



JUNIOR DEV
DIVING | PLONGEON
REGINA 2026

PRESENTED BY



2026 *speedo*
JUNIOR
DEVELOPMENT
NATIONAL
CHAMPIONSHIPS

Arie McNaughton



Wynn Mitchell



JULY 16-19
REGINA

diving.ca/jrdev2026



GENERAL INFORMATION

The 2026 Speedo Junior Development National Championships are sanctioned by Diving Plongeon Canada and Dive Sask, and hosted by the Regina Diving Club.

| | |
|-----------------------------|---|
| Dates | July 16th to 19th, 2026 |
| Facility | Lawson Aquatic Center 1717 Elphinstone St, Regina, SK S4T 3N2 Website |
| Host Club | Regina Diving Club 3015 13 th Ave St, Regina, SL S4T 1P0 Website |
| Competition Director | Sarah Mayer- smayer@diving.ca |
| Meet Manager | Neris Lopez- neris@diving.ca |
| Technical Chair | Tommy McLeod- tommy@diving.ca |
| Meet Referee | BJ Shields |

EQUIPMENT

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

FORMAT

- Boys and Girls
 - Group D (11 and under) – Individual 1m, 3m and Platform
 - Prelim - Group D1 and D2
 - Final - Group D
 - Ten (10) divers from the preliminaries advance to the finals. Please see the Age Group Competition Rules for more details.
 - Group C (12 and 13) – Individual 1m, 3m and Platform
 - Prelim - Group C1 and C2
 - Final - Group C
 - Ten (10) divers from the preliminaries advance to the finals. Please see the Age Group Competition Rules for more details.
- Mixed Team Event - Direct final
- Handstand Event - Special development event

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 June, 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](#).

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.
- The club does not have a diver in category D registered in the meet
 - Thus, a club can seek an athlete from another club in order to meet the needs of 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

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- The team will perform a total of 6 dives.
 - All six (6) dives must be a different dive number.
 - Four (4) different groups need to be represented.
 - In the four (4) compulsories;
 - All four 4 dives must be a different dive number.
 - First 2 dives: Individual dives, max D.D. 2.1
 - 3rd and 6th dive: Synchro dives, D.D. set at 2.0
 - Dives #4 and #5 are optionals;
 - Must be a different dive number and dive group.
- AQUA D.D. will be used (except for synchro).
- Only the 3m springboard, 5m and 7.5m will be used.
- The two synchro dives must be from 3m springboard (5m and 7.5m aren't wide enough to perform a synchro dive).
- Synchro dives can be done by the same gender or mixed.

| | | |
|----------------|---------------------------------|-------------------|
| Dive #1 | Compulsory: 3m individual | AQUA D.D. max 2.1 |
| Dive #2 | Compulsory: platform individual | AQUA D.D. max 2.1 |
| Dive #3 | Compulsory: 3m synchro | D.D. 2.0 |
| Dive #4 | Optional: 3m individual | AQUA D.D. |
| Dive #5 | Optional: platform individual | AQUA D.D. |
| Dive #6 | Compulsory: 3m synchro | D.D. 2.0 |

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 |

HANDSTAND EVENT

FORMAT & SKILLS REQUIREMENTS

Description videos are available here: [ENGLISH VERSION](#) & [FRENCH VERSION](#)

There will be a top individual recognition.

The handstand event will be included in the Club banner point calculations.

Handstand 1.

Headstand routine;

1. Tuck balance with head and hands in tripod (triangle alignment) hold 3 secs
2. Extend to straight balance – hold 3 secs
3. Return with control to tuck balance – hold 3 secs
4. Extend legs lateral opening of hips to straddle hold – hold 3 secs
5. Elevate legs smooth control to straight balance – hold 3 secs
6. Return with control to straddle balance – hold 3 secs
7. Lower with control to the floor toes first

Scoring – 10 points – Each phase is 1 point = 7 points. 3 additional points for overall impression quality.

Handstand 2.

Handstand hold with single leg lift away from wall to balance hold – max 10 secs (see video);

1. Perform handstand one leg elevate, one foot in contact with wall legs 90degrees.
2. Slowly lift wall foot to handstand with counter balance elevated leg
3. Maintain handstand 10 seconds.
4. Return leg with control to the wall

Scoring – 10 points – Handstand alignment (posture) plus control from and return to the wall = 5 points. For every second held score = 0.5 points max 5 points for 10 seconds.

Handstand 3.

Lever handstand optional either tuck, straddle, or pike lever handstand with balance hold – max 10 secs (see video);

1. Performed aligned start position – shoulders / hips over contact (hands) for either tuck, straddle, or pike
2. Lift feet from floor with control (no jump)
3. Smooth elevation of feet into either straddle with wide legs, pike with straight legs, or compact tuck ball to ½ balance
4. Continue to either lift legs laterally, lift legs straight and together, or extend legs from tuck ball while maintaining chest compression and open shoulders. Back to remain flat throughout the lift phase.
5. Maintain balance for 10secs
6. Return feet to floor with controlled smooth lower.

Scoring – 10 points – Control of handstand to balance and return – smooth with good posture 5 points / 10 seconds hold 0.5 point increments for each second handstand held – max point points.

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Note – If the diver pushes from the floor (hop or jump) zero points for control 0/5. Diver can still score points for balance time.

CLUB POINTS

Club points will be awarded for the handstand events based on the table below.

| RANKING | POINTS |
|---------|--------|
| 1ST | 50 |
| 2ND | 45 |
| 3RD | 40 |
| 4TH | 35 |
| 5TH | 30 |
| 6TH | 25 |
| 7TH | 20 |
| 8TH | 15 |
| 9TH | 10 |
| 10TH | 5 |

RIP CONTEST RULES

Each club must register and submit one dive sheet, including the preliminary dive as Dive #1 and the final dive as Dive #2, by the same prescribed deadline as the rest of the statement of dives' submission.

Preliminary round

- Each club will be represented by one diver
- Each diver will perform a dive from 5m or 7.5m
 - Must be a headfirst entry dive
 - D.D. 2.0
- Top-6 divers will advance to 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 point in finals
- The dive order will be determined by the preliminary results
 - Start list will be in reverse order
- Each diver will perform a dive from 5m or 7.5m
 - The dive must be a different dive than used in preliminaries.
 - D.D. 2.0

There will be a prize 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 |
|--|--|
| <p>Considered a 'Certified Responsible Coach':</p> <ul style="list-style-type: none"> • Competition Introduction - DPC screened and certified coach • NCCP Level 2 Certified plus MED and DPC screened coach | <p>Permitted to coach at national championships/trials without restrictions.</p> |
| <p>Considered a 'coach-in-training':</p> <ul style="list-style-type: none"> • Competition Introduction - DPC screened coach with a locker status of "In training" and completed MED <p>or</p> <ul style="list-style-type: none"> • A Competition Introduction - DPC screened coach with a "trained" status and completed MED training | <p>May apply for a one-time exemption to be able to attend a national event with a Certified Responsible Coach.</p> <p>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.</p> |
| <p>Non-NCCP certified Instruction Beginner Pre-Diving levels</p> | <p>Not permitted to coach at a national championships/trials.</p> <p>No possibility of exemptions.</p> |

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 15th from 16:00 to 17:00 at the pool <i>Who should attend? ALL parents and coaches</i> |
| Technical Meeting | Wednesday, July 15th at 18:00 at the pool |
| Officials Meeting | Thursday, July 16th at 08:00 at the pool |

DOPING

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.

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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 JULY 6TH

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 JULY 6TH

| | |
|------------------|--|
| 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.

Payment can be made by:

- E-transfer to joanne@diving.ca (if prompted please use "JRDEV" 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 9:30AM ON JULY 15TH

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach edition, **version 19.1** 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 C and D, Coaches must submit BOTH a preliminary AND a final dive list.

Preliminary dive lists must be submitted by selecting D1, D2, C1 or C2 as the diver's age group in the Dive Sheet Generator. Final dive lists must be submitted by selecting D or C as the diver's age group in the Dive Sheet Generator. To do so, you will need to "ADD" the same diver twice. In example, Sarah Mayer – Age group D1 (to enter her lists for Prelims) and Sarah Mayer – Age group D (to enter her lists for Finals). If a diver qualifies for a Final, dive list submitted for C and D will be used. If a diver wants to make a change to their dive list for finals, they have 30 minutes after the end of their preliminary from C1-C2-D1-D2 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 for individual and mixed team event 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.
- 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



DIVING
PLONGEON
CANADA

RESULTS BOOKLET
HERE
after the event

HOST HOTEL

DoubleTree by Hilton Hotel & Conference Centre Regina

1975 Broad Street, Regina, SK S4P 1Y2

+1 306-525-6767

- Proximity to Lawson Aquatic Centre - ~2.4 km
- Proximity to Regina International Airport - ~4.5 km
- 1 King bed - \$119 / night + tax
- 2 Queen beds - \$119 / night + tax
- Breakfast included
- Complimentary basic wireless internet access in guest rooms
- Parking - \$20 / day or \$3.15 / hour
- Booking Deadline - **June 30th, 2026**

Name of event: 2026 Speedo Junior Development National Diving Championships

Reference Code: 90S

Booking by phone: Call the hotel directly at: +1 306 - 525 - 6767 and press option #2

[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 Regina!



You can go to aircanada.com and use the promo code CNYFTEK1 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: **Regina, YQR (CA)**
- The travel period begins Tuesday, July 07, 2026 and ends Sunday, July 26, 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

Lunches will be available for pre-purchase for athletes and families from Thursday through Sunday during Nationals. Quantities are limited and lunches are able to be reserved while supplies last.

Each lunch meal is \$15.00.

Menu will consist of a variety of baked goods, fruit, vegetables, sandwiches, taco in a bag, power bowls, and BBQ (hot dogs / hamburgers / vegetarian, option). Please see [HERE](#) or more details.

To streamline ordering and preparation, clubs are asked to complete a single spreadsheet [HERE](#) for their entire club delegation and return it to **Regina Diving Club** info@reginadiving.ca by **June 30, 2026**.

Once orders are received, Regina Diving Club will issue an invoice to each club. **Payment is due by July 7, 2026.**

Please note:

- Lunches **MUST** be pre-purchased
- Lunches will **NOT** be available for purchase onsite during Nationals

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 | Sunday July 19th - 6:30pm - 10:30pm |
| Location | Double Tree by Hilton - Capital Ballroom |
| Price | \$75.00 |
| Theme | Out of this World |

Ticket Deadline: July 6th, 2026

Tickets are available for coaches, athletes and families.

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 **July 6th**. Payment **MUST** be sent before **JULY 6th**.

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Payments can be made by e-transfer to joanne@diving.ca (if prompted please use "JRDEV" 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 HOSPITALS | | WALK-IN CLINICS | |
|--------------------------------|---|---------------------------------------|---|
| Pasqua Hospital | 4101 Dewdney Ave Regina, SK, S4T 1A5 +1 (306) 766 - 2222 Open 24hrs Website | Walk in Clinic Alliance Health | 4936 Fourth Ave +1 (306) 271 -2415 Monday-Friday 8 - 5pm Website |
| Regina General Hospital | 1440 14th Ave Regina SK, S4P 0W5 +1 (306) 766 - 4444 Open 24hrs Website | Normanview Mall Medical Clinic | 330 McCarthy Blvd N +1 (306) 924-6200 Monday-Saturday 9am-9:00 pm Website |

SCHEDULE

| | | |
|----------------------------|-----------------------------|--|
| Monday July 13th | 13:00 – 17:00 | Open Training |
| Tuesday July 14th | 08:00 – 17:00 | Group Training |
| Wednesday July 15th | 08:00 – 17:00 | Group Training |
| Thursday July 16th | 08:00 – 08:55 | Open Training |
| | 08:55 - 09:25 | Restricted Training |
| | Events start at 9:30 | Girls C1 - C2 3m Boys D1 - D2 1m Girls D1 - D2 Platform Boys C Handstand RIP Contest / Opening Ceremonies |
| Friday July 17th | 08:00 – 08:55 | Open Training |
| | 08:55 - 09:25 | Restricted Training |
| | Events start at 9:30 | Girls D1 - D2 3m Boys C1 - C2 1m Girls C1 - C2 Platform Boys D Handstand |
| Saturday July 18th | 08:00 – 08:55 | Open Training |
| | 08:55 - 09:25 | Restricted Training |
| | Events start at 9:30 | Boys D1 - D2 3m Boys C1- C2 Platform Girls C1 - C2 1m Girls D Handstand |
| Sunday July 19th | 08:00 – 08:55 | Open Training |
| | 08:55 - 09:25 | Restricted Training |
| | Events start at 9:30 | Boys C1 - C2 3m Boys D1 - D2 Platform Girls D1 - D2 1m Girls C Handstand 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.

****Order of events within a day may be subject to change BUT events should remain on the day they have been scheduled, except in major circumstances.

WELCOME TO REGINA

Plan your visit to Regina. Discover attractions, events and tips below!

THINGS TO DO

Family Attractions

- Royal Saskatchewan Museum, RCMP Heritage Centre, Saskatchewan Science Centre

Historical Attractions

- Saskatchewan Sports Hall of Fame, Legislative Building

Scenic Attractions

- Wascana Centre, Regina Floral Conservatory

Arts & Culture Attractions

- Mackenzie Art Gallery, Globe Theatre

Sports Attractions

- Saskatchewan Roughriders, Regina Pats

DINING

- See more [HERE](#)

SHOPPING

- See more [HERE](#)

TRAVEL TIPS

July is typically warm and sunny in Regina, making it a great time to explore the city.

- Average daytime temperature: 24–27°C
- Average nighttime temperature: 11–14°C

Expect mostly sunny days with occasional rain or thunderstorms.

Saskatchewan weather can change quickly, so bring a light jacket or hoodie!

See [HERE](#) for more details!

SPORTITY | LIVE EVENT INFORMATION



The graphic features a purple and blue background with a stylized city skyline at the top. It includes the Sportity logo, a call to action to download the app, a large white box containing the password 'Regina2026', and icons for the App Store and Google Play with QR codes. The website 'www.sportity.com' is also visible.

 **Sportity**

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

Regina2026

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.

Note. In the event of any inconsistency between the French and English versions, the English version shall take precedence.