



2023 Upstate Diving Holiday Invitational

Saturday Dec 9, 2023



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
2 Digital Replay Systems

Event fees: Register at [DIVELIVEAPP.COM](https://www.diveliveapp.com) \$30 Late Fee after December 5
\$25 per Novice event (\$5 DiveLive Fee)
\$35 per Aqua event (\$5 DiveLive Fee)
\$20 per diver for Synchro (\$5 DiveLive Fee)

Schedule of Events (novice and FINA events will be run simultaneously)

Times are approximate. Depending on the number of divers, the timeline may run early or late.

8:30 – 9:00 am	Deck Opens
9:00 – 9:40 am	Open Warm up
9:40 – 9:45 am	National Anthem
9:45 – 11:30 am	Events 1 & 2 Girls 3M & Boys 1M
11:30 – 12:30 pm	Event 3 Synchro
12:30 – 1:15 pm	Open Warm up
1:15 – 3:00 pm	Event 4 & 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.

EVENT 1

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

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 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)

EVENT 3 SYNCHRO

Boys Synchro 6 dives (2 voluntaries and 4 optionals)
Girls Synchro 6 dives (2 voluntaries and 4 optionals)

EVENT 4

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 5

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 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)

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/AQUA Events

National qualifying events and will follow FINA rules.

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

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

Novice 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)

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