



DIVING
PLONGEON
CANADA

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2026 CANADA CUP OF DIVING

MEET INFORMATION

PRESENTED BY:



Windsor International Aquatic and Training Centre

Presented by WFCU Credit Union

Windsor, ON

April 9-12, 2026





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GENERAL INFORMATION

Diving Plongeon Canada is pleased to invite you to the 2026 Canada Cup of Diving - World Aquatics Recognized Event.

Facility

Windsor International Aquatic and Training Centre
401 Pitt Street West, Windsor, Ontario N9A 0B2 Canada

[Website](#)
[Google Maps](#)



• **SPRINGBOARDS**

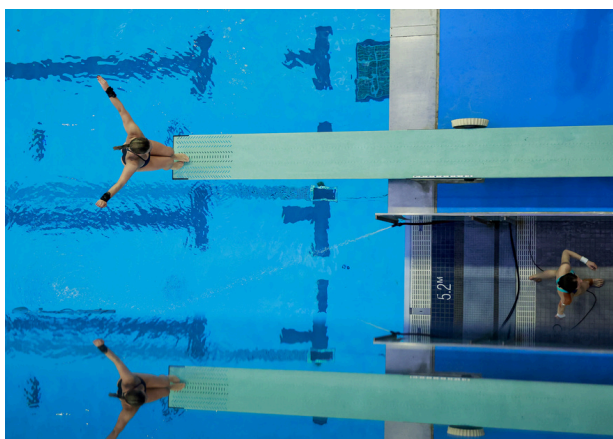
- Two (2) 1-meter boards
- Two (2) 3-meter boards
 - New Duraflex short stands installed in 2024

• **PLATFORMS**

- 1m, 3m, 5m, 7.5m and 10m platforms.
 - Please note. Only the 5m and 10m platforms are wide enough to allow for synchronized dives to be performed, the 1m, 3m and 7.5m platforms at the Windsor pool are not.

• **DRYLAND**

- Padded floors
- Somersault boxes
- Mats
- Two (2) trampolines
- Resistance training equipment
- and more





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Meet Hotel

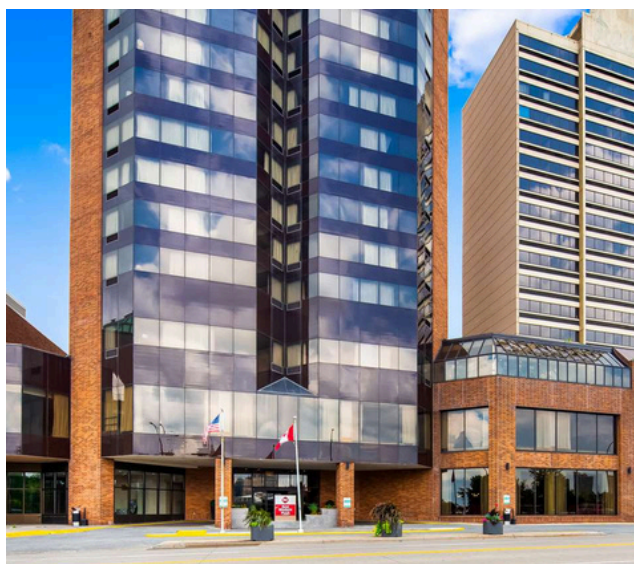
Best Western Plus Waterfront Hotel

277 Riverside Dr W, Windsor, ON N9A 5K4
+1 (519) 973-5555



Website

At the edge of the beautiful riverfront in downtown Windsor, Ontario Canada, the Best Western Plus Waterfront Hotel puts you within steps of the neighborhood's diverse cuisine, vibrant nightlife and scenic, waterfront parks. Perched along the banks of the Detroit River, the hotel offers views of the water and the downtown Detroit skyline from every room. A large indoor pool, fitness center and business services create a welcoming retreat for executives and urban explorers alike.



DISTANCE FROM/TO THE AIRPORT

12 KM (20mins by car)

DISTANCE FROM/TO THE POOL

300 M (5mins walking)





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Local organizing committee	Diving Plongeon Canada 700 Industrial Ave, Suite 312 Ottawa, ON, K1G 0Y9 Website 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 .	 @divingcanada  @DivingCanada  @divingcanada6579
Competition Director	Sarah Mayer smayer@diving.ca +1 (819) 210-8652	
AQUA Technical Diving Committee	Tony Koh	
Event Website	www.diving.ca/canadacup	

DON'T MISS THE ACTION!

LIVE | Results

Live results will be available through diving.ca/canadacup.

Full PDF booklet will be available following the event.

LIVE | Broadcast

INTERNATIONAL viewers can watch the event on [HERE](#).

CANADIAN viewers can watch the event on CBC Sports [HERE](#).

SPECTATORS & TICKETING

While admission is free on Thursday, April 9th and Friday, April 10th, tickets are still required to reserve a seat. Paid tickets are required on the Saturday, April 11th, and Sunday, April 12th. Tickets will be available via the event website [HERE](#) or directly from the ticket kiosk at the venue entrance on competition days. Ticket quantities are limited therefore we recommend reserving in advance via the website.

All accredited participants do not require tickets for sessions.





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IMPORTANT TIMELINE

VISA INVITATION LETTER REQUEST SENT BY EMAIL TO EVENTS@DIVING.CA:	Ongoing (ASAP)
PRELIMINARY FORM SUBMITTED VIA ONLINE FORM: 	January 21st
PAYMENT DEPOSIT DUE:	February 18th
FINAL FORM SUBMITTED VIA ONLINE FORM: 	March 4th
PAYMENT BALANCE DUE:	
TRAVEL FORM SUBMITTED VIA ONLINE FORM: 	
PROOF OF VALID TRAVEL/MEDICAL INSURANCE EMAIL TO EVENTS@DIVING.CA:	
EARLIEST ARRIVAL:	April 5th
TRAINING:	April 6th to 8th
TEAM LEADERS MEETING:	April 8th
COMPETITION:	April 9th to 12th
LATEST DEPARTURE:	April 13th

COMPETITION FORMAT

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. A maximum of 2 divers per nation can automatically qualify for the final from the prelims.	From the preliminary, divers ranked 9th to 20th from the prelims, regardless of nationality, will qualify for the repechage session. Athletes displaced from top-8 in the prelims due to the nationality quota will be part of the 12 divers in the repechage. The top 4 divers from the repechage, regardless of nationality, will earn qualification to the final, resulting in a 12 person final.	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. Each final will include a total of 12 athletes. 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... PRELIM Max 6 per nation REPECHAGE Divers 9 to 20 from prelim regardless of their nation FINAL Top-8 from prelim max. 2 per nation + Top-4 from repechage regardless of their nation = 12 divers in final		



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 pages, 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

- The Event shall be judged by World Aquatics Certified 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.



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TENTATIVE SCHEDULE

APRIL 5TH	Arrival Day
APRIL 6TH TRAINING DAY 1	Dryland - 9:00-12:00 + 14:00-19:00 - <i>Open</i> Water - 16:00 to 19:00 - <i>Open Training</i>
APRIL 7TH TRAINING DAY 2	Dryland - 7:00-12:00 + 14:00-19:00 - <i>Open Training</i> Water - 8:30-12:00- <i>Group Training</i> Water - 15:30-19:00 - <i>Group Training</i>
APRIL 8TH TRAINING DAY 3	Dryland - 7:00-12:00 + 14:00-19:00 - <i>Open</i> Water - 8:30-12:00- <i>Group Training</i> Water - 15:30-19:00 - <i>Group Training</i>
	Officials Meeting - To be confirmed. Team Leader Meeting - To be confirmed. Welcome Social - To be confirmed.
TRAINING GROUPS To be confirmed after registration deadline.	

****Schedule is subject to change. Detailed times will be confirmed at a later date.****



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APRIL 9TH COMPETITION DAY 1	Men's 3M Prelims Women's 10M Prelims Men's 3m Repechage Women's 10m Repechage
APRIL 10TH COMPETITION DAY 2	Women's 3M Prelims Men's 10M Prelims Women's 3m Repechage Men's 10m Repechage Mixed Team Event
APRIL 11TH COMPETITION DAY 3	Men's 3M Final Women's 3M Synchro Final Men's 10M Synchro Final Women's 10M Final
APRIL 12TH COMPETITION DAY 4	Women's 3M Final Men's 3M Synchro Final Women's 10M Synchro Final Men's 10m Final
APRIL 13TH	Departure Day

****Schedule is subject to change. Detailed times will be confirmed at a later date.****





TRAVEL INFORMATION

AIRPORT

There are two international airports situated near the event location and the City of Windsor.

- Recommended Option by the Local Organizing Committee:
 - **Windsor International Airport (YQG)**
 - All arrivals and departures should be done to/from the YQG Airport in Canada.
 - The LOC will provide transfers to/from the YQG Airport.
 - The LOC will have an information booth in the international terminal. Please see Diving Canada's staff at the desk when arriving in Windsor or contact our transportation manager Neris Gonzalez Lopez via WhatsApp at +1 (514) 893-7572.
- Other Option Available:
 - **Detroit Metropolitan Wayne County Airport (DTW)**
 - Teams who decide to book their flights to/from the DTW airport will be responsible for their own transfer to/from DTW airport.
 - The LOC will not be providing any transfers to/from the DTW Airport.
 - Some independent transfer services can be found below if teams want to select this option.
 - Transfeero
 - Flix Bus
 - Rome2Rio
 - Please note that this airport is located in the United States and your group will need to obtain the appropriate documents to gain entry to the U.S. The LOC is not able to secure this on your behalf.





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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 Windsor!

You can go to aircanada.com and use the promo code **CUXVNA21** to book your travel at a discounted rate.



AIR CANADA

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: **Windsor, YQG (CA)**
- The travel period begins Tuesday, March 31, 2026 and ends Sunday, April 19, 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' ticket by ticketing agencies/airlines.**





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VISA and eTA PROCESS

Citizens of most countries and territories need a VISA or an eTA to visit or transit Canada. We invite you to get in touch with us as soon as possible and to check the website below to know if you need an e-TA.

Find out if you need a visa to travel to Canada

Find out if you need an Electronic Travel Authorization (eTA) or a visitor visa

 cic.gc.ca / Apr 25

*****YOU WILL FIND DETAILED INFORMATION ON HOW TO PROPERLY APPLY FOR A VISA AND THE PROCESSING TIMES [HERE](#).*****

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 travelling to Canada by air. An eTA is electronically linked to a traveller's passport. It is valid for up to five years or until the passport expires, whichever comes first.

Upon request sent to events@diving.ca, 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.**





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LOCAL TRANSPORTATION

As an effort to host a more environmentally friendly event, all participants are staying a short walking distance to the pool.

No shuttles will be provided.

If anyone from your delegation needs transportation assistance, please contact +1 (514) 893-7572 on WhatsApp.





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WELCOME & ACCREDITATION

There will be someone from the LOC to welcome you at the airport, at the front entrance of the event venue, and the host hotel. Accreditations will be handed by the hotel manager upon arrival at the hotel if payment has been received by the HC. In order to facilitate your movement, the LOC will install an information booth at the hotel. Do not hesitate to connect with your hotel manager if you have any questions.

Accreditations will be provided to your Team Manager or Head Coach upon arrival at your host hotel. Your delegation will need their accreditation for entry/exit in the training facility to pass multiple security check points and to receive their meals. An accreditation station will be located at the pool beside the secretariat.

SPORT INFORMATION DESK

A Sport Information Desk will operate at the competition venue on all training and competition days. Please come see us in the LOC office on pool deck if you have any questions/concerns.

NOTE: All the withdrawal and correction forms must first be approved by the referee and then handed to the Secretariat of the competition.





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ACCOMMODATION, MEALS & REGISTRATION PROCESS

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

Preliminary Form:



DEADLINE TO SUBMIT PRELIMINARY FORM IS JANUARY 21ST.

Final Form:



DEADLINE TO SUBMIT FINAL FORM IS MARCH 4TH.

Travel Form:



DEADLINE TO SUBMIT TRAVEL FORM IS MARCH 4TH.

- 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 March 4th.**

PARTICIPANT FULL-BOARD COSTS

Prices indicated below include hotel accommodations, event entry fees, transportation, and meals during the team's stay. Hotel accommodations will offer two double/queen beds or one king. 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. Arrivals before Sunday April 5th may be possible, but need to be confirmed with LOC.

RATE - SINGLE OCCUPANCY

\$289 USD / per person / per night

RATE - DOUBLE OCCUPANCY

\$219 USD / per person / per night





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PAYMENT

50% of the overall payment: February 18th, 2026
(invoice will be sent upon booking)

The remaining balance: March 4th, 2026

Any full cancellations made after February 18th are subject to fully pay their first two days of participation costs. Any partial or full cancellations made after March 4th are subject to pay 50% of their participation costs. Any partial or full cancellation made after March 23rd are subject to pay 100% of their participation costs. Please don't hesitate to contact us if you have concerns about these deadlines.

*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 March 4th.

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

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





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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 April 6th to 12th. 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.

