

# **2026**

# **SK Provincial Championships**

## **Jr. Team Trials**

2026 Jr & Sr National Qualifier  
Provincial Championships



***Saskatoon  
Diving Club***

**Feb 12-15<sup>th</sup> 2026**

Shaw Centre

122 Bowlit Cr.

Saskatoon, SK S7M 0L1

[www.saskatoondivingclub.ca](http://www.saskatoondivingclub.ca)



The Saskatoon Diving Club welcomes the athletes, coaches, and officials to enjoy a weekend full of friendly, spirited competition. Family and friends are invited to watch and cheer the divers.

The Shaw Centre, home of the Saskatoon Diving Club, was opened in September 2009 and was host to the 2010, 2016, 2019, 2025 Senior Nationals, along with the 2012 & 2013 Junior Nationals. Saskatoon also hosted the 2024 Jr Elite Nationals.

The facilities include:

2 – 1M Duraflex Springboards

2 – 3M Duraflex Springboards

Trampoline & Spotting Rig

Concrete Platforms covered in a rubberized surface: 3M, 5M, 7.5M and 10M

Built-in water sprayers and sparger under each springboard and platforms.

Mark your calendars, and we'll see you in Saskatoon for a weekend full of competition, fun and sportsmanship. Enjoy our friendly hospitality at the pool and in our city.

We look forward to seeing you in Saskatoon!

Steve Carroll

Head Coach

Saskatoon Diving Club

(306) 280-0090 (cell/text)

<b>Safe Sport:</b>	<p>a. Diving Plongeon Canada and Dive Sask believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Only participating divers, officials, certified registered coaches, and authorized people are allowed on deck.</p> <p>b. Dive Sask and Diving Plongeon Canada have signed on to the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.</p>
<b>Photography/ Videography:</b>	<p>a. In order to minimize risk, all photographs and video taken at Diving Plongeon Canada/Dive Sask sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in locker rooms, bathrooms, or any other dressing area. Only approved photographers are allowed on deck.</p>
<b>Meet Manager:</b>	Kim Lafreniere <b><i>kmoffatt2002@yahoo.com</i></b> Karen Spilchak <b><i>karenspilchak@outlook.com</i></b>
<b>Technical Director:</b>	<p><b>Steve Carroll</b>, Head Coach, Saskatoon Diving Club</p> <p>Phone: (306) 280-0090 cell</p> <p>E-mail: <b><u>sdcheadcoach@gmail.com</u></b> **(not to be used for dive sheets)**</p> <p>Email entries and dive sheets to <b><u>sdcmeet@gmail.com</u></b></p>
<b>Meet Referee:</b>	Jill Brewer
<b>Entry Deadline:</b>	<b>Monday, January 26<sup>th</sup></b> , 2026
<b>Entry Fees:</b>	<p>\$100.00 per athlete, includes food room</p> <p>\$35.00 per event</p>
<b>Entries:</b>	<p>Email entries and dive sheets to <b><u>sdcmeet@gmail.com</u></b></p> <p><b><u>Please note:</u></b> Entries received after midnight, <b>Jan 26<sup>th</sup></b>, WILL be charged an additional late fee of \$20.00 per athlete, to a maximum of \$100.00.</p>
<b>Dive Sheets:</b>	<p>We will be using the Rezman scoring system.</p> <p>Clubs should prepare their athletes lists using the “Dive Sheet Generator” via <b><u>www.rezman.net</u></b> and submitting them by email to <b><u>sdcmeet@gmail.com</u></b></p> <p>Please refer to the Diving Plongeon Canada Rule Book regarding dive sheet submissions. Dive lists must be submitted at least 24 hours before the scheduled start of the event. Late sheets will be assessed a penalty of \$25.00 per late dive sheet up to</p>

	a maximum of \$100.00 per day per club. No changes to dive sheets within 1 hour of the scheduled start of the event.
<b>Rules:</b>	All D.P.C. rules will apply. Please refer to the rule book for all rules and dive requirements <a href="https://diving.ca/resources/">https://diving.ca/resources/</a> Finals for Groups C & B only Please see <a href="http://www.diving.ca">www.diving.ca</a> for other resources
<b>Awards:</b>	Medals (Gold, Silver, Bronze) Ribbons (4 <sup>th</sup> to 8 <sup>th</sup> )
<b>Hospitality:</b>	Amy Beck Volunteers, officials, coaches and athletes are encouraged to bring their own water and snacks. There will be some tables set up in the hospitality room for coaches, athletes, officials, and volunteers. There are also numerous full-service and fast food restaurants within walking distance of the Shaw Centre if required.
<b>Accommodation:</b>	<b>Best Western Blairmore – Best Western Hotels &amp; Resorts</b> 306 Shillington Crescent, Saskatoon, SK, S7M 1L2 Free Breakfast, microwave, mini fridge, Keurig To book call (306) 242-2299 (Walking Distance to the pool)  <b>Many more hotel options online</b>
<b>General Information:</b>	<ol style="list-style-type: none"> <li>a. Any changes to the meet format will be shared with the coaches at the Coaches' Meeting.</li> <li>b. Food is not allowed on deck. Glass containers and breakables are not allowed on the pool deck.</li> <li>c. Teams are responsible for the conduct of their divers. Inappropriate behaviour at the pool may result in disciplinary action by the meet management.</li> <li>a. The Saskatoon Diving Club will not accept responsibility for lost or stolen items. It is the responsibility of each diver entered into the meet to ensure that their personal belongings are stored in a secure manner.</li> </ol>

**REGISTRATION – DUE January 26<sup>th</sup> 2026**

## **COMPETITION SCHEDULE:**

There will be a closed practice before each event of no less than 20 minutes, 30 mins pending event numbers. Events may run up to 30mins ahead of schedule. Practices 30 mins when running on time.

Dryland available throughout the day (**Coaches must be present for trampoline**)

**Monday Practice 1:00 – 5:00pm**

**Tuesday & Wednesday 9-12, & 2-5pm**

THURSDAY Feb 12<sup>th</sup>      Open Practice 7:30-8:30am

	<b>1m</b>	<b>3m</b>	<b>PLT</b>
9am	Boys C Prelim	Girls C Prelim	
10:00			Boys & Girls A
11:30	Girls B Prelim	Boys/Girls ABC Nov	
1:00	Boys/Girls DE Nov	Boys B Prelim	
2:30	Boys C Final	Girls C Final	
3:30	Girls B Final	Girls/Boys D	
4:30		Boys B Final	
5:30			Open

FRIDAY, Feb 13<sup>th</sup>      Open Practice 7:30-8:30am

	<b>1m</b>	<b>3m</b>	<b>PLT</b>
9am			Girls B Prelim
10:15	Boys/Girls ABC Nov	Boys/Girls A	
12:00			Boys B Prelim
1:15	Girls/Boys D	Boys/Girls DE Nov	
3:00			Girls B Final
4:00	Boys Girls E	Open	
5:00			Boys B Final

Saturday, Feb 14<sup>th</sup>

Open Practice 7:30-8:30am

	<b>1m</b>	<b>3m</b>	<b>PLT</b>
9am			Boys/Girls D
10:00	Boys/Girls A	Boys C Prelim	
11:30	Girls C Prelim	Boys/Girls E	
1:00	Open		
2:30	Girls C Final		
3:30		Boys C Final	
4:30			Boys/Girls DE Nov
5:30			Boys/Girls ABC Nov

Sunday, Feb 15<sup>th</sup>

Open Practice 7:30-8:30am

	<b>1m</b>	<b>3m</b>	<b>PLT</b>
9:00			Girls C Prelim
10:00	Boys B	Girls B Prelim	
12:00			Boys C Prelim
1:30			Boys & Girls E
3:00	Boys B Final	Girls B Final	
4:00			Girls C Final
5:00			Boys C Final