

IOWA SPRING DIVING MEET
COE COLLEGE NATATORIUM, CEDAR RAPIDS, IA.
SPONSORED BY VINTON AQUATIC CLUB LICENSED BY AAU SPORTS

SUNDAY, MARCH 10, 2024

Time: Open warm ups at 7:30 A.M. COMPETITION AT 9:00 A.M.

Where: Coe College Natatorium, 13th St. NE (College Dr.), Cedar Rapids, IA.

Equipment: Two 1 Meter Maxiflex Model B: One 3 Meter Maxiflex Model B, Durafirm Stands, 16' Depth.

Entry Fees: \$16.00 per Regular Event, \$12.00 per Novice Event.

Entries: Entries may be made on any 8 x 11 paper, but must include full name, address, and phone number, AAU registration number, birthdate, Age, Club name (if any) and Coaches Name and phone number. Fees must be paid at time of entry. Make checks payable to Vinton Aquatic Club.

Send Entries to: DAVID E. HAPPEL PHONE: 319-472-4300 Office
P.O. Box 484, 201 E. 4th St. 319-560-0122 Cell
Vinton, IA 52349 email: davidhappelvac@gmail.com

Entry Deadline: Wednesday, March 6, 2024, before Noon. **Email entries will be accepted.**

Eligibility: Divers must be registered for 2024 with AAU Sports.

Rules: FINA Rules as adopted by AAU Sports will govern the competition. Divers must dive in their respective age groups. Age for entry is 12/31/24.

Awards: Regular Events: Medal 1-3, Ribbons 4-8.
Novice Events: Ribbons 1-8.

EVENTS:

1. Boys 9 & U	1 Meter	17. Boys 9 & U	3 Meter
2. Girls 9 & U	3 Meter	18. Girls 9 & U	1 Meter
3. Boys 9 & U	1 Meter Novice	19. Boys 9 & U	3 Meter Novice
4. Girls 9 & U	3 Meter Novice	20. Girls 9 & U	1 meter Novice
5. Boys 10-11	1 Meter	21. Boys 10-11	3 meter
6. Girls 10-11	3 Meter	22. Girls 10-11	1 Meter
7. Boys 10-11	1 Meter Novice	23. Boys 10-11	3 Meter Novice
8. Girls 10-11	3 Meter Novice	24. Girls 10-11	1 Meter Novice
9. Boys 12-13	1 Meter	25. Boys 12-13	3 Meter
10. Girls 12-13	3 Meter	26. Girls 12-13	1 Meter
11. Boys 12-13	1 Meter Novice	27. Boys 12-13	3 Meter Novice
12. Girls 12-13	3 Meter Novice	28. Girls 12-13	1 Meter Novice
13. Boys 14-15	1 Meter	29. Boys 14-15	3 Meter
14. Girls 14-15	3 Meter	30. Girls 14-15	1 Meter
15. Boys 16-17	1 Meter	31. Boys 16-17	3 Meter
16. Girls 16-17	3 Meter	32. Girls 16-17	1 Meter

SPECIAL RULES: The meet Director reserves the right to combine and alter the event order to improve competition in his sole discretion.

FINA AGE GROUP DIVING COMPETITION RULES

CHAMPIONSHIP LISTS

- GROUP E. 9 & UNDER BOYS AND GIRLS: 1 & 3 Meter. 4 Dives. (3 Voluntaries plus one Optional.) DD Vols under 5.4.
- GROUP D. 10-11 BOYS AND GIRLS: 1 & 3 Meter. 5 Dives. (3 Vols plus two Optionals.) DD Vols under 5.4
- GROUP C. 12-13 GIRLS: 1 Meter. 7 Dives. (5 Vols plus 2 Opts) DD Vols under 9.0.
3 Meter: 7 Dives. (5 Vols plus 2 Opts) DD Vols under 9.5
- 12-13 BOYS: 1 Meter: 8 Dives. (5 Vols plus 3 Opts) DD Vols under 9.0
3 Meter: 8 Dives. (5 Vols plus 3 Opts) DD Vols under 9.5
- GROUP B. 14-15 GIRLS: 1 Meter: 8 Dives. (5 Vols plus 3 Opts) DD Vols under 9.0
3 Meter: 8 Dives. (5 Vols plus 3 Opts) DD Vols under 9.5
- BOYS: 1 Meter: 9 Dives. (5 Vols plus 4 Opts) DD Vols under 9.0
3 Meter: 9 Dives. (5 Vols plus 4 Opts) DD Vols under 9.5
- GROUP A. 16-18 GIRLS: 1 Meter: 9 Dives. (5 Vols plus 4 Opts) DD Vols under 9.0
3 Meter: 9 Dives. (5 Vols plus 4 Opts) DD Vols under 9.5
- BOYS: 1 Meter. 10 Dives. (5 Vols plus 5 Opts.) DD Vols under 9.0
3 Meter. 10 Dives (5 Vols plus 5 Opts) DD Vols under 9.5

NOVICE LISTS

- BOYS AND GIRLS 9 & UNDER: 1 & 3 Meter (5 Dives). Forward Jump (100 A/B/C), Back Jump (200 A/B/C) in any order, Followed by 3 dives from 2 groups. DD 1.0 on all dives.
- BOYS AND GIRLS 10-11: 1 Meter—(5 Dives) Forward Jump (100 A/B/C), Back Jump (200A/B/C), in any order followed by 3 dives from 2 groups. DD 1.0 on all dives.
- 3 Meter—(6 Dives) Forward Jump (100 A/B/C), Back Jump (A/B/C) in any order followed by Dive 001D, followed by 3 dives from 2 different groups. DD 1.0 on all dives.
- BOYS AND GIRLS 12-13: 1 Meter—(6 Dives) Forward Jump (A/B/C), Back Jump (A/B/C), with DD of 1.0, followed by Dive #101 (A/B/C) with a DD of 1.8 followed by 3 dives from different groups, using FINA DD with a maximum of 2.3.
- 3 Meter—(7 Dives) Forward Jump (A/B/C), Back Jump (A/B/C) both with DD of 1.0, followed by Dive 001D with a DD of 1.0, followed by Dive # 101 (A/B/C) with a DD of 1.9, followed by 3 dives from different groups, using FINA DD with a maximum of 2.4.
- BOYS AND GIRLS 14-15 AND 16-18:
- 1 Meter—(7 Dives) Forward Jump (A/B/C), Back Jump A/B/C both with DD of 1.0, followed by 5 dives from at least 3 groups with no more than 2 dives from any one group, all using FINA DD.
- 3 Meter—(8 Dives) Forward Jump (A/B/C), Back Jump (A/B/C) both with DD of 1.0, followed by Dive # 001D with a DD of 1.0, followed by 5 dives from a least 3 groups, with no more than 2 dives from any one group, all using FINA DD.