

Port City Diving

SPRING INVITATIONAL SATURDAY, APRIL 23, 2016

University of West Florida

11000 University Pkwy (Natatorium) Bldg 73

Meet Director:

Barb Parker - portcitydiving@gmail.com - 251.454.9872

Equipment : Two 1-Meter Model B on Durafirm stand One 3-Meter Model B on Durafirm stand

Eligibility : This event is sanctioned by the Amateur Athletic Union of the US. All

divers must be AAU registered. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership. Awaiting AAU sanction.

Entry Info Please email the Meet Director with entries and dive lists

Meet entry deadline : April 20, 2016 \$20 per event – Make checks payable to Port City Diving \$25 late fee per event for signing up after April 20, 2016

Awards Medals awarded to all places in each event.

Warm Up Times :

Friday, April 22 - 4:30pm – 6:30pm

Saturday, April 23 Open warm-up – 9:00am – 10:00am

1st Event warm-up – 10:00am

Meet Begins – 10:30am

*There will be a 30 minute warm-up between each event Please Contact the meet director with any questions or concerns All Competitive events will be governed by FINA rule and corresponding dive lists.

AAU Group E – 9&U

- Girls – 3 vols (5.4); 1 opt
- Boys – 3 vols (5.4); 1 opt

AAU Group D – 10-11

- Girls 3 vols (5.4) and 2 ops
- Boys 3 vols (5.4) and 2 ops

AAU Group C – 12-13

- Girls 5 vols and 2 ops
- Boys 5 vols and 3 ops

AAU Group B – 14-15

- Girls 5 vols and 3 ops
- Boys 5 vols and 4 ops

AAU Group A – 16-18

- Girls 5 vols and 4 ops
- Boys 5 vols and 5 ops

Open Event - 6 dives from 5 categories Masters Any 6 dives from at least 4 categories

Guidelines for Novice : The mission of the AAU Olympic Rings program is to allow children and adults to have the benefit of the sport of springboard diving without the restrictions of age requirements. This allows the individual to develop based on their strengths and compete on their current skill levels.

- Skills may be from any group AND skills may be repeated in different position Exact skills may not be repeated. Skills may be jumps or entries (standing or sitting); forwards, backwards and/or twisting.
- Dives may be from any group with a maximum of one group being repeated
- Dive numbers may not be repeated
- All skills 1.0 – all dives true DD

Program Levels

- Shield - 5 skills
- Ring 1 - 4 Skills + 1 dive
- Ring 2 - 3 Skills + 2 dives
- Ring 3 - 2 Skills + 3 dives
- Ring 4 - 1 skill + 4 dives
- Ring 5 - 5 dives
- Champions I – 6 dives - 3 voluntary (max 5.0) and 3 optional
- Champions II – 6 dives - 4 categories must be used - Max D.D. of 12.0

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