Montreal, YUL (CA)**
- The travel period begins Tuesday, June 23, 2026 and ends Sunday, July 12, 2026.
- Travel is valid Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.
- In order to take advantage of the discounted fares, Eligible Passengers must book their flight at aircanada.com and enter the Promotion Code in the applicable box. If the Promotion Code is not entered or is entered incorrectly, the Discounts will not be applied to the booking. **The applicable Promotion Code must be recorded on the Eligible Passengers' s ticket by ticketing agencies/airlines.**

HOSPITALITY

Food for Coaches, Staff, Officials and Volunteers

Lunch, snacks, and beverages will be provided on competition days at the pool. Bring your own re-usable water bottle and coffee mug.

Food for Athletes and Parents

Athletes and Parents will be required to provide their own meals and snacks. Bring your own re-usable water bottle.

- See some nearby restaurants from the pool [HERE](#).
- See some nearby grocery stores from the pool [HERE](#).

BANQUET

Date	July 5th
Location	Hotel Montreal Metropolitan
Price	\$75.00
Theme	Intergalactic

Ticket Deadline payment June 22nd

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Tickets are available for coaches and athletes.

Individuals are asked to indicate the total number of banquet tickets they require on the **registration form**.

For any questions or additional ticket reservations, please email events@diving.ca by **June 22ND**. Payment **MUST** be sent before **JUNE 22ND**.

Payments can be made by e-transfer to joanne@diving.ca (if prompted please use "JRELITE" as the answer to the security question) Please do not forget to include club name, and number of tickets in the description.

MEDICAL SERVICES

First aid will be available at the competition venue during training and competition days for divers. Lifeguards will be onsite at the competition venue to provide first aid during training and competition. Ice will be available at the competition venue for the treatment of injuries.

CLOSEST HOSPITAL		WALK-IN CLINICS	
Hôpital Jean-Talon	1385 rue Jean-Talon Est +1 (514) 495-6767 Open 24hrs Website	Forcemedic Medical Clinic 1021 rue Jean-Talon Est, Bureau 200 +1 (514) 787-1818 Monday-Friday 7:30am - 8pm Website	
OTHER			
Hôpital Fleury	2180 rue Fleury Est +1 (514) 384-2200 Open 24hrs Website	Polyclinique du Coeur-de-l'île 529 rue Jarry E, bureau 201 +1 (514) 277-4111 Monday-Sunday 8am-8pm Website	



SCHEDULE

Monday June 29th	13:00 – 17:00	Open Training
Tuesday June 30th	08:00 – 17:00	Group Training
Wednesday July 1st	08:00 – 17:00	Group Training
Thursday July 2nd	08:00 – 08:55	Open Training
	08:55 – 09:25	Restricted Training
	Events start at 9:30	Boys B 3M Girls A 1M Girls B Platform RIP Contest / Opening ceremonies
Friday July 3rd	08:00 – 08:55	Open Training
	08:55 – 09:25	Restricted Training
	Events start at 9:30	Boys A 3M Boys B 1M Girls A Platform
Saturday July 4th	08:00 – 08:55	Open Training
	08:55 – 09:25	Restricted Training
	Events start at 9:30	Girls A 3M Girls B 1M Boys A Platform
Sunday July 5th	08:00 – 08:55	Open Training
	08:55 – 09:25	Restricted Training
	Events start at 9:30	Girls B 3M Boys A 1M Boys B Platform Mixed Team Event

*The schedule is subject to changes. A detailed schedule will be sent out once registration is received.

**Dryland is available one hour prior to posted pool times.

***Training groups will be published once registration is received 10 days prior to the event.

Note regarding Prelims

For events with more than 210 dives, the following will be followed for the preliminary part of the competition:

- The final list of registered competitors will have the normal random start list prepared
- This start list will be split into two equal parts – Preliminary A and Preliminary B
 - Where there is an uneven number of competitors, Preliminary A will have the extra competitor
- Preliminary A will go first followed 20 minutes later by Preliminary B
 - During the 20 minutes, divers in Preliminary B will be allowed on the boards
- At the end of Preliminary B, the scores of all divers from both preliminaries will be combined and the divers will be ranked. The ranking of the event will be published/posted.
- Should any diver(s) scratch after the start lists of Preliminary A and Preliminary B have been published, there will be no changes to the original make up of Preliminary A or Preliminary B. The scratched diver(s) will simply be removed from the affected preliminary.
- The same judges panel will be used for both Preliminaries.

SPORTITY | LIVE EVENT INFORMATION



The graphic features a purple and pink gradient background with a stylized city skyline at the top. It includes the Sportity logo, a call to action to download the app, a large password box containing 'Montreal2026', and download instructions for the App Store and Google Play with QR codes. The website 'www.sportity.com' is also listed.

 **Sportity**

For direct event information please download the Sportity app and insert this password:

Montreal2026

Sportity app is available in

Available on the **App Store** | Get it on **Google play**

www.sportity.com

 

Live information from the event is available via the Sportity App.

Please download the app and follow updates using the appropriate password provided by the organization.