



# 20th annual "CMD THANKSGIVING Invitational" Sunday, NOVEMBER 24<sup>th</sup>, 2024



- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.
- 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. Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.

**Director:**  
[Wil Aybar](#)  
wil@centralmassdiving.com

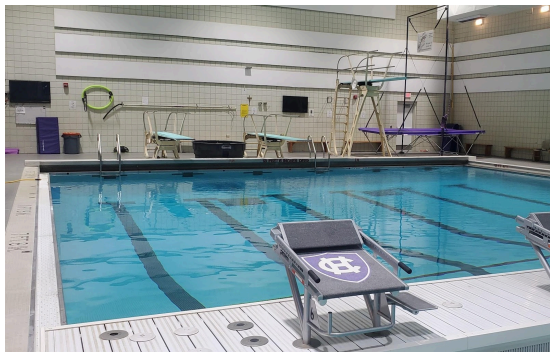
**Send Entries and payment to:**  
<https://scoresandmore.live/> or DIVElive app  
**\*\*IF NOT PAID ONLINE LATE FEE WILL APPLY \*\***

**Meet Site:** Hart Recreation Center      **Fees:** \$50.00 entry fee per event via <https://scoresandmore.live> plus app fees

**Holy Cross**

Register for meet online at <https://scoresandmore.live/>  
This will act as your waiver/signature which means no need to fill out attached wavier form. The form is attached just for reading purpose.

**Deck & late entries \$20 fee..**  
**Please make note no refunds.**  
**\*\*Food may be sold on site if not, vending machine available in hallways leading up to the pool but would suggest to bring your own snacks just in case.**



**Facility:** A separate diving well contains two one-meter boards and one three-meter board. All three boards are Duraflex, wafer diving boards. Pool Depth 13' 6"

**Warm-ups:** 30 minutes before each event.  
**Warm –up for all 13 and under,** not before 11:30am (may start later)  
**Practice Times:** Sunday, November 19th  
**14 and over:** Open 7:00-8:00. Event Only 8:00-8:30 First event 8:30  
**13 and under:** Open for 45 mins- 1hr after conclusion of 14& over events.

**Event Schedule:** First Event 8:30 am.  
Novice events will be run with the Junior events

Event 1) 16-18 Girls 1M      & 14-15,16-18 Boys and 14-15 Girls 3M  
Event 2) 14-15,16-18 Boys and 14-15 Girls 1M      & 16-18 Girls 3M

**Warm –up for all 13 and under not before 11:30am (may start later)**  
Novice events will be run with the Junior events

Event 3) **9 & U and 10-11 Boys & Girls** 1M      &      **12-13 Boys & Girls** 3M  
Event 4)      **12-13 Boys & Girls** 1M      &      **9 & U and 10-11 Boys & Girls** 3M

Awards: Junior ☐ Top 6 places (1-3 CUSTOM medals double sided 4-6 custom ribbons)  
Novice☐ Top 6 places (Custom Ribbons)

Directions: [www.centralmassdiving.com/directions.htm](http://www.centralmassdiving.com/directions.htm)

\*\*\* Estimated **Timeline** will be posted on [divelive app meet detail section](#) by Thursday Night, November 21st ,2024 and emailed to coaches/Divers. :)



## Rules

**\*\*J.O. & Novice REQUIREMENTS \*\*\***

Age groups	9 & Under	11 & Under	12-13	14-15	16-18
	<b>FINA Group E</b>	<b>FINA Group D</b>	<b>FINA Group C</b>	<b>FINA Group B</b>	<b>FINA Group A</b>
	9 years or younger on December 31 <sup>st</sup> of the year of competition	11 years or younger on December 31 <sup>st</sup> of the year of the competition.	12 or 13 years on December 31 <sup>st</sup> of the year of the competition.	14 or 15 on December 31 <sup>st</sup> of the year of the competition	16 or 18 on December 31 <sup>st</sup> of the year of competition
	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Girls</b>	<b>Girls</b>	<b>Girls</b>
	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>	<b>1 meter and 3 meter</b>
<b>Total amount of Dives</b>	4 dives	5 dives	7 dives	8 dives	9 dives
<b>Voluntary dives</b>	3 dives from different groups	3 dives from different groups	5 dives from different groups	5 dives from different groups	5 dives from different groups
<b>Max DD</b>	5.4 1m	5.4 1m	9.0 1m	9.0 1m	9.0 1m
<b>Max DD</b>	5.4 3m	5.4 3m	9.5 3m	9.5 3m	9.5 3m
<b>Optional Dives</b>	1 dives from different groups	2 dives from different groups	2 dives from different groups	3 dives from different groups	4 dives from different groups
<b>DDs</b>	Without DD limit	Without DD Limit	Without DD Limit	Without DD limit	Without DD limit
			<b>Boys</b>	<b>Boys</b>	<b>Boys</b>
<b>Total amount of Dives</b>			8 dives	9 dives	10 dives
<b>Voluntary dives</b>			5 dives from different groups	5 dives from different groups	5 dives from different groups
<b>Max DD</b>			9.0 1m	9.0 1m	9.0 1m
<b>Max DD</b>			9.5 3m	9.5 3m	9.5 3m
<b>Optional Dives</b>			3 dives from different groups	4 dives from different groups	5 dives from different groups
<b>DDs</b>			Without DD Limit	Without DD limit	Without DD Limit
	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>	<b>Boys and Girls</b>
<b>Novice</b>	<b>9 &amp; Under</b>	<b>10-11</b>	<b>12-13</b>	<b>14-15</b>	<b>16-18</b>
<b>Amount of Dives</b>	5 dives	5 dives 1M 6 dives 3M	6 dives 1M 7 dives 3M	7 dives 1M 8 dives 3M	7 dives 1M 8 dives 3M
<b>Voluntary Dives</b>	100 & 200 Front and Back Jump. A, B or C	100 & 200 Front and Back Jump. A, B or C *On 3M add front line up(001B)	*On 3M add front line up (001B) Include 101(A-C) on 1M and 3M.	*On 3M add front lineup (001B) 5 opts from 3 groups	*On 3M add Front lineup (001B) 5 opts from 3 groups
<b>Optional Dives</b>	3 dives from 2 different groups	3 dives from 2 different groups	3 dives opts from different groups	A group can not be used more than twice in opts 5 dives from 3 groups	A group can not be used more than twice in opts 5 dives from 3 groups

**COLLEGE OF THE HOLY CROSS RELEASE**

**\*\*\*(NO NEED TO FILL THIS RELEASE FORM AS DIVE LIVE APP WILL SERVE AS SIGNATURE)\*\*\***

A  
I, \_\_\_\_\_, for my heirs, assigns, executors, and administrators, in  
(PARTICIPANT)

consideration of the College of the Holy Cross permitting me to use certain facilities and property in order to participate in the AAU 20<sup>h</sup> annual **CMD Thanksgiving Invitational Diving meet** to be held at the College of the Holy Cross on **November 24<sup>th</sup> 2024**, hereby release and discharge the College of the Holy Cross, its corporators, trustees, officers, faculty, students, employees, and agents of and from all claims, demands, actions and causes of action of every nature, including, but not limited to, all losses or expenses (including but not limited to physical injury, loss of property or death) which may arise and relate in any way to my activities while taking part in said meet.

Further, I \_\_\_\_\_, for my heirs, assigns, executors, and administrators, agree to indemnify and hold the College of the Holy Cross, its corporators, trustees, officers, faculty, students, employees and agents harmless from and against any and all liabilities, claims, actions cost and expenses in any way relating to or arising out of my activities while in said meet.

I, \_\_\_\_\_, also warrant the College of the Holy Cross that I take full responsibility for all actions and activities of any person or persons whom I bring onto or cause to be admitted to the College of the Holy Cross's property while taking part in said meet.

This instrument is executed under said seal:

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
Participant (SIGN)

Agreed to on behalf of participant:

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
Parent or guardian sign if participant is under 18 years of age

**B AAU DIVING RELEASE**

In consideration of your acceptance of this application, I hereby, for all heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have against Amateur Athletic Union Diving, Central Mass Diving, College of the Holy Cross, their agents, representatives, successors or assignees for any and all injuries to me at said meet and premises.

\_\_\_\_\_/\_\_\_\_\_  
Name of Participant, Signature of Parent or Guardian Date \_\_\_/\_\_\_/\_\_\_

**C ENTRY FORM**

Name \_\_\_\_\_ Age Group \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ e-mail: \_\_\_\_\_

Date of Birth \_\_\_\_\_ AAU Registration # \_\_\_\_\_  
(mandatory)

Club \_\_\_\_\_ Coach \_\_\_\_\_

Events (#s) \_\_\_\_\_ x \$50.00 per event = \$ \_\_\_\_\_ total enclosed.

All 3 sections (A, B & C) of this form MUST be completed before getting on the boards. Since you will be registering via [Dive live app](#) there is no need to mail this in. Your registering via [DIVELIVE app](#) acts as your signature of above release form. Please direct any questions to Wil Aybar at (774) 535-4172 or email.

Requirements for Nationals 2025	1 Meter	3 Meter
Group D 10-11 Boys FINA Meet (5 Dives)	120	125
Group D 10-11 Girls FINA Meet (5 Dives)	130	140
Group C 12-13 Boys FINA Meet (8 Dives)	210	225
Group C 12-13 Girls FINA Meet (7 Dives)	205	210
Group B 14-15 Boys FINA Meet (9 Dives)	250	270
Group B 14-15 Girls FINA Meet (8 Dives)	250	260
Group A 16-18 Boys FINA Meet (10 Dives)	365	395
Group A 16-18 Girls FINA Meet (9 Dives)	305	310