

WOODLANDS DIVING

PRESENTS

2024 Laura Wilkinson Golden Invitational

Competition: Saturday, April 6th & Sunday, April 7th- 2024

Practice: Friday April 5th- 4:00- 6:30 PM

MEET INFORMATION

AAU License #: Pending

- ? 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 an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- ? Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.
 - ? Note: any contacts listed within this flyer MUST have a current AAU Membership.

Site: The NAT (Conroe ISD Natatorium) 19133 David Memorial Drive Shenandoah, TX 77385

Meet Director: Scott Jensen (281) 475-5312

Directions: The NAT is located 25 miles north of Bush Intercontinental Airport. Go south on John F. Kennedy Blvd. Turn right onto ramp for the Hardy Toll Road. Go north on the Hardy Toll Road to TAMINA road exit. Turn right on Tamina, turn left at the first light (David Memorial Drive). The NAT will be about ¼ of a mile down, on the right, behind the

Stadium. [Click here for map.](#)

Facility: The pool is 14 feet deep with four 1m and two 3m Maxi-Flex (modified model B) boards. This is an Indoor facility.

Entry Fees & Deadline Register with Dive-meets.com. \$40.00 per event when registered online
Dive-meets.com (processing fees will be charged).
Late Fee Applies after Tuesday April 1st @ 9:00AM (\$50.00 Late Fee)
Dive-meets registration CLOSES: 4/03/24 @9:00am

Dive Changes: Will be allowed at check in – No on board dive changes

There will be NO ON-Deck Registration

Check-in: All Divers and Coaches must check in at the registration table.
Friday April 5th 2024– 3:30pm – 5:30pm
Saturday April 6th, 2024 - 6:45am-12:00pm

Sunday April 7th, 2024 - 6:45am- 11:00am

Event Days: Saturday, April 6th:
7:00 – 7:50am open warmup for Future Champions and Novice.
90-minute – Flighted open warmup for J.O. immediately following Future Champion and Novice events.
20 -30 min . event warm-ups depending upon size.

Sunday April 7th:

7:00 – 8:30am- Flighted J.O. ONLY open warmup

50-minute warmup for Future Champion and Novice immediately following JO events

20 -30 min . event warm-ups depending upon size

First Event Start

Times: Saturday-Event Starting at 8:20am

Sunday- Event Starting at

Awards: Medals for Top 6 divers

Schedule of Events

Saturday April 6th, 2024

Event 1: Warm-up 7:50-8:15am –Event Starts at 8:20am

Girls Future Champion Gold/Silver/Bronze 1m – ALL AGE GROUPS

Boys Future Champion Gold/Silver/Bronze 3m – ALL AGE GROUPS

Event 2:

Girls Novice 1m - ALL AGE GROUPS

Boys Novice 3m - ALL AGE GROUPS

JO WARMUP – 75 Minutes

Event 3:

Girls Junior Olympic 1m -Group D / Group C

Boys Junior Olympic 3m -Group D / Group C

Event 4:

Girls Junior Olympic 1m -Group B / Group A, Group A+

Boys Junior Olympic 3m - Group B / Group A, Group A+

Event 5:

Boys and Girls 3m Synchro -OPEN

Sunday April 7th, 2024

Event 6:

Girls Junior Olympic 3m -Group D / Group C

Boys Junior Olympic 1m -Group D / Group C

Event 7:

Girls Junior Olympic 3m -Group B / Group A, Group A+

Boys Junior Olympic 1m - Group B / Group A, Group A+

Future Champion /Novice Warmup – 50 Minutes

Event 8:

Girls Future Champion Gold/Silver/Bronze 3m – ALL AGE GROUPS

Boys Future Champion Gold/Silver/Bronze 1m – ALL AGE GROUPS

Event 9:

Girls Novice 3m - ALL AGE GROUPS

Boys Novice 1m - ALL AGE GROUPS

Dive Requirements -Age as December 31st 2024

Future Champions Requirements

FUTURE CHAMPION: BRONZE: (All age groups will perform the same 5 skills)

1. Stand front jump straight w/ no press (100A)
2. Back jump straight starting w/ arms up and no press (200A)
3. Standing front line up in any starting position (001D)
4. Hurdle starting one step back w/ arms and knee up into front jump straight w/ no press (100A)
5. 3 or 4 steps and hurdle starting w/ arms up and no press into front jump straight (100A)

FUTURE CHAMPION/SILVER: (All age groups will have the same 5 skills to choose from)

1. Standing front jump tuck w/ press (100C)
2. Back jump straight w/ press (200A)
3. 3 or 4 steps and hurdle w/ full arm swing and press into front jump straight (100A)
4. Back jump tuck w/ press (200C)
5. 1 of the following skills: 101C, 101B, 102C, 102B, 401C, 401B

FUTURE CHAMPION/GOLD: (All age groups will have the same 5 skills to choose from)

(Can NOT repeat dives)

1. 3 or 4 steps and hurdle w/ full arm swing and press into front jump pike (100B)
2. Back jump w/ press pike (200B)
3. Falling back line-up straight (002A)
4. 1 of the following skills: 101C, 101B, 401C, 401B
5. 1 of the following skills: 102C, 102B, 103C, 201C, 201B, 201A, 401C, 401B

NOVICE

Novice Rules Same for all age groups and girls/boys

Any 5 dives with true DD.

Jump and line ups have a dd of 1.0

Age groups include 9& under, 10-11, 12-13, 14-18.

Junior Olympic

11 and under (5 dives) Group D

3 voluntary (different group) Max DD 5.4 on 1 meter and 5.4 on 3 meter
2 optional dives (different group)

12/13 Boy's (8 dives) Group C

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
3 optional dives (different groups)

12/13 Girl's (7 dives) Group C

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
2 optional dives (different groups)

14/15 Boy's (9 dives) Group B

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
4 optional dives (different groups)

14/15 Girl's (8 dives) Group B

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
3 optional dives (different groups)

16-18 Boy's (6 dives) Group A

1 voluntary (Assigned DD 2.0) – Chosen at random from a hat in the morning on each day. Will not repeat direction
5 optional dives (5 different groups)

16/18 Girls' (6 dives) Group A

1 voluntary (Assigned DD 2.0) – Chosen at random from a hat in the morning on each day. Will not repeat direction
5 optional dives (5 different groups)

19+ Boys and Girls

1 voluntary (Assigned DD 2.0) – Chosen at random from a hat in the morning on each day. Will not repeat direction
5 optional dives (5 different groups)

Boys & Girls 3m Synchro - OPEN EVENT

2 voluntary dives (Assigned DD 2.0)
3 optional dives