



# Valentine's

## Diving Invitational

Sunday February 16, 2025

**Meet Host:** Blue Wave Diving  
**Meet Director:** **Shawn Austin**, (585) 245-3438, [shawn@bluewavediving.org](mailto:shawn@bluewavediving.org)  
**Location:** Merritt Athletic Center Alumni Pool at SUNY Geneseo  
1 College Circle, Geneseo NY, 14454

**Facility:** 14 ft Diving Well Depth  
2 - 1 Meter Springboards  
1 - 3 Meter Springboard

**Event fees:** \$35 per event - Meet Registration at [DIVELIVEAPP.COM](http://DIVELIVEAPP.COM)

***NOTE: Times below are approximate - we will start events as early as possible!***

### Novice Competition 1 Meter & 3 Meter Events will be run simultaneously

**\*Note: All Novice Divers should arrive at 8:30 AM\***

|          |                 |
|----------|-----------------|
| 9:00 AM  | Novice Warm up  |
| 9:30 AM  | National Anthem |
| 9:35 AM  | Novice Event 1  |
| 10:00 AM | Warm Up         |
| 10:30 AM | Novice Event 2  |

### Novice and AAU/FINA 1 Meter Synchro Competition

**Synchro registration will take place at on deck at the meet only. \$35 per team**

|          |                                     |
|----------|-------------------------------------|
| 11:00 AM | Warm Up (Right after novice awards) |
| 11:30 AM | Event 3 - All groups Synchro        |

### AAU/FINA Competition 1 Meter & 3 Meter Events will be run simultaneously

**\*Note: All age group divers should arrive at 10:30 AM\***

|          |                        |
|----------|------------------------|
| 12:00 PM | Warm Up                |
| 12:30 PM | FINA Age Group Event 4 |
| 1:30 PM  | Warm Up                |
| 2:30 PM  | FINA Age Group Event 5 |

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU memberships
- 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. Please allow 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

**Divers will dive in their FINA age group – Age as of December 31, 2025.**

# Events

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## Event 1

9 & Under Girls 3m Novice  
10-11 Girls 3m Novice  
12-13 Girls 3m Novice  
14-15 Girls 3m Novice  
16-18 Girls 3m Novice  
9 & Under Boys 1m Novice  
10-11 Boys 1m Novice  
12-13 Boys 1m Novice  
14-15 Boys 1m Novice  
16-18 Boys 1m Novice

## Event 2

9 & Under Girls 1m Novice  
10-11 Girls 1m Novice  
12-13 Girls 1m Novice  
14-15 Girls 1m Novice  
16-18 Girls 1m Novice  
9 & Under Boys 3m Novice  
10-11 Boys 3m Novice  
12-13 Boys 3m Novice  
14-15 Boys 3m Novice  
16-18 Boys 3m Novice

## Event 3 Synchro

### Event 4 FINA/AAU

Group E Girls 3m (9 & Under) (AAU)  
Group D Girls 3m (11 & Under) (AAU)  
Group C Girls 3m (12-13) (AAU)  
Group B Girls 3m (14-15) (AAU)  
Group A Girls 3m (16-18) (AAU)  
Group E Boys 1m (9 & Under) (AAU)  
Group D Boys 1m (11 & Under) (AAU)  
Group C Boys 1m (12-13) (AAU)  
Group B Boys 1m (14-15) (AAU)  
Group A Boys 1m (16-18) (AAU)

### Event 4 FINA/AAU

Group E Girls 1m (9 & Under) (AAU)  
Group D Girls 1m (11 & Under) (AAU)  
Group C Girls 1m (12-13) (AAU)  
Group B Girls 1m (14-15) (AAU)  
Group A Girls 1m (16-18) (AAU)  
Group E Boys 3m (9 & Under) (AAU)  
Group D Boys 3m (11 & Under) (AAU)  
Group C Boys 3m (12-13) (AAU)  
Group B Boys 3m (14-15) (AAU)  
Group A Boys 3m (16-18) (AAU)

### 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. **All dives and skills will be given a DD of 1.0**

### Synchro Events

13 Under – 4 Dives or Skills 1 Meter or 3 Meter  
14 Over - 5 Dives Total  
2 Voluntaries at 2.0 and 3 Optionals without Limit  
1 Meter or 3 Meter

### FINA/AAU Events

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

**All ages as of DEC. 31 2025**

# Competition Requirements

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## **NOVICE 1 meter & 3 meter**

\* All dives and skills will be given a DD of 1.0

### **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

## **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 1½ 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)

## **Synchro Events**

13 Under – 4 Dives or Skills

14 Over - 5 Dives Total

2 Voluntaries at 2.0 and 3 Optionals without

## **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**