



2025 AAU Niagara District Diving Championships

Sunday, May 4th, 2025

The State University of New York at Buffalo – North Campus Alumni Arena

Meet Host Wings Diving Club
Event Regis. #
Meet Director Russ Dekker – 716-645-2659 – rdekker@buffalo.edu
Location The State University of New York at Buffalo
 89 Alumni Arena
 Buffalo, New York 14260

Entry Fee All Entry fees are NON-REFUNDABLE
 \$45 per FINA event
 \$35 per NOVICE event

Online Registration: Registration is completed on the [DiveLive app](#). You will need to make a diver's account. Your diver's AAU number will be required. Please use the same diver's name exactly how it appears on the AAU Registration.

Spectator Fee \$5 per person, Kids under 6 are free. **CASH ONLY, exact change appreciated**

There will be No dive change fees. Changes can be made up to 1 hour before the start of the event.
No changes will be made within 1 hour before start of event.

Facility: Two 1-meter springboards on cement stands
 Two 3-meter springboards on cement stands
 18ft Diving Well
 1M, 5M, 7M, 10M Platform
 Poolside Live Digital Replay System

Schedule: Time and order of events approximate and Subject to Change based upon number of entries

Session 1: Novice Competition 1-Meter & 3-Meter Events will run simultaneously	
9:00 am	Novice Warm Up
9:30 am	Novice Event 1: Girls 3M & Boys 1M
10:30 am	Novice Warm Up
11:00 pm	Novice Event 2: Girls 1M & Boys 3M

Session 2: AAU FINA Competition 1 Meter & 3 Meter Events will run simultaneously	
12:00 pm	FINA Warm Up * (Times are approximate- will begin immediately after Session 1)
12:30 pm	FINA Event 1: Girls 3M & Boys 1M
1:30 pm	FINA Warm Up
2:00 pm	FINA Event 2: Girls 1M & Boys 3M

Divers will dive in their FINA age group – Age as of December 31, 2024

**FINA Age
Dive Requirements (Session 2)**

FINA/AAU Events – National qualifying events and will follow FINA rules.		
<ul style="list-style-type: none"> ● 9 and Under Boys and Girls (Group E) ● 10 to 11 Boys and Girls (Group D) ● 12 to 13 Boys and Girls (Group C) ● 14 to 15 Boys and Girls (Group B) ● 16 to 17 Boys and Girls (Group A) ● 18 to 19 Boys and Girls (Group A) 	<ul style="list-style-type: none"> ● Age is determined by December 31 of the year of the competition. ● All age group divers remain qualified from the 1st of January to midnight of the following 31st December in the year of competition. 	
FINA Group E, 9 & Under	FINA Group D, 10-11	FINA Group C, 12-13
Boys and Girls 4 Dives 3 Vols, 1 opt Vols Max 1m 5.4, 3m 5.4	Boys and Girls 5 Dives 3 Vols, 2 opts Vols Max 1m 5.4, 3m 5.4	Girls 7 Dives 5 vols, 2 opts Vols Max 1m 9.0, 3m 9.5 ----- Boys 8 Dives 5 Vols, 3 opts Vols Max 1m 9.0, 3m 9.5
FINA Group B, 14-15	FINA Group A, 16-18	FINA Group Masters, 19 & Over
Girls 8 Dives 5 vols, 3 opts Vols Max 1m 9.0, 3m 9.5 ----- Boys 9 Dives 5 Vols, 4 opts. Vols Max 1m 9.0, 3m 9.5	Girls 9 Dives 5 vols, 4 opts Vols Max 1m 9.0, 3m 9.5 ----- Boys 10 Dives 5 Vols, 5 opts Vols Max 1m 9.0, 3m 9.5	----- Women 5 Dives ----- Men 5 Dives

**Novice Age
Dive Requirements (Session 1)**

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		
Novice Group, 9 & Under	Novice Group D, 10-11	Novice Group C, 12-13
Boys and Girls 4 Dives OR Skills	Boys and Girls 5 Dives OR Skills	Boys and Girls 6 Dives OR Skills
Novice Group B, 14-15	Novice Group A, 16-17	
Boys and Girls 6 Dives OR Skills	Boys and Girls 7 Dives OR Skills	

Novice Skill Bank

All Novice Groups

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
001A 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

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

- All athletes and coaches must have a current 2025 AAU Membership before registering online.
- Memberships can be obtained via the AAU website: www.aausports.org
- **IMPORTANT: Please bring a copy of your AAU Membership to the pool.**
- AAU membership is not included as part of the entry fee to the event.
- Adult and Non-Athlete memberships are no longer instant. Membership applications for adult and non-athletes will not be completed on deck by the event operator, as it could take up to 10 days for membership to be processed.