



DIVING
PLONGEON
CANADA

2025 CANADA CUP OF DIVING

presented by *speedo*

Centre Sportif de Gatineau

850 boul. de la Gappe, Gatineau, QC, J8T 7T7

June 5th to 8th, 2025

diving.ca



GENERAL INFORMATION

Diving Plongeon Canada is pleased to invite you to the 2025 Canada Cup of Diving - World Aquatics Recognized Event.

Dates

June 5th to 8th, 2025

Facility

Centre Sportif de Gatineau

850 boul de la Gappe, Gatineau, QC, J8T 7T7

+1 (819) 246 - 7666

[Website](#)



SPRINGBOARDS

- Two (2) 1-meter boards
- Two (2) 3-meter boards
 - New Duraflex short stands installed in 2024

PLATFORMS

- 3m, 5m, 7.5m and 10m platforms
 - 3m and 7.5m are a bit narrow to do synchro

DRYLAND

- Padded floors
- Somersault boxes
- Mats
- Trampoline
- Dryboard
- Resistance training equipment
- and more



Meet Hotel

Ramada Plaza by Wyndham Gatineau

75 rue d'Edmonton, Gatineau, QC, J8Y 6W9




+1 (819) 777-7538

[Website](#)

AMENITIES

- 100% Smoke-Free Hotel
- Indoor Pool
- Sauna
- Fitness Centre



Local organizing committee	<p>Diving Plongeon Canada 700 Industrial Ave, Suite 312 Ottawa, ON, K1G 0Y9 Website</p> <p>  @divingcanada  @DivingCanada  @divingcanada6579 </p> <p>All general requests, questions and communications from NF's should be sent to: the general event email address via events@diving.ca or via WhatsApp at +1 (819) 210-8652.</p>
Competition Director	<p>Sarah Mayer smayer@diving.ca +1 (819) 210-8652</p>
Facility Manager	<p>Olivier Morneau-Ricard olivier@diving.ca +1 (418) 928-0393</p>
Delegates Services Manager	<p>Neris Lopez neris@diving.ca +1 (418) 928-0393</p>
AQUA Technical Diving Committee	<p>Eric Brooker</p>

IMPORTANT DATES

Invitation letter request to LOC:	ASAP via email to events@diving.ca
Preliminary entry form to LOC:	April 15th via online form HERE
50% of overall payment to LOC:	
Final entry form to LOC:	
Travel form to LOC:	April 28th via online form HERE
Remaining balance to LOC:	
Earliest arrival:	
Official training dates:	June 2nd, 3rd and 4th
Technical meeting:	June 4th
Competition dates:	June 5th to 8th
Latest departure:	June 9th

REGISTRATION AND ENTRY PROCESS

All participants MUST register with the LOC in order to be able to participate in the event.

- **Preliminary Entry Form** is due **before April 15th**.
- **Final Entry Form** and **Travel Form** are both due **before April 28th**.
- Note that the LOC is also requesting to see **proof of valid travel/medical insurance** prior to arrival for all delegations. Please send your certificate **before April 28th**.

Forms are available [HERE](#).

TRAVEL INFORMATION

VISA-eTA PROCESS

Citizens of certain countries and territories need a visa or an eTA to visit or transit Canada.

Note. If you hold a passport other than Canadian or you are stateless, you need a visa to visit or transit in Canada. Canada has introduced a requirement for countries that previously did not require a visa to enter Canada. An Electronic Travel Authorization (eTA) is an entry requirement for visa-exempt foreign nationals traveling to Canada by air. An eTA is electronically linked to a traveler's passport. It is valid for up to five years or until the passport expires, whichever comes first.

To find out if you need a visa or eTA please search this page: <http://www.cic.gc.ca/english/visit/visas.asp>

Invitation letter request to LOC must be sent by email via events@diving.ca by providing for each participant: full name as per passport, nationality, date of birth, and role on the team.

Upon receiving your request, the LOC will provide visa assistance by issuing an invitation letter. **Please note that in the current context, we expect that issuing visas will take much longer than in the past and we urge you to begin this process as early as possible to avoid possible travel problems due to delays.**

**We, therefore, invite you to get in touch with us
as soon as possible to request your invitation letter.**

AIRPORT

All arrivals and departures MUST be done to and from the **Ottawa/Macdonald-Cartier International Airport (YOW)**. The LOC will have an information booth in the international terminal.

Please be reminded that transportation to/from the airport will only be coordinated if the flight information is entered correctly and submitted via the online form **HERE by the prescribed deadline.**

PARTICIPANT FULL-BOARD COSTS

Full board hospitality will begin with dinner on June 1st and end with lunch on June 9th, 2025.

Prices include hotel accommodations, event entry fees, transportation, and meals during the team's stay. Hotel accommodations offered are in single or double. Three meals a day beginning with dinner on your check-in day (pending arrival time) and ending with lunch on your check-out day (pending your departure time). All fees are USD. Add politique penalty fee for not staying at hotel

HOTEL TO/FROM AIRPORT	Driving - 25KM - 30mins
HOTEL TO/FROM POOL	Driving - 10KM - 15-25mins
RATE - SINGLE OCCUPANCY	\$289 USD / per person / per day
RATE - DOUBLE OCCUPANCY	\$219 USD / per person / per day

TRANSPORTATION

Free transportation is only provided for athletes, coaches and accompanying persons having booked at the official event hotel with the LOC.

Transportation will be provided to and from the airport as well as between the hotel and the venue. More information on transportation will be shared in the final information package.

The LOCs from the USA Recognized event and the CAN Recognized events are currently looking into the possibility for a Charter Bus(es) that leaves Canada on the early on the Monday morning to go to the USA for people wanting to participate to both. More details will be shared. Anticipated travel time would be approximatley 10 hours.

PAYMENT

50% of the overall payment: **April 15th, 2025**
(invoice will be sent upon booking)

The remaining balance: **April 28th, 2025**

Any full cancellations made after April 15th, 2025 are subject to fully pay their first two days of participation costs. Any partial or full cancellations made after April 28th are subject to pay 50% of their participation costs. Any partial or full cancellation made after May 30th are subject to pay 100% of their participation costs.

*All participants not staying at the host hotel will be subject to a \$350 USD per person competition fee, to be paid by the final entry deadline of April 28th.

BANKING INFORMATION

Bank Name:	Scotiabank
Bank Address:	2400 City Park Drive, Ottawa Ontario, CANADA K1J 1H6
ABA Code (if applicable):	26002532
Transit/Branch #:	50476
Swift Code/BIC:	NOSCCATT
Account Name:	Diving Plongeon Canada
Company Address:	312-700 Industrial Ave, Ottawa, Ontario Canada K1G 0Y9
US Account No.:	50476-0087718
Routing/Institution #:	002

PLEASE respect the payment deadlines.

For more information about the payment, please contact us
via email at events@diving.ca.

COMPETITION FORMAT

The Canada Cup of Diving will be implementing a **NEW** competition format with the aim to provide more competitive opportunities for participating athletes and coaches.

INDIVIDUAL EVENTS		
3M and 10M events for both men (6 dives without limit) and women (5 dives without limit) will be contested. These events will include a preliminary session, a repechage round, and a final.		
PRELIMINARY	ADVANCED SESSIONS	
	REPECHAGE	FINAL
Countries will be allowed to enter up to 6 divers per individual event.	From the preliminary, divers ranked 9th to 20th from the prelims, regardless of nationality, will qualify for the repechage session.	From the preliminary, the top 8 divers (with a maximum of 2 per nation), and the top 4 divers from the repechage (regardless of nationality) will be included in the final.
A maximum of 2 divers per nation can automatically qualify for the final from the prelims.	Athletes displaced from top-8 in the prelims due to the nationality quota will be part of the 12 divers in the repechage.	Each final will include a total of 12 athletes.
	The top 4 divers from the repechage, regardless of nationality, will earn qualification to the final, resulting in a 12 person final.	Should any qualified athlete withdraw from the final, the next best ranked diver from the repechage will be allocated their spot, regardless of nationality.
		Medals will be awarded to the top 3 divers regardless of nationality.
In summary for individual events...		
<div> <div>PRELIM</div> <div>Max 6 per nation</div> </div> <div> <div>REPECHAGE</div> <div>Divers 9 to 20 from prelim regardless of their nation</div> </div> <div> <div>FINAL</div> <div>Top-8 from prelim max. 2 per nation</div> <div>+</div> <div>Top-4 from repechage regardless of their nation</div> <div>=</div> <div>12 divers in final</div> </div>		

SYNCHRONIZED EVENTS

3M and 10M events for both men (2 dives with limit + 4 dives without limit) and women (2 dives with limit + 3 dives without limit) will be contested.

These events will be contested as a straight final, and countries are permitted to enter one team per event, but a 2nd entry can be considered depending on event size.

Medals will be presented to the top-3 teams regardless of nationality.

MIXED TEAM EVENT

The Mixed Team Event diving competition consists of at least 1 female and 1 male diver but no more than 4 divers. 2 dives shall be executed by the female competitor and 2 dives by the male competitor. 2 dives shall be executed by a mixed synchronised team of 1 male and 1 female. 3 dives shall be executed from the 3m springboard and the other 3 dives from the 10m platform. 6 dives from 6 different groups must be used. The following rounds will be performed.

Round	Dive	Height	Description
1*	Dive 1	3m springboard	Individual Dive Female
	Dive 2	3m springboard	Individual Dive Male
2	Dive 3	3m springboard	Mixed Synchronised
3**	Dive 4	10m platform	Individual Dive Female
	Dive 5	10m platform	Individual Dive Male
4	Dive 6	10m platform	Mixed Synchronised

* Dive 1 and Dive 2 from Round 1 are divers from the same country.

** Dive 4 and Dive 5 from Round 3 are divers from the same country.

AQUA RECOGNIZED EVENT COMPETITION RULES

RULES

With the exception of the competition format mentioned on the previous page, all other World Aquatics Rules are in place at the event (i.e. regarding judging, degrees of difficulty, dive groups, nationality, eligibility, etc.). You can find the World Aquatics Rules [HERE](#).

CONDITIONS OF ENTRY

- The Canada Cup of Diving shall be open to all AQUA affiliated Federations.
- Entries of divers in the Canada Cup of Diving shall be accepted only from the Federations, Members of AQUA.
- Divers age 12 and 13 years on December 31st of the same year shall be eligible to participate (as per age group C).
- The maximum number of divers who can participate in an individual event per nation is six (6).
- No additional divers or teams may participate, other than those specified in the Rules & Regulations. There will be no opportunity for exhibition places.

JUDGES

- Judging panels will have individuals from different countries, if possible.
- AQUA-certified judges will be used in the event additional judges are needed. If a National Federation is larger than 3 athletes, they are required to bring a judge.
- A Federation that does not provide a judge will be fined 500 USD, payable to the LOC.
- See World Aquatics [Technical Officials Pathway & Appointments Rules | Diving](#) for more details.

TENTATIVE SCHEDULE

JUNE 1ST	Arrival Day
JUNE 2ND TRAINING DAY 1	Official Training Day 1 - Open
JUNE 3RD TRAINING DAY 2	Official Training Day 2 - Group
JUNE 4TH TRAINING DAY 3	Official Training Day 3 - Group
	Officials Meeting / Team Leader Meeting
JUNE 5TH COMPETITION DAY 1	Men's 3M Prelims Women's 10M Prelims Men's 3m Repechage Women's 10m Repechage *Mixed Team Event
JUNE 6TH COMPETITION DAY 2	Women's 3M Prelims Men's 10M Prelims Women's 3m Repechage Men's 10m Repechage *Mixed Team Event
JUNE 7TH COMPETITION DAY 3	Men's 3M Final Women's 3M Synchro Final Men's 10M Synchro Final Women's 10M Final
JUNE 8TH COMPETITION DAY 4	Women's 3M Final Men's 3M Synchro Final Women's 10M Synchro Final Men's 10m Final
JUNE 9TH	Departure Day

***The Mixed Team Event will be scheduled on the day that is shortest. This will be confirmed once sport entries are received.**

****Schedule is subject to change.**

MEDICAL SERVICES

Lifeguards will be on duty at all training/competition sessions and will act as the first responders.

A medical clinic offers service on a pay per use basis. A physician will be available to participants by contacting the organizing committee's medical services coordinator.

Physio tables will be available for visiting countries to use at both the competition venue and host hotel.

On-site medical services will be available to all participants from June 2nd to June 8th. In case of an emergency, the EMS will decide which hospital the patient will be transferred to depending on the type of injury or illness.

More information will be provided in a future communication.

DOPING CONTROL

Doping control procedures will be in place at the competition.

Divers are responsible for bringing government-issued photo ID (or a high-resolution copy) in case they are selected for doping control. Divers are also responsible for any medication/supplement they are taking. Athletes under 18 must have a chaperone from their team to accompany them during their test.

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.



WEB BROADCAST
HERE



LIVE RESULTS
HERE



DIVING
PLONGEON
CANADA

RESULTS BOOKLET
HERE
after the event

SPORTITY | LIVE EVENT INFORMATION



 **Sportity**

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

CANCUP

www.sportity.com

Sportity app is available in

Available on the App Store

Get it on Google play

