



DIVING
PLONGEON
CANADA

PRESENTED BY:



2026 WINTER NATIONAL CHAMPIONSHIPS

Brookfield Residential YMCA at Seton
Calgary, AB
December 5-7, 2025

MEET INFORMATION

TAZMAN ABRAMOWICZ

LILA GOKIERT



WELCOME TO CALGARY

Welcome to Calgary, a destination with a mix of big-city energy, warm western hospitality, and wondrous natural beauty. When you arrive in the city for the 2026 Winter Senior National Diving Championships, you'll quickly discover why Calgary was recently chosen by Condé Nast Traveler readers as the 'world's friendliest city'. Calgary's people, places and stories are its biggest strengths, making Calgary a diverse and welcoming destination for all.

From its bustling downtown to character-filled neighbourhoods, Calgary boasts an exploding culinary, arts and culture scene, along with an impressive list of attractions. With one of the world's most modern and welcoming airports, Calgary delivers a remarkable experience from arrival to departure.

EXPLORE over 200 restaurants in Calgary's downtown core, where you can indulge in a diverse array of culinary delights.

EXPERIENCE North America's most extensive urban pathway and bikeway network with approximately 1000 km of region pathways and 96 kms of trails.

DISCOVER Calgary's many attractions. From the penguins making a splash at the Wilder Institute/Calgary Zoo to the sky-high views of the Calgary Tower, the city provides an experience you won't forget.

VISIT Calgary's diverse neighbourhoods. From the shops and restaurants of 17th Avenue to the live music venues of Inglewood, there is no better way to immerse yourself.

Access exclusive discounts at over 30 restaurants, attractions, shops, and more with the mobile exclusive Calgary 'Explore More' 2025 Pass, designed for you to enjoy during your downtime. This complimentary pass is reserved exclusively for athletes, coaches, and officials. Sign up today and prepare for your visit!

SIGN UP [HERE](#) AND USE THE PROMO CODE **EXPLORE2025**



GENERAL INFORMATION

The 2026 Winter Senior National Diving Championships are sanctioned by Diving Plongeon Canada and Alberta Diving, and hosted in partnership with Dive Calgary.

| | |
|-----------------------------|--|
| Dates | December 5 th to 7 th , 2025 |
| Facility | Brookfield Residential YMCA at Seton 4995 Market St SE, Calgary, AB T3M 2P9 +1 (403) 351 - 5262 Website |
| Host Club | Dive Calgary 2225 Macleod Trl SE, Calgary, AB T2G 5B6 +1 (587) 887-5398 info@divecalgary.ca 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 | To be confirmed |

2

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 |
| 1M | 101, 103, 201, 301, 401, 102, 202, 302, 402, 5221, 5122, 5321 |

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

ENTRANCE CRITERIA, SENIOR POINT STANDARDS & QUALIFICATION

Winter Senior National Championship Events

To enter an event at the 2026 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 neris@diving.ca.

4

The qualified athlete list is available [HERE](#).

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

Please contact neris@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': <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. |

5

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 NOVEMBER 25TH

Club registration will be done through E-Sport **HERE** on the "Administrators" section.

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 NOVEMBER 25TH

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

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

6

Payment can be made individually or per club by:

- E-transfer to joanne@diving.ca (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 Neris to notify her).

Please contact neris@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 DECEMBER 4TH

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 neris@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, December 4th at 18:00 at the pool |
| Officials Meeting | Friday, December 5th at 08:30 at the pool |

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 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.

8

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**



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 no athlete presentations for exhibition events.

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

ATHLETES & COACHES

Courtyard by Marriott Calgary South

3750 Market St SE, Calgary, AB, T3M 2J6

+1 (587) 349-7599

- 1km to/from the pool
- Standard King Rooms or Double Queen Rooms - \$179/night++
- Hot breakfast included (served at neighbouring Residence Inn)
- Parking included
- Check-in: 3:00 pm
- Check-out: 12:00 pm

Participants can make their reservations at the link [HERE](#).

Rooms will be released after the booking deadline of November 3rd, 2025.

OFFICIALS & STAFF

Residence Inn by Marriott Calgary South

3710 Market St SE, Calgary, AB T3M 2J6

+1 (587) 349-8633

- 1km to/from the pool
- Hot breakfast included
- Parking included
- Check-in: 4:00 pm
- Check-out: 12:00 pm

HOSPITALITY

Food for Coaches, Staff, Officials and Volunteers

Breakfast is included 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 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](#).
 - Subway, Barburrito, Popeye's, and Domino's 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 |
|----------------------------|--|--|
| South Health Campus | 4448 Front St E +1 (403) 956-1111 Open 24 hours Website | Seton Medical Clinic: Family Medicine & Walk-In #125 - 3815 Front St SE +1 (587) 393 - 3866 Mon - Tue 14h - 16h / Wed 15h - 17h / Thurs 16h - 17h / Fri - Sun 9h - 13h Website |
| | OTHER HOSPITAL | |
| Rockyview General Hospital | 7007 14 St SW +1 (403) 943-3000 Open 24 hours Website | Vineyard Medical Clinic Seton 19665 Seton Way SE +1 (587) 471 - 4241 Monday -Friday 9h-17h / Sat 10h-16h Website |

SCHEDULE

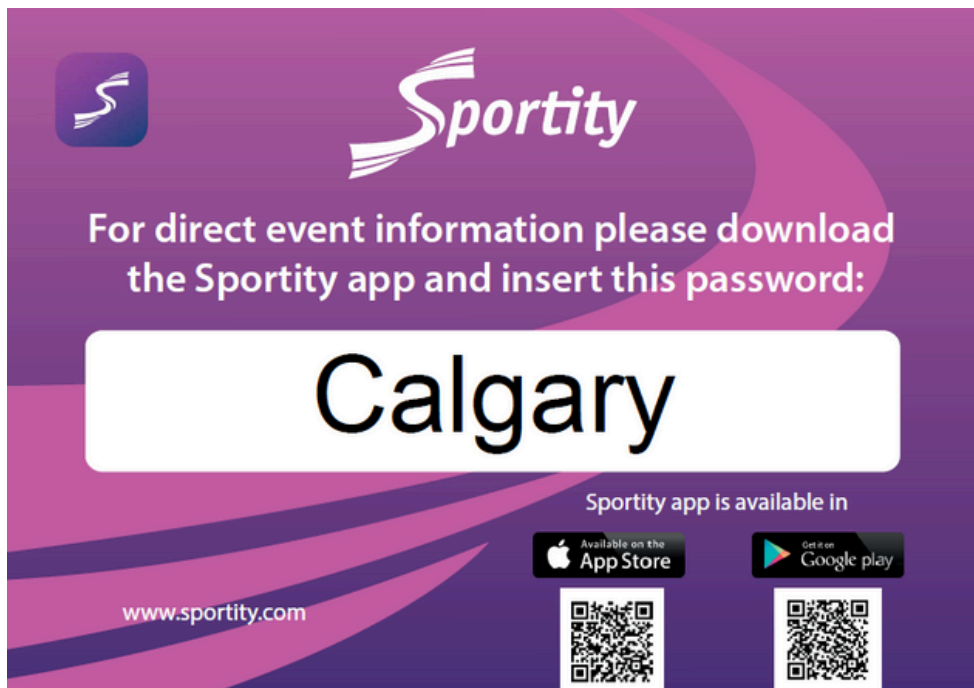
| | | |
|-------------------------------|--------------------------------|--|
| Monday December 1st | 15:00 – 19:00 | Open Training |
| Tuesday December 2nd | 09:00 – 12:00 15:00 – 18:00 | Open Training |
| Wednesday December 3rd | 09:00 – 12:00 15:00 – 18:00 | Open Training |
| Thursday December 4th | 09:00 – 12:00 15:00 – 18:00 | Open Training |
| Friday December 5th | 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 December 6th | 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 December 7th | 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.

SPORTITY | LIVE EVENT INFORMATION



The graphic is a purple and pink abstract design. 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 script font. Below this, white text reads: 'For direct event information please download the Sportity app and insert this password:'. This text is followed by a large white rounded rectangle containing the word 'Calgary' in a bold black sans-serif font. At the bottom left is the website 'www.sportity.com'. At the bottom right, it says 'Sportity app is available in' above two app store badges: 'Available on the App Store' and 'Get it on Google play'. Below each badge is a QR code.

 *Sportity*

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

Calgary

www.sportity.com

Sportity app is available in

Available on the
App Store

Get it on
Google play

All updates regarding the competition will be published on Sportity.