

GLEN GATORS SPLASH INTO SPRING DIVE MEET

Bring your club
sticker for our
sticker exchange!

SATURDAY
APRIL 12TH 2025

Register Now!

[DIVE.LIVEAPP.COM](https://dive.liveapp.com)

**WATKINS GLEN
HIGH SCHOOL**

Registration Fee

\$35
/entry

**NOVICE 9:30AM
SYNCHRO 11:00AM
AQUA 12:00PM**

**1 METER
AND
SYNCHRO**

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU Youth Athlete membership must be obtained before the competition begins.
- Non-Athlete memberships cannot be applied for at an event.
- Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

More Information

ewarfle1@ithaca.edu

607-621-7648



Meet Host: Glen Gators Diving

Meet Director: Emily Hoffman, ewarfle1@ithaca.edu, 607-621-7648

Location: Watkins Glen Field House 612 S. Decatur St. Watkins Glen NY 14891

Go in the filed house entrance, turn left, and follow signs to the pool.

Facility: 13.5 ft Diving Well Depth

2 – 1-Meter Springboards

1 Digital Replay Systems

Event fees: Register at DIVELIVEAPP.COM \$30 Late Fee after April 9th

\$30 per event (\$5 DiveLive Fee)

\$20 per diver for Synchro (\$5 DiveLive Fee)

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 – 9:30 am Novice Warm up

9:30 – 10:30 am Event 1

10:30 - 11:00am Open Warm up

11:00 – 11:30 pm Event 2 Synchro

11:30 – 12:00 pm Open Warm up

12:00 – 1:00 pm Event 3

EVENT 1

Novice Boys/Girls 1m (9 and Under)

Novice Boys/Girls 1m (12-13)

Novice Boys/Girls 1m (14-15)

Novice Boys/Girls 1m (16-18)

EVENT 2 SYNCHRO

Novice Synchro (4 dives/skills)

Boys Synchro 6 dives (2 voluntaries and 4 optionals)

Girls Synchro 6 dives (2 voluntaries and 4 optionals)

EVENT 3

Group E Girls/Boys 1m (9 and Under)

Group D Girls/Boys 1m (10-11)

Group C Girls/Boys 1m (12-13)

Group B Girls/Boys 1m (14-15)

Group A Girls/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/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 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