



CMD 11th Annual Spring Invitational Meet
 Sunday, April 13, 2014
 Sanction #TBA



- ? This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- ? All participants must have a current AAU membership.
- ? AAU membership may not be included as part of the entry fee to the event.
- ? AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- ? 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. Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.

Director:
[Wilson Aybar](mailto:waybar@holycross.edu)
waybar@holycross.edu

Meet Site:
 Hart Recreation Center
 Holy Cross
 Worcester, MA 01610

Send Entries to:
 Wilson Aybar
 23 Park Street.
 Webster MA 01570

Fees:
 \$30.00 entry fee per event via paypal.
 Check payable to Wil Aybar

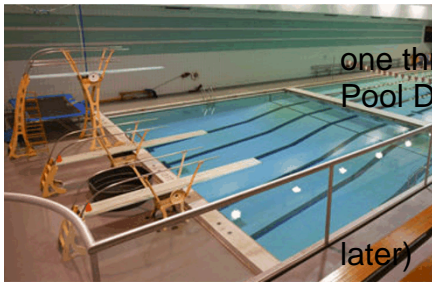
Deck entries \$20 late fee..

If signing up by mail, forms should be sent to above address no later than Tuesday November 19th '13.

****If forms are not post marked by deadline then late fee will apply regardless if list has been sent in.**

Please make note no refund. **Food & meet apparels will be sold on site.

Pay via www.paypal.com to waybar@holycross.edu this will be your way of registering and by doing so you agree to the terms and conditions. This will act as your waiver/signature which means no need to fill out attached forms just make note of NAME, CLUB, EVENTS & DIVES as you send entry fee online.



Facility : A separate diving well contains two one-meter boards and one three-meter board. All three boards are Duraflex, wafer diving boards.
 Pool Depth 13' 6"

Warm ups: 30 minutes before each event

Warm –up for all 13 and under , not before 11:30am (may start later)

Practice Times : Sunday April 13th

14 and over : Open 7:15-8:15. Event Only 8:15-8:45 First event 8:45

13 and under : Open for 45 mins- 1hr after conclusion of 14& over events.

Event Schedule: First Event 8:45 am.

Novice events will be run with the Junior events

Event 1) 16-18 Boy and Girls 1M & 14-15 Boy and Girls 3M

Event 2) 14-15 Boy and Girls 1M & 16-18 Boy and Girls 3M

Warm –up for all 13 and under not before 11:30am (may start later)

Novice events will be run with the Junior events

Event 3) 9 & U and 10-11 1M & 12-13 3M

Event 4) 12-13 1M & 9 & U and 10-11 3M

Awards: Junior ? Top 6 places (1-3 CUSTOM medals double sided 4-6 custom ribbons)
 Novice? Top 6 places (Custom Ribbons)

Directions: www.centralmassdiving.com/directions.htm

*** Estimated Timeline will be posted on www.centralmassdiving.com by Thursday night April 9, 2014



Rules

****J.O. & Novice REQUIREMENTS*****

Age groups	9 & Under	11 & Under	12-13	14-15	16-18
	FINA Group E	FINA Group D	FINA Group C	FINA Group B	FINA Group A
	9 years or younger on December 31 st of the year of competition	11 years or younger on December 31 st of the year of the competition.	12 or 13 years on December 31 st of the year of the competition.	14 or 15 on December 31 st of the year of the competition	16 or 18 on December 31 st of the year of competition
	Boys and Girls	Boys and Girls	Girls	Girls	Girls
	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter
Total amount of Dives	4 dives	5 dives	7 dives	8 dives	9 dives
Voluntary dives	3 dives from different groups	3 dives from different groups	5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD	5.4 1m	5.4 1m	9.0 1m	9.0 1m	9.0 1m
Max DD	5.4 3m	5.4 3m	9.5 3m	9.5 3m	9.5 3m
Optional Dives	1 dives from different groups	2 dives from different groups	2 dives from different groups	3 dives from different groups	4 dives from different groups

DDs	Without DD limit	Without DD Limit	Without DD Limit	Without DD limit	Without DD limit
			Boys	Boys	Boys
Total amount of Dives			8 dives	9 dives	10 dives
Voluntary dives			5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD			9.0 1m	9.0 1m	9.0 1m
Max DD			9.5 3m	9.5 3m	9.5 3m
Optional Dives			3 dives from different groups	4 dives from different groups	5 dives from different groups
DDs			Without DD Limit	Without DD limit	Without DD Limit
	Boys and Girls	Boys and Girls	Boys and Girls	Boys and Girls	Boys and Girls
Novice	9 & Under	10-11	12-13	14-15	16-18
Amount of Dives	5 dives	5 dives 1M 6 dives 3M	6 dives 1M 7 dives 3M	7 dives 1M 8 dives 3M	7 dives 1M 8 dives 3M

Voluntary Dives	100 & 200 Front and Back Jump. A, B or C DD of 1.0	100 & 200 Front and Back Jump. A, B or C On 3M add front line up (001D) all DD 1.0	100 & 200 Front and Back Jump. A, B or C, Plus on 3M add front line up (001D) DD 1.0 101 at 1.8 on 1M and 1.9 on 3M.	100 & 200 Front and Back Jump. A, B or C, On 3M add front line up (001D) DD 1.0. 5 opts from 3 groups A group can not be used more than twice in opts	100 & 200 Front and Back Jump. A, B or C, On 3M add (001D) DD 1.0 5 opts from 3 groups A group can not be used more than twice in opts
Optional Dives	3 dives from 2 different groups DD of 1.0	3 dives from 2 different groups DD of 1.0	3 dives opts from different groups true DD's	5 dives from 3 groups true DD's	5 dives from 3 groups true DD's

COLLEGE OF THE HOLY CROSS RELEASE

*****(NO NEED TO FILL THIS RELEASE FORM IF REGISTERING VIA WWW.PAYPAL.COM)*****

A
I, _____, for my heirs, assigns, executors, and administrators, in
(PARTICIPANT)

consideration of the College of the Holy Cross permitting me to use certain facilities and property in order to participate in the AAU 11th annual CMD Spring Invitational Diving meet to be held at the College of the Holy Cross on **April 13th 2014**, hereby release and discharge the College of the Holy Cross, its corporators, trustees, officers, faculty, students, employees, and agents of and from all claims, demands, actions and causes of action of every nature, including, but not limited to, all losses or expenses (including but not limited to physical injury, loss of property or death) which may arise and relate in any way to my activities while taking part in said meet.

Further, I _____, for my heirs, assigns, executors, and administrators, agree to indemnify and hold the College of the Holy Cross, its corporators, trustees, officers, faculty, students, employees and agents harmless from and against any and all liabilities, claims, actions cost and expenses in any way relating to or arising out of my activities while in said meet.

I, _____, also warrant the College of the Holy Cross that I take full responsibility for all actions and activities of any person or persons whom I bring onto or cause to be admitted to the College of the Holy Cross's property while taking part in said meet.

This instrument is executed under said seal:

_____/_____/_____
Date
Participant (SIGN)

Agreed to on behalf of participant:

_____/_____/_____
Date
Parent or guardian sign if participant is under 18 years of age

B AAU DIVING RELEASE

In consideration of your acceptance of this application, I hereby, for all heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have against Amateur Athletic Union Diving, Central Mass Diving, College of the Holy Cross, their agents, representatives, successors or assignees for any and all injuries to me at said meet and premises.

_____/_____/_____
Date

Name of Participant, Signature of Parent or Guardian

C

ENTRY FORM

Name _____ Age Group _____ Sex _____

Address _____ Phone () _____

Town _____ State _____ ZIP _____ e-mail: _____

Date of Birth _____ AAU Registration # _____
(mandatory)

Club _____ Coach _____

Events (#s) _____ x \$30.00 per event = \$ _____ total enclosed.

All 3 sections (A, B & C) of this form MUST be completed before getting on the boards. Please complete and return with entry fee payable to Wil Aybar. Dive sheets MUST accompany entry. Mail to: Wil Aybar, 23 Park St. Webster, MA 01570. Please direct any questions to Wil Aybar at (774) 535-4172 or waybar@holycross.edu

Diver _____ AGE _____

Please per event circle age and level

- EVENTS: 1. 1 METER 9U , 11U, 12-13, 14-15, 16-18, Master, Level: Novice or JO
- 2. 3 METER 9U , 11U, 12-13, 14-15, 16-18, Master, Level: Novice or JO

Dives per event: view color chart above for numbers of dives

	1m	3m
Dive 1		
Dive 2		
Dive 3		
Dive 4		
Dive 5		
Dive 6		
Dive 7		
Dive 8		
Dive 9		
Dive10		
Dive11		

Cut dotted line and return top portion with your registration.

Requirements for Nationals 2014	1 Meter	3 Meter
Group D 10-11 Boys FINA Meet (5 Dives)	120	125
Group D 10-11 Girls FINA Meet (5 Dives)	130	140

	Group C 12-13 Boys FINA Meet (8 Dives)	210	225
	Group C 12-13 Girls FINA Meet (7 Dives)	205	210
	Group B 14-15 Boys FINA Meet (9 Dives)	250	270
	Group B 14-15 Girls FINA Meet (8 Dives)	250	260
	Group A 16-18 Boys FINA Meet (10 Dives)	365	395
	Group A 16-18 Girls FINA Meet (9 Dives)	305	315