

# Woodlands Diving Skills Challenge & AAU Gulf Association Championship February 1st, 2025

You are invited to the Woodlands Diving Skills Challenge & AAU Gulf Association Championship event on February 1st, 2025.

This event will have Future Champions, Novice, and JO level events. This meet will be the designated AAU Gulf Association Championship for the 2025 season. The top 3 placing athletes from the Gulf area in the JO events will automatically qualify for the 2025 AAU Summer National Championships.

LEVELS : Future Champions / Novice/ Junior Olympic

ENTRY FEE: \$45 register @ [www.divemeets.com](http://www.divemeets.com)

ENTRY DEADLINE: January 27th, 2025 @ 9:00pm

AWARDS: Awards for Top 6 in each Age Group

FACILITIES : Pool @ CISD Natatorium -19133 David Memorial Drive-Shenandoah-77385

EVENT TIMES : Pool- Check-in @ 7:00am- Warm-up @7:00am-7:50am- Competition @8:00am

To Avoid Late Fee- Please Register by January 27th, 2025 @ 9:00pm

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

Tentative Schedule of Events: (Subject to Change)

Saturday February 1st -Open Warmup @7:00am-8:00am  
-Event Warmup @8:05am-8:30am  
-Competition starts @8:30am

Event 1

FC 9 & Under Boys (Gold/Silver/Bronze) 1m  
FC 10-11 Boys (Gold/Silver/Bronze) 1m  
FC 12-13 Boys (Gold/Silver/Bronze) 1m  
FC 14 & Above Boys (Gold/Silver/Bronze) 1m

FC 9 & Under Girls (Gold/Silver/Bronze) 3m  
FC 10-11 Girls (Gold/Silver/Bronze) 3m  
FC 12-13 Girls (Gold/Silver/Bronze) 3m  
FC 14 & Above Girls (Gold/Silver/Bronze) 3m

Event 2

Novice 9 & Under Boys 1m  
Novice 10-12 Boys 1m  
Novice 12-13 Boys 1m  
Novice 14-18 Boys 1m

Novice 9 & Under Girls 3m  
Novice 10-11 Girls 3m  
Novice 12-13 Girls 3m  
Novice 14-18 Girls 3m

Event 3

Group D Boys 1m  
Group C Boys 1m  
Group B Boys 1m  
Group A Boys 1m

Group D Girls 3m  
Group C Girls 3m  
Group B Girls 3m  
Group A Girls 3m

Event 4

FC 9 & Under Girls (Gold/Silver/Bronze) 1m  
FC 10-11 Girls (Gold/Silver/Bronze) 1m  
FC 12-13 Girls (Gold/Silver/Bronze) 1m  
FC 14 & Above Girls (Gold/Silver/Bronze) 1m

FC 9 & Under Boys (Gold/Silver/Bronze) 3m  
FC 10-11 Boys (Gold/Silver/Bronze) 3m  
FC 12-13 Boys (Gold/Silver/Bronze) 3m  
FC 14 & Above Boys (Gold/Silver/Bronze) 3m

Event 5

Novice 9 & Under Boys 3m

Novice 10-11 Boys 3m

Novice 12-13 Boys 3m

Novice 14-18 Boys 3m

Novice 9 & Under Girls 1m

Novice 10-11 Girls 1m

Novice 12-13 Girls 1m

Novice 14-18 Girls 1m

Event 6

Group D Boys 3m

Group C Boys 3m

Group B Boys 3m

Group A Boys 3m

Group D Girls 1m

Group C Girls 1m

Group B Girls 1m

Group A Girls 1m

DIVE REQUIREMENTS

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

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 perform the same 5 skills)

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 perform the same 5 skills)

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

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

Any 5 dives with true DD.

Jump and line ups have a dd of 1.0

Junior Olympic J.O. Rules: FINA Rules will be used

### 11 and under (5 dives) Group D

3 voluntary (different groups) Max DD 5.4 on 1 meter and 5.4 on 3 meter

2 optional dives (different groups)

### 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 (10 dives) Group A

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

5 optional dives (different groups)

### 16-18 Girls' (9 dives) Group A

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

4 optional dives (different groups)

(5 different groups)

FOR MORE INFORMATION:  
Meet Director: Scott Jensen  
[thewoodlandsdivingacademy@gmail.com](mailto:thewoodlandsdivingacademy@gmail.com)