



Wings Diving Club's 17th Annual Halloween Invite

Meet Director: Brooke Nigro
 Email: wingsdivinginc@gmail.com

Pool Address 89 Alumni Arena
 Buffalo, NY 14260

Registration Fee: \$15.00 per event
 Checks: Payable to Wings Diving Club
 Date: Sunday 30 October 2016
 Meet Site: University at Buffalo
 Alumni Arena
 Buffalo, NY 14260

Facility: 2x 1m boards, 2x 3m boards, 5, 7.5 & 10m platforms

Apple Bobbing Novice and Older divers

At the conclusion of the Novice event, we'll grab some apples using only chest, shoulders or your head, ears, nose or mouth.

Objective: Each diver swims out from the wall and retrieves an apple without the aid of hands. When all the apples are gone, we'll declare a victim, er.....winner! Remember NO hands or we'll tie them behind your backs!

Practice times: Sunday 9:00-9:30 am for Novice
 Sunday 9:00-9:30 am FINA platform divers only.
 First events (Novice and all ages platform) start at 9:30.

ALL AGES AS OF DECEMBER 31, 2016

Novice Events:

*All events will run simultaneously by order of the Head Witch.

- | | | |
|----|----------|---------|
| 1) | Girls 3m | Boys 1m |
| | 9 & U | 9 & U |
| | 10/11 | 10/11 |
| | 12/13 | 12/13 |
| | 14/15 | 14/15 |

	16/18	16/18
2)	Boys 3m	Girls 1m
	9 & U	9 & U
	10/11	10/11
	12/13	12/13
	14/15	14/15
	16/18	16/18

Novice Requirements:

Novice 9 & Under: 4 dives or skills

Novice 10-11: 5 dives or skills

Novice 12-13: 6 dives or skills

Novice 14-15: 7 dives or skills

Novice 16-18: 8 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)

FINA Events **11:00 am Warm up**

11:30 am Competition

*30 min Warm ups after apple chomping

*Events may be combined depending on event entries

1a: Boys 9 and under 1m	1b: Girls 9 and U 3m
2a: Boys 10-11 1m	2b: Girls 13 and U 3m
3a: Boys 12-13 1m	3b: Girls 14-15 3m
4a: Boys 14- 15 1m	4b: Girls 14- 15 3m
5a: Boys 16-18 1m	5b: Girls 16-18 3m
6a: Girls 9 and under 1m	6b: Boys 9 and U 3m
7a: Girls 10-11 1m	7b: Boys 13 and U 3m
8a: Girls 12-13 1m	8b: Boys 14-15 3m
9a: Girls 14- 15 1m	9b: Boys 14- 15 3m
10a: Girls 16-18 1m	10b: Boys 16-18 3m

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

Platform: All age groups will combine and run during the Novice events.

Directions:

Transportation: From Route 90 East take exit 50 (route 290 west) to the Millersport Hwy. North exit. At the 2nd traffic light turn left. Alumni Arena is directly in front of you. Turn right and drive past campus safety and the football stadium. Park in the rear of the building by the tennis courts (next to stadium).

Cross the street and enter the building. Use the doors on the left to stay on the ground floor. Turn right at the end of the hall. Go left at the first opportunity (follow signs to the Pro Shop). Go through two sets of doors. The locker rooms and pool entrance are off of the Pro Shop.

