



# **2024 Upstate Diving Holiday Invitational**

**Saturday Dec 14, 2024**



Meet Host: Upstate NY Diving  
Meet Director: Cliff Devries 585-224-5130 [cliff@upstatediving.com](mailto:cliff@upstatediving.com)  
Location: Rochester Institute of Technology Gordon Field House Pool  
149 Lomb Memorial Drive  
Rochester, NY 14623

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

Event fees: Register at [DIVELIVEAPP.COM](https://DIVELIVEAPP.COM) \$30 Late Fee after December 10  
\$30 per Novice event  
\$40 per AQUA event  
\$20.00 per diver for Synchro

## Schedule of Events

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 – 9:25 am Novice Warm up  
9:25 – 9:30 am National Anthem  
9:30 – 10:00 am Event 1 Novice Girls 3M & Novice Boys 1M  
10:00 – 10:30 am Novice Warm up  
10:30 – 11:00 am Event 2 Novice Girls 1M & Novice Boys 3M  
  
11:00 – 11:30 pm Synchro Warm up  
11:30 – 12:00 pm Event 3 Synchro Competition  
  
12:00 – 1:00 pm AQUA Warm up  
1:00 – 2:30 pm Event 4 AQUA Girls 3M & AQUA Boys 1M  
2:30 – 3:30 pm AQUA Warm up  
3:30 – 5:00 pm Event 5 AQUA Girls 1M & AQUA 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](http://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**

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**

Boys Synchro 5 dives (2 voluntaries and 3 optionals)  
Girls Synchro 5 dives (2 voluntaries and 3 optionals)

### **EVENT 4**

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 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 an AQUA list and need to substitute a skill to enter a competition.

### **AQUA/AQUA Events**

National qualifying events and will follow AQUA rules.

**Divers will dive in their AQUA age group – Age as of December 31, 2024.**

## 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 A Front Jump ½ Twist

5102 A Front Jump 1 Twist

5104 A Front Jump 2 Twist

5201 A Back Jump ½ Twist

5202 A Back Jump 1 Twist

5203 A 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/AQUA Events

Events will be National qualifying events and will follow AQUA rules. No changes will be made to diving sheets 1 hour prior to the start of the AQUA Events

### AAU/AQUA Boys and Girls 9 & Under

4 Dives

3 voluntary dives from different groups

1 optional dive

Max vol DD 5.4

### AAU/AQUA 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/AQUA 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/AQUA 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/AQUA 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