



Last Chance Meet

Last chance to qualify for AAU Nationals!

Sunday June 29, 2014

Location:

State University of New York at Geneseo
Merritt Athletic Center - Alumni Pool
1 College Circle Geneseo, NY 14454

Meet Director:

Shawn Austin (Blue Wave Diving)
Cell: (585) 245 - 3438
Email: shawn@bluewavediving.org

Entries:

\$15 per event
We're running paper events!
Deck entries are fine but coaches please send me your rosters.
Age Groups: 9U, 10-11, 12-13, 14-15, 16-18

Awards:

Ribbons

Facility:

14' Separate Diving Well - w/ 2 TIVO Systems
2 - 1M Duraflex B on Durafirm stands
1 - 3M Duraflex B on Durafirm stand

Event Schedule (Times are approximate)

Novice 1 Meter and 3 Meter Events will run simultaneously

Divers should arrive between 7:00 and 8:00 to check in

8:00 - 8:25	Warm up
8:25 - 8:30	National Anthem
8:35 - 9:30	Novice Events 1
9:30 - 10:00	Warm up
10:00 - 10:30	Novice Events 2
10:30	Novice Awards

1M Synchronized Diving Events

Divers should arrive at the pool at 9:30AM to check in!

11:00 - 11:30	Warm up
11:30 - 12:00	All Synchro Events
12:00	Synchro Awards

AAU/FINA 1 Meter and 3 Meter Events will run simultaneously

Divers should arrive at the pool at 11:00AM to check in!

12:15 - 1:00	Warm Up
1:00 - 2:00	Event 3 & 4
2:00 - 2:30	Warm Up
2:30 - 3:30	Events 5 & 6
3:30	Age Group Awards

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All Participants must have a current AAU membership
- AAU membership is not included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.

Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

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

Novice Requirements

Event 1

9 & Under Girls 3M Novice
 10-11 Under Girls 3M Novice
 12-13 Under Girls 3M Novice
 14-15 Under Girls 3M Novice
 16-18 Under Girls 3M Novice

9 & Under Boys 1M Novice
 10-11 Under Boys 1M Novice
 12-13 Under Boys 1M Novice
 14-15 Under Boys 1M Novice
 16-18 Under Boys 1M Novice

Event 2

9 & Under Girls 1M Novice
 10-11 Under Girls 1M Novice
 12-13 Under Girls 1M Novice
 14-15 Under Girls 1M Novice
 16-18 Under Girls 1M Novice

9 & Under Boys 3M Novice
 10-11 Under Boys 3M Novice
 12-13 Under Boys 3M Novice
 14-15 Under Boys 3M Novice
 16-18 Under Boys 3M Novice

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

Novice Skills Bank		
Jumps	Line-Ups	Twists
100A Front Jump Straight 100B Front Jump Pike 100C Front Jump Tuck 200A Front Jump Straight 200B Front Jump Pike 200C Front Jump Tuck	001A Forward Entry Straight 001B Forward Entry Pike 001C Forward Entry Tuck 002A Back Entry Straight 002B Back Entry Pike 002C Back Entry Tuck	5101 Front Jump 1/2 Twist 5102 Front Jump 1 Twist 5104 Front Jump 2 Twists 5201 Back Jump 1/2 Twist 5202 Back Jump 1 Twist 5203 Back Jump 1 1/2 Twists

Event 3

1 Meter Synchronized Diving Events are open to Novice and Age Group level divers. This event requires two divers to perform the same exact skill at the same time. The divers are judged individually on their execution and together on their synchronization and mirror imagery.

Combined Events

All synchronized diving events are combined but will be awarded separately. We will award the Synchronized Novice event and Synchronized Age Group Event.

Synchronized Diving Requirements

- Novice Divers must perform 4 different dives or skills at 1.0 DD
- JO Divers must perform 2 voluntary dives at a DD of 2.0 and 3 Optional dives from different categories with no DD limit.
- Divers must perform the same skill or dive in the same position.
- Mixed teams will be allowed ie. Boy & Girl teams.
- You can enter in as many teams as you want but each team is a separate entry (\$15/Entry)

AAU/FINA EVENTS will be AAU National Qualifying events and follow FINA rules. No changes will be allowed to diving sheets 1 hour prior to the start of the event. **ALL AGES AS OF DECEMBER 31, 2013**

Event 4

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 5

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)

AAU/FINA Requirements		
AAU/FINA Age Group	Boys	Girls
Group E (9 & Under) 4 Dives	3 voluntary dives from different groups 1 optional dive Max voluntary DD 5.4	
Group D (10-11) 5 Dives	3 voluntary dives from different groups 2 optional dives from different groups Max vol. DD 5.4	
Group C (12-13) Boys - 8 Dives Girls - 7 Dives	5 vols. from different groups 3 ops. from different groups 1M Max vol. DD 9.0 3M Max vol. DD 9.5	5 vols. from different groups 2 ops. from different groups 1M Max vol. DD 9.0 3M Max vol. DD 9.5
Group B (14-15) Boys - 9 Dives Girls - 8 Dives	5 vols. from different groups 4 ops. from different groups 1M Max vol. DD 9.0 3M Max vol. DD 9.5	5 vols. from different groups 3 ops. from different groups 1M Max vol. DD 9.0 3M Max vol. DD 9.5
Group A (16-18) Boys - 10 Dives Girls - 9 Dives	5 vols. from different groups 5 ops. from different groups 1M Max vol. DD 9.0 3M Max vol. DD 9.5	5 vols. from different groups 4 ops. from different groups 1M Max vol. DD 9.0 3M Max vol. DD 9.5