



2018 Upstate Diving Holiday Invitational

Saturday Dec 8, 2018



Rochester Institute of Technology

Meet Host: Upstate NY Diving
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: \$20 per event – (Synchro \$20 per team) Register at DIVEMEETS.COM

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

9:00 – 9:25 Novice Warm up
9:25 – 9:30 National Anthem
9:30 – 10:30 Novice Event 1 Girls 3M & Boys 1M
10:30 – 11:00 Novice Warm Up
11:00 – 12:00 Novice Event 2 Girls 1M & Boys 3M

Synchro

12:00 – 1:00 Event 3 Synchro FINA & Novice

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

1:00 – 1:30 Warm Up
1:30 – 3:00 Event 4 Girls 3M & Boys 1M
3:00 – 3:30 Warm Up
3:30 – 5:00 Event 5 Girls 1M & Boys 3M

- This event is licensed 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.aausports.org to obtain their membership.

Divers will dive in their FINA age group – Age as of December 31, 2018 or 2019.

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

1. Novice Girls – Any 4 Dives or Skills 1M or 3 M
2. Novice Boys – Any 4 Dives or Skills 1M or 3 M
3. FINA Girls – 5 Dives 1 M or 3 M
4. FINA Boys - 5 Dives 1 M or 3 M

FINA Rules: 2 Voluntaries at 2.0 and 3 Optionals without Limit

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 2018 or 2019.

NOVICE Events

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

Synchro Events

Novice Girls – Any 4 Dives or Skills 1M or 3 M

Novice Boys – Any 4 Dives or Skills 1M or 3 M

FINA Girls – 5 Dives 1 M or 3 M

FINA Boys - 5 Dives 1 M or 3 M

FINA Rules: 2 Voluntaries at 2.0 and 3 Optionals without Limit

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