



2023 AAU Niagara District Diving Championships

Saturday June 3, 2023
Monroe Community College

Meet Host: Upstate NY Diving
Meet Director: Cliff Devries 585-224-5130 cliff@upstatediving.com
Location:
Monroe Community College Pool
PAC Center – Parking Lot G
1000 East Henrietta Rd
Rochester, NY 14623

Facility: 12 ft Diving Well Depth
Two 1-Meter Springboards
One 3-Meter Springboards

Event fees: \$45 per FINA event – (Synchro \$45 per team)
\$35 per NOVICE event
Register at DIVELIVEAPP.COM

Schedule: Times are approximate. Please be prepared for events to run early or late.

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

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

1:00 – 2:00 pm	Event 3 Synchro FINA & Novice
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AAU/FINA Competition 1 Meter & 3 Meter Events will be run simultaneously.

2:00 – 2:30	FINA Warm Up
2:30 – 3:00	Event 4 Girls 3M & Boys 1M
3:00 – 4:00	FIUNA Warm Up
	Event 5 Girls 1M & Boys 3M

Divers will dive in their FINA age group – Age as of December 31, 2023

This event is licensed 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 **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.

EVENT 1 NOVICE EVENTS

Novice Girls 3m (9 and Under)
Novice Girls 3m (10-11)
Novice Girls 3m (12-13)
Novice Girls 3m (14-15)
Novice Girls 3m (16-18)

Novice Boys 1m (9 and Under)
Novice Boys 1m (10-11)
Novice Boys 1m (12-13)
Novice Boys 1m (14-15)
Novice Boys 1m (16-18)

EVENT 2 NOVICE EVENTS

Novice Girls 1m (9 and Under)
Novice Girls 1m (10-11)
Novice Girls 1m (12-13)
Novice Girls 1m (14-15)
Novice Girls 1m (16-18)

Novice Boys 3m (9 and Under)
Novice Boys 3m (10-11)
Novice Boys 3m (12-13)
Novice Boys 3m (14-15)
Novice Boys 3m (16-18)

EVENT 3 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

EVENT 4 FINA EVENTS

Group E Girls 3m (9 and Under)
Group D Girls 3m (10-11)
Group C Girls 3m (12-13)
Group B Girls 3m (14-15)
Group A Girls 3m (16-18)

Group E Boys 3m (9 and Under)
Group D Boys 3m (10-11)
Group C Boys 3m (12-13)
Group B Boys 3m (14-15)
Group A Boys 3m (16-18)

EVENT 5 FINA EVENTS

Group E Girls 1m (9 and Under)
Group D Girls 1m (10-11)
Group C Girls 1m (12-13)
Group B Girls 1m (14-15)
Group A Girls 1m (16-18)

Group E Boys 1m (9 and Under)
Group D Boys 1m (10-11)
Group C Boys 1m (12-13)
Group B Boys 1m (14-15)
Group A Boys 1m (16-18)

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.

FINA/AAU Events

National qualifying events and will follow FINA rules.

All ages as of DEC. 31 2023.

NOVICE 1 meter & 3 meter

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

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.

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