



DIVING
PLONGEON
CANADA

PRESENTED BY:



2026 SUMMER NATIONAL CHAMPIONSHIPS

TORONTO

CHAMPIONNATS NATIONAUX D'ÉTÉ 2026



EMMITT REESOR >

< SARAH CARRUTHERS

MAY 22 - 24

TORONTO PAN AM SPORTS CENTRE

FOR TICKETS, PLEASE VISIT:
DIVING.CA/TORONTO2026

Canada



Destination
Markham

Ontario



GENERAL INFORMATION

The 2026 Summer Senior National Diving Championships are sanctioned by Diving Plongeon Canada and Dive Ontario, and hosted by the Toronto Diving Academy.

Dates	May 22nd - 24th , 2026
Facility	Toronto Pan Am Sports Centre 875 Morningside Ave, Toronto, ON M1C 0C7 +1 (416) 283-5222 Website
Host Club	Toronto Diving Academy #2037 - 875 Morningside Avenue, Toronto, ON M1C 0C7 +1 (647) 621-6810 Website
Competition Director	Sarah Mayer smayer@diving.ca
Meet Manager	Neris Lopez neris@diving.ca
Technical Chair	Andrée Pouliot-Deschamps andree@diving.ca
Meet Referee	Barb Bush

COMPETITION FORMAT

INDIVIDUAL EVENTS

- Events held at this championship will include individual (men and women) 1M springboard, 3M springboard, and platform.
- For all events, men will perform 6 dives and women will perform 5 dives as per Diving Canada rules.
- There will be a preliminary and a final.
- The top 8 divers from the prelims will advance to the final.
- For each segment of the competition, the divers score will start at "0" points.
- The following dives will not be permitted in lists at Senior National Championships:

3M and PLAT	101, 103, 201, 301, 401, 403, 5231D, 5331D, 5132D, 612B
1M	101, 103, 201, 301, 401, 102, 202, 302, 402, 5221, 5122, 5321

****They are only allowed in the exhibition events as described below.*

EXHIBITION EVENTS

Compulsory Showcase event - 3 meters and platform - exhibition

This exhibition event is for synchronized selection purposes. To be eligible for any international synchronized competition during the year, athletes must participate in the Compulsory Showcase event. The Summer Senior National Championships will also include these exhibition events.

- The Compulsory Showcase events (men and women) will include 3 meters and platform.
- Exhibition competition events are open to all, but participation is ONLY recommended for divers with synchronized diving potential.
- The format of the Compulsory Showcase will be as described below. Dive lists submitted on paper must follow this same dive order.

Women 3M	Women 10M	Men 3M	Men 10M
201B	201B	201B	201B 101B
301B	301B	301B	301B 401B
401B		401B	401B

2
Update
made on
May 18th by
Sportity

- These events will not be broadcasted.
- These events will not count toward the points calculation for the Senior National Summer Championships' best club banner.
- On platform, all dives must be performed from 10m.

SELECTION

This championship will be the selection event for some international opportunities. All selection criteria are available in the [Coaches Corner](#) and [Divers Corner](#)

ENTRANCE CRITERIA, SENIOR POINT STANDARDS & QUALIFICATION

Summer Senior National Championship Events

To enter an event at the 2026 SSN, a diver shall have qualified on the basis of one (1) or more of the following criteria.

- Members of the current senior national team are qualified to compete in all events.
- A diver placing in the top-8 in any given event in any of the senior national championships or special senior trials events during the current and previous diving season will be qualified for that event.
- Divers who have equaled or surpassed the current season's senior national qualification standard in any given event at any designated qualifying competition held during the eighteen (18) months prior to the scheduled first day of national competition will be qualified for that event.
 - Women = 230 points on 3M and/or platform and 210 points on 1M
 - Men = 330 points on 3M and/or platform and 310 points on 1M
- Divers placing in the top-2 at a provincial senior qualification competition in their OWN province will be qualified for that event.
- Canadian divers in the NCAA program that have not qualified under 1 to 4 above, must apply to Diving Plongeon Canada for qualification for the national championships. To be considered, the diver must have qualified for their university zones/division championships in the current year and must submit their dive sheets and scores to the Diving Plongeon Canada office. DPC's Technical Leadership will make a decision on the diver's qualification. Please submit requests to andree@diving.ca and events@diving.ca.

3

The qualified athlete list will be made available [HERE](#).

(on diving.ca > Resources > Athletes > Junior and Senior Qualified Athletes).

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

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 • 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 (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.

REGISTRATION

MUST BE SUBMITTED BEFORE MAY 12TH

Club 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 MAY 12TH

Registration Fee	\$85.00 per diver
Entry Fee	\$85.00 per diver per individual event ***no fees for exhibition events***

5

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

Payment can be made individually or per club by:

- E-transfer to joanne@diving.ca (if prompted please use "SSN" 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 events@diving.ca to notify us).

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

REFUND REQUESTS

CDS 4.1.3.6 Requests for Refund of Entry Fees

STATEMENT OF DIVES

MUST BE SUBMITTED BEFORE 10AM ON MAY 21ST

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach or Diver edition, **version 18** or higher). Download the new version [HERE](#). A computer will also be set up on the pool deck on training days to fill out dive sheets.

For the exhibition events, dive sheets will submitted by hand on the pool deck.

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.

6

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.

MEETINGS

Athletes Meeting	Thursday, May 21st at 18:00 at the pool
Technical Meeting	Thursday, May 21st at 19:00 at the pool
Officials Meeting	Friday, May 22nd at 08:00 at the pool

RULES

The **DPC Competition Regulations** (also 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 Competition Regulations and DPC Appeal Rules are also available on our [website](#).

For club points and senior qualification scores, diver scores and rankings used will be based on 1st to 8th in the finals.

Non-Canadians and divers with other sports nationalities are eligible to compete in finals but cannot displace Canadian citizens.

JUDGING

Level 4 and 5 judges have been assigned to judge at the event. Local judges may be present on deck to shadow judge and observe. Event Referees will wear red tops and use electronic whistles. All judges will be required to wear white tops, black bottoms, and dark shoes. For finals long black pants are mandatory.

7

Please direct all judging questions and concerns to the meet referee.

RESULTS & WEB BROADCAST

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 and a web broadcast will be available through www.CBCsports.ca. Exhibition events will not be broadcasted.



WEB BROADCAST
HERE



LIVE RESULTS
HERE



RESULTS BOOKLET
HERE
after the event

AWARDS & MEDALS

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 individual final events just before the first dive of each event.
- There will be no athlete presentations for exhibition events (Compulsory Showcase)

Awards to be given:

- Top-3 overall in individual events
- National championship banner (based on club points listed in the [rules](#))
- Beverly Boys Award
 - The criteria for the Bev Boys Award combines the results of both WSN and SSN each year. The award will be presented at the SSN.
- There will be no medals for the exhibition events.

DOPING CONTROL

Doping control procedures may be in place at the competition.

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

HOST HOTEL

TownPlace Suites by Marriott Toronto Northeast / Markham

7095 Woodbine Ave, Markham, ON, L3R 1A3

+1 905-752-0446

- Proximity to Toronto Pan Am Sports Centre - ~18 km
- Proximity to Toronto Pearson International Airport - ~37km
- Studio, 1 King, Sofa bed - \$199 / night
- Studio, 2 Queen - \$199 / night
- Breakfast included
- Complimentary basic wireless internet access in guest rooms
- Parking - available at \$5.00 per vehicle (37.5% Discount on Marriott rates)
- Booking Deadline - **April 20th, 2026**

Name of event: Diving Plongeon Canada - Summer Senior National Diving Championships

Group Code: **DPODPOA**

[Booking Link](#)

PROMOTION CODE OFFER FOR AIR CANADA TRAVELLERS

9

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

You can go to aircanada.com and use the promo code **CB8FAK41 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 discount is applicable on the following routes:

From - To
ALL INTERNATIONAL - Toronto All Airports (YTZ,YYZ) (ON)
ALL USA - Toronto All Airports (YTZ,YYZ) (ON)
ALL SUN - Toronto All Airports (YTZ,YYZ) (ON)
ALL CANADA - Toronto All Airports (YTZ,YYZ) (ON)

- The travel period begins Tuesday, May 12, 2026 and ends Sunday, May 31, 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

Breakfast is included at the host hotel for people staying there.

Lunch and beverages will be provided on competition days at the pool.

Bring your own re-usable water bottle and coffee mug.

Food for Athletes

Breakfast is included at the host hotel for people staying there.

Athletes 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](#).
 - Tim Hortons, Subway, Popeyes, Kelsey's and Swiss Chalet are near the pool.
- See some nearby grocery stores from the pool [HERE](#).

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	
Scarborough Rouge Hospital - Emergency Room	2867 Ellesmere Rd Scarborough, ON, M1E 4B9 +1 (416) 284-8131 Open 24hrs	Maple Walk-in Clinic and Family Practice 1051 Markham Rd Scarborough, ON, M1H 2Y5 +1 (647) 697 1000 Monday - Sunday : 10am-5pm	Website
	Website		
OTHER HOSPITAL			
Scarborough Health Network - General Hospital	3050 Lawrence Ave E Scarborough, ON, M1P 2V5 +1 (416) 438-2911 Open 24 hours	Seena Health Centre 857 Milner Ave Scarborough, ON, M1B 5N6 +1 (416) 284 - 7575 Tuesday, Wednesday, Friday: 9am - 4pm	Website
	Website		

SCHEDULE

Monday May 18th	13:00 – 15:00	Open Training
Tuesday May 19th	09:00 – 12:00 14:00 – 18:00	Open Training
Wednesday May 20th	09:00 – 12:00 14:00 – 18:00	Open Training
Thursday May 21st	09:00 – 12:00 14:00 – 18:00	Open Training
Friday May 22nd	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	Women – 1m – Prelim Men – 3m – Prelim <small>Women + Men - 10m - Compulsory Showcase*</small> Women – 1m – Final Men – 3m – Final
Saturday May 23rd	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	Men – 1m – Prelim Women – 10m – Prelim <small>Women + Men - 3m - Compulsory Showcase*</small> Men – 1m – Final Women – 10m – Final
Sunday May 24th	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	Women – 3m – Prelim Men – 10m – Prelim Women – 3m – Final Men – 10m – Final

*These are exhibitions events.

**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. On May 18th, dryland will be available two hours prior and will run from 11:00 AM to 3:00 PM.

SPORTITY | LIVE EVENT INFORMATION



The graphic features a purple and pink abstract background. In the top left is the Sportity logo, a blue square with a white stylized 'S'. To its right is the word 'Sportity' in a white, italicized, sans-serif font. Below this, the text 'For direct event information please download the app and insert this password:' is written in white. A large white rounded rectangle in the center contains the text 'Toronto2026' in a bold, black, sans-serif font. Below this, the text 'Sportity app is available in' is written in white. To the right of this text are two app store logos: 'Available on the App Store' and 'Get it on Google play'. Below each logo is a QR code. In the bottom left corner of the graphic, the website 'www.sportity.com' is written in white.

All updates regarding the competition will be published on Sportity.