



# NIAGARA DISTRICT HOLIDAY SYNCHRO DIVING CHAMPIONSHIPS



**Saturday Dec 22<sup>th</sup>, 2012**  
**Rochester Institute of Technology**

Meet Host: Upstate NY Diving Club

Location: Rochester Institute of Technology  
Gordon Field House  
Judson Pool Diving Well  
149 Lomb Memorial Drive  
Rochester, NY 14623

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

Meet Director: Cliff Devries 585-224-5130 (CELL) [cliff@upstatediving.com](mailto:cliff@upstatediving.com)

Event fees: \$30 per diver – Register at RIT 8:30 – 9:00 am  
NO ONLINE REGISTRATION

Times:Saturday -	8:30-9:00 am	Diver Registration
	9:00-9:30 am	OPEN Warm-up
	9:30 am	National Anthem
	9:35-10:30 pm	Events 1 - 4
	10:30-11:00 am	OPEN Warm-up
	11:00-12:00 noon	Events 5-10
	12:00 noon	Pizza and Awards

- 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](http://www.ausports.org) to obtain their membership.

Divers will dive in their FINA age group – Age as of December 31, 2012.

Pizza & Drinks will be served after awards!!

## Event schedule:

Age Group Events Boys and Girls Events will be run simultaneously

- |     |              |    |         |                                   |
|-----|--------------|----|---------|-----------------------------------|
| 1.  | Boys Novice  | 1m | 3 Dives | (Any 3 Skills or Dives)           |
| 2.  | Girls Novice | 3m | 3 Dives | (Any 3 Skills or Dives)           |
| 3.  | Boys FINA    | 1m | 5 Dives | (2 Vol Dives @ 2.0 & 3 Optionals) |
| 4.  | Girls FINA   | 3m | 5 Dives | (2 Vol Dives @ 2.0 & 3 Optionals) |
| 5.  | Boys Novice  | 3m | 3 Dives | (Any 3 Skills or Dives)           |
| 6.  | Girls Novice | 1m | 3 Dives | (Any 3 Skills or Dives)           |
| 7.  | Boys FINA    | 3m | 5 Dives | (2 Vol Dives @ 2.0 & 3 Optionals) |
| 8.  | Girls FINA   | 1m | 5 Dives | (2 Vol Dives @ 2.0 & 3 Optionals) |
| 9.  | Mixed FINA   |    | 5 Dives | (2 Vol Dives @ 2.0 & 3 Optionals) |
| 10. | Mixed Novice |    | 3 Dives | (Any 3 Skills or Dives)           |

(Clubs may enter only 1 novice and 1 FINA **mixed** team per Club to compete for the Niagara District Team Champion's Cup for 2012)

### 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)