



# Texas Rising Stars Invitational

**Facility:** NISD Natatorium and Northside Swim Center

8400 N Loop 1604 W  
San Antonio, TX 78249  
210-397-7525

(4) 1m Duraflex Springboards on concrete platforms  
(4) 3m Duraflex Springboards on concrete platforms  
1m, 3m, 5m 7.5m and 10m Platforms w/ Rough-Tex surface



**Dates:** July 21-23, 2023

**Event Hosts:** Northside ISD

**Meet Directors:** Alberto Escalante  
[alberto.escalante@nisd.net](mailto:alberto.escalante@nisd.net)

## **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,
- 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](http://www.aausports.org) to obtain their membership.
- Note: any contacts listed within this flier MUST have a current AAU Membership.

## **Events:**

- Boys and Girls JO: 11&U, 12-13, 14-15, 16-18
- Novice Events 11&U, 12-13, 14&O

## **Awards:**

- Medals for top 3 finishers for all events, JO and Novice

## **Dive changes:**

- Dive changes are due 1 hour prior to the first event of the day

## **Registration and fees:**

- Use the DiveLive app
- \$30 per event
- Registration closes on July 18, 2023 at 8:00pm CST.

## **Coaches Meeting:**

- Friday July 21, 2023

- We will meet behind the Tower prior to the start of the first event of the day.

**Open warm up:**

- Friday July 21, 2023
  - 10:00am - 11:30am: all boards are open
  - North boards will be open throughout the tower events.
  - All boards will be available for an hour and a half(1.5 hours) after the conclusion of the last event OR until 5:30pm, whichever comes first.
- Saturday July 22, 2023
  - 7:00am - 8:00am: all boards are open
  - All boards will be available for an hour and a half(1.5 hours) after the conclusion of the last event OR until 4:30pm, whichever comes first.
- Sunday July 23, 2023
  - 7:00am - 8:00am: all boards are open

**ATTENTION: Possible schedule changes (daily timeline)**

**\*\*\*To maximize efficiency, we will start events early if time allows. Each event will have a thirty(30) minute warm up window. This time will start directly after the conclusion of the previous event.\*\*\***

**Daily Schedule:**

- Friday:
  - Tower events
- Saturday:
  - JO Girls 1M JOBoys 3M / Novice Girls 3M, Novice Boys 1M
- Sunday:
  - JO Girls 3M, JO Boys 1M / Novice Girls 1M, Novice Boys 3M

**\*\*\*Timeline will follow after sign up closes\*\*\***

**Dive requirement information can be found on the next page.**

**JO MEET REQUIREMENTS**

**Group E, 9 & Under**

**Group D, 10 & 11 years old**

**Group C, 12 & 13 years old**

<u>Boys and Girls</u> 3 vols, 1 opt <u>Vols max:</u> 1m 5.4, 3m 5.4	<u>Boys and Girls</u> 5m only 3 vols, 2 opts <u>Vols max:</u> 1m 5.4, 3m 5.4  <u>Tower:</u> 11 & Under (5m only) Total DD ≤ 5.4 3 vols, 2 opts	<u>Girls:</u> 5 vols, 2 opts <u>Boys:</u> 5 vols, 3 opts <u>Vols max:</u> 1m 9.0, 3m 9.5  <u>Tower:</u> 5m & 7m only; Total DD ≤ 7.6 <u>Boys:</u> 4 vols, 3 opts <u>Girls:</u> 4 vols, 2 opts
<b>Group B, 14 &amp; 15 years old</b>	<b>Group A, 16, 17 &amp; 18 years old</b>	<b>Group A+, 19+</b>
<u>Girls:</u> 5 vols, 3 opts <u>Boys:</u> 5 Vols, 4 opts. <u>Vols max:</u> 1m 9.0, 3m 9.5  <u>Tower:</u> 5m-7m-10m; Total DD ≤ 7.6 <u>Boys:</u> 4 vols, 4 opts <u>Girls:</u> 4 vols, 3 opts <u>5 groups total</u>	<u>Girls:</u> 5 vols, 4 opts <u>Boys:</u> 5 vols, 5 opts <u>Vols max:</u> 1m 9 0, 3m 9.5  <u>Tower:</u> 5m-7m-10m; Total DD ≤ 7.6 <u>Boys:</u> 4 vols, 5 opts <u>Girls:</u> 4 vols, 4 opts <u>6 groups total</u>	
<b>NOVICE MEET REQUIREMENTS</b>		
<b>11 &amp; U</b>	<b>12-13 1M</b>	<b>14 + 1M</b>
1M & 3M	6 DIVES	7 DIVES
5 DIVES	100 A, B, OR C	100 A, B, OR C
100 A,B, OR C	200 A, B, OR C	200 A, B, OR C
200 A, B, OR C	101 A, B, OR C	101 A, B, OR C
3 DIVES OR SKILLS	3 DIVES OR SKILLS	4 DIVE OR SKILLS
ALL 1.0	SKILLS 1.0 DD	MIN 3 CATEGORIES
	DIVES TRUE DD	SKILLS 1.0 DD
		DIVES TRUE DD
<b>MISC.</b>	<b>12-13 3M</b>	<b>14 + 3M</b>
NO REPEAT DIVES, SKILLS	6 DIVES	7 DIVES
POS. CHANGE ON BOARD OK	100 A, B, OR C	100 A, B, OR C
-2 WRONG POSITION	200 A, B, OR C	200 A, B, OR C
BALKS NOTED BUT FORGIVEN	001 A, B, OR C	001 A, B, OR C
NO RETRIES	3 DIVES OR SKILLS	4 DIVES OR SKILLS
INCORRECT DIVE IS 0	SKILLS 1.0 DD	MIN 3 CATEGORIES
NO NOVICE TOWER	DIVES TRUE DD	SKILLS 1.0 DD
		DIVES TRUE DD