speedo

NATIONAL CHAMPIONSHIPS



WINTER

1

LAVAL

22-24•01•27

Canada Québec LAVAL SPORTCITÉ DIVING PLONGEON CANADA PLONGEON QUÉBEC eau LAVAL

GENERAL INFORMATION

The 2027 Winter Senior National Diving Championships are sanctioned by Diving Plongeon Canada and Plongeon Quebec, and hosted in partnership with EAU Laval.

Dates	January 22nd - 24th, 2027
Facility	Complexe Aquatique de Laval 2205 Ave Terry-Fox, Laval, Quebec H7T 0S4 +1 (450) 662-7678 Website
Host Club	EAU Laval 2205 Ave Terry-Fox, Laval, QC H7T 2T8 +1 (450) 661- 6001 info@eaulaval.ca Website
Competition Director	Sarah Mayer smayer@diving.ca
Meet Manager	Taylor Elliott taylor.elliott@diving.ca
Technical Chair	Andrée Pouliot-Deschamps andree@diving.ca
Meet Referee	Eryn Barrett

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 in 1M and top 10 divers in 3M and platform 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

SYNCHRO EVENTS

- Events held at this championship will include synchro (men and women) 3M springboard, and platform.
  - *Format of women's synchronised events*
    - Events are comprised of five (5) rounds of dives from five (5) different Groups.
      - First two (2) rounds of dives - assigned D.D. of 2.0.
      - Last three three (3) rounds of dives - must reach a cumulative D.D. as per below
        - 3m Synchro - Three (3) optionnals with total minimum D.D. of 7.5
        - 10m Synchro - Three (3) optionnals with total minimum D.D. of 8.1
  - *Format of men's synchronised events*
    - Events are comprised of six (6) rounds of dives from five (5) different Groups.
      - First two (2) rounds of dives - assigned D.D. of 2.0.
      - Last four (4) rounds of dives - must reach a cumulative D.D. as per below
        - 3m Synchro - Four (4) optionnals with total minimum D.D. of 11.1
        - 10m Synchro - Four (4) optionnals with total minimum D.D. of 11.2
- In platform, all dives must be performed from the 10m platform, with the exception of one dive, which may be performed from the 5m platform.
  - The 5m dive must be one of the following:
    - Women - 105B, 205C, 405C, or 5233D
    - Men - 205B, 305C, 405C, or 5255B
- Each event will be comprised of a direct final.
- Any athlete who is qualified to compete in an individual event, 3m or platform, at WSN is eligible to participate in synchro.
- The synchro events will be recognized as a National Championship events, with medals awarded to the top three (3) placing teams.
- These events will count toward the points calculation for the Senior National Championships' best club banner.

Please note. Only the 5m and 10m platforms are wide enough to allow for synchronized dives to be performed, the 3m and 7.5m platforms at the Complexe Aquatique de Laval are not.

SELECTION

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

312-700 INDUSTRIAL AVENUE, OTTAWA (ONTARIO) K1G 0Y9
DIVING.CA • INFO@DIVING.CA • 1-613-736-5238 • FAX: 1-613-736-0409

ENTRANCE CRITERIA, SENIOR POINT STANDARDS & QUALIFICATION

Winter Senior National Championship Events

To enter an event at the 2027 WSN, 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.

The qualified athlete list is 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 and Club
- 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': • Competition Introduction + successful screening completed in the current year. • NCCP Level 2 Certified + MED + successful screening completed in the current year.	Permitted to coach at national championships/trials without restrictions.
Competition Introduction Coach 'In Progress': • Competition Introduction 'In training' or 'Trained status' + MED + successful screening completed in the current year.	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** **Old NCCP Level 1**	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) and to events@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 JANUARY 12TH

Club registration form is available HERE.

Please contact events@diving.ca if you are having trouble with registration.
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 JANUARY 12TH

Registration Fee	$100.00 per diver ***NEW***
Entry Fee	$85.00 per diver per individual event
	$85.00 per synchro team per event

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 **finance@diving.ca** ***NEW*** (if prompted please use "**WSN**" 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 the team).

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

REQUESTS FOR REFUND

Please refer to CDS 4.1.3.6 Requests for Refund of Entry Fees.

STATEMENT OF DIVES

MUST BE SUBMITTED BEFORE 10AM ON JANUARY 21ST

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach or Diver edition, **version 19.1** 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.
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

Technical Meeting	Thursday, January 21st at 18:00 at the pool
Officials Meeting	Friday, January 22nd at 08:30 at the pool

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RULES

The new 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 the rulebook.
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.

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.

CBC SPORTS

WEB BROADCAST
HERE

Integrated Sports Systems

LIVE RESULTS
HERE

DIVING PLONGEON CANADA

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 athlete presentations for all synchro events just before the first dive of each event.

Awards to be given:

- Top-3 overall in individual events and synchro 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.

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

Holiday Inn Laval Montreal
2900 boul. le Carrefour, Laval, Quebec, H7T 2K9
+1 (450) 682-9000

- Proximity to Complexe Aquatique Laval - 500m
- Proximity to Montreal Trudeau Airport - ~23km
- Standard King Rooms or Double Queen Rooms - $189/night + tax
- Breakfast: $21.95 + taxes & services
- Parking included
- Check-in: 3:00 pm
- Check-out: 12:00 pm
- Booking Deadline: **December 18th, 2026**

Participants can make their reservations under the block code **"Diving Canada-Winter Senior Nat. Champs" – Code DVC** using the following methods :

- 1-888-333-3140 (Canada and U.S)
- 450-682-9000, poste 0
- lv409.info@innvesthotels.com

Booking Link: **HERE**

PROMOTION CODE OFFER FOR AIR CANADA TRAVELLERS

AIR CANADA

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

You can go to aircanada.com and use the promo code G2NCY4U1 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, January 12, 2027 and ends Tuesday, February 02, 2027.
- 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' ticket by ticketing agencies/airlines.

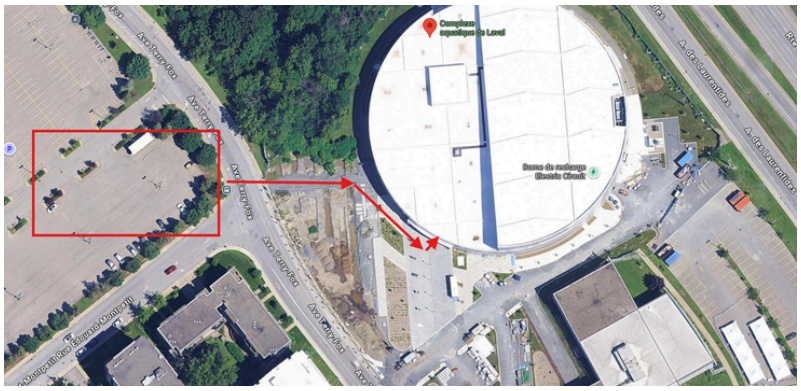
HOSPITALITY

Food for Coaches, Staff, Officials and Volunteers
Breakfast is included for a fee at the host hotel for people staying there.
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
Breakfast is included for a fee 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.
- See some nearby grocery stores from the pool HERE.

Facility
Parking
It is recommended that that visitors use the STL parking lot located near the complex.



Public Transit
If you prefer to use public transportation, you can find relevant information at the following link:
https://www.laval.ca/sports-loisirs/complexe-aquatique/commodites-reglements/

Outdoor Shoes
For sanitary reasons, outdoor shoes must be left at the entrance to the locker rooms. They may not be brought into the lockers inside the locker rooms.
However, lockers are available at the entrance to the locker rooms, in the area designated for storing outdoor shoes. Users who wish to do so may bring a second lock to secure their shoes.

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	
Hôpital de la Cité-de-la-Santé	1755 Boul. René-Laennec, Laval, QC, H7M 3L9 +1 (450) 668-1010 Open 24 hours Website
WALK-IN CLINICS	
Clinique médicale MD Centropolis	655 Prom. Du Centropolis bureau 227, Laval, Quebec H7T 0A3 +1 (514) 316-1357 Monday - Friday 8h -16h30 Website
Clinique médicale privée PRAXIS	3333 100e Avenue #100, Laval, Quebec H7T 3C4 +1 (833) 312-5050 Monday - Friday 8h - 20h Saturday 9h - 16h Website

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SCHEDULE

Monday January 18th	15:00 – 18:00	Open Training
Tuesday January 19th	09:00 – 12:00 15:00 – 18:00	Open Training
Wednesday January 20th	09:00 – 12:00 15:00 – 18:00	Open Training
Thursday January 21st	09:00 – 12:00 15:00 – 18:00	Open Training
Friday January 22nd	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	**Men – 1m – Prelim** **Women – 3m – Prelim** **Women & Men - 10m Synchro** **Men – 1m – Final** **Women – 3m – Final**
Saturday January 23rd	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	**Women – 1m – Prelim** **Men – 10m – Prelim** **Women & Men - 3m Synchro** **Women – 1m – Final** **Men – 10m – Final**
Sunday January 24th	08:30 – 09:10	Open Training
	09:10 – 09:55	Restricted Training
	Events start at 10:00	**Men – 3m – Prelim** **Women – 10m – Prelim** **Men – 3m – Final** **Women – 10m – Final**

*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.

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SPORTITY | LIVE EVENT INFORMATION



All updates regarding the competition will be published on Sportity.

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