

# Tomball Area Swim & Dive Club

## 2024 Free Fallin' Diving Invitational



- Date & Time: Saturday, November 2<sup>nd</sup>, 2024
- Meet Site: [19229 Northpointe Ridge Lane  
Tomball, TX 77377](https://www.google.com/maps/place/19229+Northpointe+Ridge+Lane,+Tomball,+TX+77377)
- Location: Tomball ISD Aquatic Center **South** on the campus of Tomball Memorial High School (South end of the school next to the tennis courts).
- Practice Times: OPEN Work-out (**MUST** be accompany by AAU Coach)
- 4:00PM to 7:00PM Friday, November 1<sup>st</sup>, 2024
  - 6:30AM to 7:30AM Saturday, November 2<sup>nd</sup>, 2024
- Facility: Two 1-meter & 3-meter springboards on concert platforms and a 3-meter platform.  
Pool depth: 13ft & four hot showers under the 3m tower.
- Sponsor: Tomball Area Swim & Dive Club
- Sanction: **Licensed by the Amateur Athletic Union of the U.S., Inc. (PENDING)**
- Entry Fee: Future Champions, Novice and Junior Olympic \$35.00 per event.
- Entry Deadline: Thursday, October 31<sup>st</sup>, 2024, before 12:00 PM CDT to avoid a late fee.  
Friday, January 6<sup>th</sup>, 2022, by midnight CDT with a late fee: \$20.00.
- Meet Director: Daniel Sautural
- Diving Sheets: Diving sheets should be completed online at [DiveLive](https://www.divelive.com)
- Rules: All Participants must have a current AAU membership.
- Awards: Future Champions, Novice & Junior Olympic events places 1<sup>st</sup> – 3<sup>rd</sup> will be awarded medals & ribbons for 4<sup>th</sup> – 8<sup>th</sup>.
- Concessions: Concessions will be available.
- Meet Shirts: Pre-order shirt (Information will be sent out ASAP)

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- 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. Due to background screenings, please allow up to 10 days for adult memberships to be processed.**
- Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current AAU Membership.**

## DIVE REQUIREMENTS

(Age as of Dec.31<sup>st</sup> on the year of competition)

### Junior Olympic (Boys and Girls 1M & 3M)

- Group E - 9 and under (5 dives)
  - 3 voluntaries (different group) MAX DD 5.0 on 1M & 5.4 on 3M 2 options dives (different group)
- Group D - 10/11 and under (5 dives)
  - 3 voluntaries (different group) MAX DD 5.0 on 1M & 5.4 on 3M 2 options dives (different group)
- Group C - 12/13 Girls (7 dives)
  - 5 voluntaries (different groups) MAX DD 9.0 on 1M & 9.5 3M 2 optional dives (different groups)
- Group C - 12/13 Boys (8 dives)
  - 5 voluntaries (different groups) MAX DD 9.0 on 1M & 9.5 3M 3 optional dives (different groups)
- Group B - 14/15 Girls (8 dives)
  - 5 voluntaries (different groups) MAX DD 9.0 on 1M & 9.5 3M 3 optional dives (different groups)
- Group B - 14/15 Boys (9 dives)
  - 5 voluntaries (different groups) MAX DD 9.0 on 1M & 9.5 3M 4 optional dives (different groups)
- Group A -16/18 Girls (9 dives)
  - 5 voluntaries (different groups) MAX DD 9.0 on 1M & 9.5 3M 4 optional dives (different groups)
- Group A - 16-18 Boys (10 dives)
  - 5 voluntaries (different groups) Max DD 9.0 on 1M and 9.5 3M 5 optional dives (different groups)

### Novice (Boys and Girls 1M & 3M)

(Choice of position A, B or C for 100, 200 & 101)

- 9 & UNDER
  - Boys and Girls 1M – (5 dives) **100, 200**, & any 3 dives
  - Boys and Girls 3M – (5 dives) **100, 200**, & any 3 dives
- 10/11
  - Boys and Girls 1M (5 dives) – **100, 200 101**, & any 2 dives from different groups
  - Boys and Girls 3M (5 dives) – **100, 200, 001D**, & any 2 dives from different groups
- 12/13
  - Boys and Girls 1M (6 dives) – **100, 200, 101**, & any 3 dives from different groups
  - Boys and Girls 3M (6 dives) – **100, 200, 001D**, & any 3 dives from different groups
- 14 & OVER
  - Boys and Girls 1M – (7 dives) **100, 200, 101**, & any 4 dives from 3 different groups
  - Boys and Girls 3M – (7 dives) **100, 200, 001D**, & any 4 dives from 3 different groups

### Future Champion (Boys and Girls 1M & 3M)

Future Champion will be combined to three Age Groups

Group 1 9 & UNDER	Group 2 10 thru 13	Group 3 14 & OVER
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#### **Bronze Future Champion**

*All jump skill will be performed with no press (arm-swing)*

- 1.) 100A – Standing (No Press) – Forward Jump Straight
- 2.) 200A – Back Jump Straight
- 3.) 001D – Forward Entry Free
- 4.) 100A – Standing Hurdle or One-Step Hurdle Forward Jump Straight
- 5.) 100A – Full Approach Forward Jump Straight

#### **Silver Future Champion**

*All jump skill will be performed with a press (arm-swing)*

- 1.) 100C – Standing Hurdle or One-Step Hurdle Forward Jump Tuck (w/ Press)
- 2.) 200A – Back Jump Straight (w/ Press)
- 3.) 100C – Full Approach Forward Jump Tuck (w/ Press)
- 4.) 200C – Full Approach (w/ Press)
- 5.) 101ABC – Choice of Starting Position – Forward Dive Choice

#### **Gold Future Champion**

*All jump skill will be performed with a press (arm-swing)*

- 1.) 100B – Full Approach (w/ Press) – Forward Jump Pike
- 2.) 200B – Back Jump Pike (w/ Press)
- 3.) 002D – Back Entry Free
- 4.) One Following Skills (1.0 D.D.) Choice 101C, 101B 401C, or 401B
- 5.) One Following Skills: (1.0 D.D.) 102C, 102B, 103C, 201C, 201B, 201A, 401C, or 401B