



NIAGARA DISTRICT HOLIDAY DIVING INVITATIONAL



Saturday Dec 10, 2015
Rochester Institute of Technology

Meet Host: Upstate NY Diving Club
Meet Director: Cliff Devries 585-224-5130 cliff@upstatediving.com
Location: Gordon Field House Pool at Rochester Institute of Technology
149 Lomb Memorial Drive
Rochester, NY 14623

Facility: 14 ft Diving Well Depth
2 – 1-Meter Springboards
2 – 3-Meter Springboards

Event fees: \$15 per event – (Synchro \$15 per team) Register at RIT 7:30 – 8:00 am
NO ONLINE REGISTRATION

Novice Competition 1 Meter & 3 Meter Events will be run simultaneously

8:00 - 8:25	Novice Warm up
8:25 – 8:30	National Anthem
8:30 – 9:30	Novice Event 1 Girls 3M & Boys 1M
9:30 – 10:00	Novice Warm Up
10:00 – 11:00	Novice Event 2 Girls 1M & Boys 3M
11:00 – 11:30	Event 3 FINA & Novice Synchro 13U Event and 14 Over Event

AAU/FINA Competition 1 Meter & 3 Meter Events will be run simultaneously

11:30 – 12:30	Warm Up
12:30 – 2:30	Event 4 Girls 3M & Boys 1M
2:30 – 3:30	Warm Up
3:30 – 5:30	Event 5 Girls 1M & Boys 3M

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU memberships
- AAU membership may not be included as part of the entry fee to the event. AAU **Youth** Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

Divers will dive in their FINA age group – Age as of December 31, 2016 or 2017.

EVENTS

Event 1

9 & Under Girls 3m Novice
10-11 Girls 3m Novice
12-13 Girls 3m Novice
14-15 Girls 3m Novice
16-18 Girls 3m Novice
9 & Under Boys 1m Novice
10-11 Boys 1m Novice
12-13 Boys 1m Novice
14-15 Boys 1m Novice
16-18 Boys 1m Novice

Event 2

9 & Under Girls 1m Novice
10-11 Girls 1m Novice
12-13 Girls 1m Novice
14-15 Girls 1m Novice
16-18 Girls 1m Novice
9 & Under Boys 3m Novice
10-11 Boys 3m Novice
12-13 Boys 3m Novice
14-15 Boys 3m Novice
16-18 Boys 3m Novice

Event 3 Synchro

Event 4 FINA/AAU

Group E Girls 3m (9 & Under) (AAU)
Group D Girls 3m (11 & Under) (AAU)
Group C Girls 3m (12-13) (AAU)
Group B Girls 3m (14-15) (AAU)
Group A Girls 3m (16-18) (AAU)
Group E Boys 1m (9 & Under) (AAU)
Group D Boys 1m (11 & Under) (AAU)
Group C Boys 1m (12-13) (AAU)
Group B Boys 1m (14-15) (AAU)
Group A Boys 1m (16-18) (AAU)

Event 4 FINA/AAU

Group E Girls 1m (9 & Under) (AAU)
Group D Girls 1m (11 & Under) (AAU)
Group C Girls 1m (12-13) (AAU)
Group B Girls 1m (14-15) (AAU)
Group A Girls 1m (16-18) (AAU)
Group E Boys 3m (9 & Under) (AAU)
Group D Boys 3m (11 & Under) (AAU)
Group C Boys 3m (12-13) (AAU)
Group B Boys 3m (14-15) (AAU)
Group A Boys 3m (16-18) (AAU)

Novice Events

For divers who do not have the dives necessary to compete a FINA list and need to substitute a skill to enter a competition.

Synchro Events

13 Under – 4 Dives or Skills 1 Meter or 3 Meter

14 Over - 5 Dives Total

2 Voluntaries at 2.0 and 3 Optionals without Limit
1 Meter or 3 Meter

FINA/AAU Events

National qualifying events and will follow FINA rules. No changes will be made to diving sheets 1 hour prior to the start of the FINA Events

All ages as of DEC. 31 2016 or 2017.

NOVICE 1 meter & 3 meter

NOVICE 9 & Under

4 Dives or Skills

NOVICE 10-11

5 Dives or Skills

NOVICE 12-13

6 Dives or Skills

NOVICE 14-15

6 Dives or Skills

NOVICE 16-18

7 Dives or Skills

Skills Bank

- 100 A Front Jump Straight
- 100 B Front Jump Pike
- 100 C Front Jump Tuck
- 200 A Back Jump Straight
- 200 B Back Jump Pike
- 200 C Back Jump Tuck
- 5101 Front Jump ½ Twist
- 5102 Front Jump 1 Twist
- 5104 Front Jump 2 Twist
- 5201 Back Jump ½ Twist
- 5202 Back Jump 1 Twist
- 5203 Back Jump 1 ½ Twist
- 001 A Forward Standing Entry Straight
- 001 B Forward Entry Pike Standing or seated
- 001 C Forward Entry Tuck squatting or seated
- 002 A Back Entry Standing Straight
- 002 B Back Entry Standing Pike (3M only)
- 002 C Back Entry Tuck – (Squatting or Seated)

Synchro Events

13 Under – 4 Dives or Skills

1 Meter or 3 Meter

14 Over - 5 Dives Total

2 Voluntaries at 2.0 and 3 Optionals without Limit

1 Meter or 3 Meter

AAU/FINA Events

Events will be National qualifying events and will follow FINA rules. No changes will be made to diving sheets 1 hour prior to the start of the FINA Events

AAU/FINA Boys and Girls 9 & Under

4 Dives

3 voluntary dives from different groups

1 optional dive

Max vol DD 5.4

AAU/FINA Boys and Girls 10-11

5 Dives

3 voluntary dives from different groups

2 optional dives from different groups

Max vol DD 5.4

AAU/FINA 12-13

Boys- 8 Dives

5 voluntary dives from different groups

3 optional dives from different groups

Girls- 7 Dives

5 voluntary dives from different groups

2 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA 14-15

Boys- 9 Dives

5 voluntary dives from different groups

4 optional dives from different groups

Girls- 8 Dives

5 voluntary dives from different groups

3 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA 16-18

Boys-10 Dives

5 voluntary dives from different groups

5 optional dives from different groups

Girls- 9 Dives

5 voluntary dives from different groups

4 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5