

# April Fools Diving Invite

Sunday, March 30th  
SUNY Fredonia

**Location:**

Steele Hall Natatorium  
Hosted by the Buffalo Blizzard Diving Club

**Meet Director:**

Alexandra Pucci-Schaefer (Buffalo Blizzard Diving Coach)  
Cell: 716-401-9775  
Email: pucc6102@fredonia.edu

**Event Fees:**

\$35 per event

**Meet Registration:**

DiveLiveAPP.com

**Entries:**

Age groups: 9U, 10-11, 12-13, 14-15, 16-18  
Novice & Syncro Competitions

**Facility:**

12 1/2' Deep Diving Well  
Two 1-meter Maxiflex Model B Springboards on Durafirm Stands  
One 3-meter Maxiflex Model B Springboards on Durafirm Stands

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- AAU/Fina events will be AAU National Qualifying events and follow FINA rules.  
Divers will dive in their FINA age group - age as of December 31, 2025.
- Divers must be registered with AAU and have in their possession a current AAU card membership.
- AAU membership is not included as part of the entry fee to the event.
- AAU memberships must be obtained before the competition begins.
- Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.

# April Fools Diving Invite

March 30th

## Event schedule: (Times are approximate)

Novice 1 Meter and 3 Meter will run simultaneously

Note: All Novice divers should be on the pool deck by 8:30 AM

8:00-8:30 AM	Diver Registration
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 Syncro Competition

Syncro Registration will take place on deck at the meet only!

**\$35 per team**

11:00 AM	Syncro Warm Up (after Novice awards)
11:30 AM	Event #3 - All Groups Syncro

## AAU/FINA 1-Meter and 3-Meter Events will run simultaneously. (Times are approximate)

Note: Divers should be on deck at 11:00 AM to check in.

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

**Novice Events - For divers who do not have the dives necessary to compete a FINA list and need to substitute a skill to enter competition. All dives and skills will be given a DD of 1.0.**

## Novice Requirements

Novice 9 & Under	Novice 10-11	Novice 12-13	Novice 14-15	Novice 16-18
4 Dives or Skills	5 Dives or Skills	6 Dives or Skills	6 Dives or Skills	7 Dives or Skills

## Novice Skills Bank:

### Jumps

100A Front Jump Straight  
100B Front Jump Pike  
100C Front Jump Tuck  
200A Back Jump Straight  
200B Back Jump Pike  
200C Back Jump Tuck

### Line Ups

001A Forward Entry Straight  
001B Forward Entry Pike  
001C Forward Entry Tuck  
002A Back Entry Straight  
002B Back Entry Pike  
002C Back Entry Tuck

### Twists

5101 Front Jump 1/2 Twist  
5102 Front Jump 1 Twist  
5104 Front Jump 2 Twists  
5201 Back Jump 1/2 Twist  
5202 Back Jump 1 Twist  
5203 Back Jump 1 1/2 Twists

# Event Details

## Event #1 AAU

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 AAU

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

13 & Under	4 Dives or Skills
14 & Over	5 Dives Total



2 Voluntaries at 2.0 and 3  
Optionals without limit

## Event #4

9 & Under Girls	3M AAU
10-11 Girls	3M AAU
12-13 Girls	3M AAU
14-15 Girls	3M AAU
16-18 Girls	3M AAU

9 & Under Boys	1M AAU
10-11 Boys	1M AAU
12-13 Boys	1M AAU
14-15 Boys	1M AAU
16-18 Boys	1M AAU

## Event #5

9 & Under Girls	1M AAU
10-11 Girls	1M AAU
12-13 Girls	1M AAU
14-15 Girls	1M AAU
16-18 Girls	1M AAU

9 & Under Boys	3M AAU
10-11 Boys	3M AAU
12-13 Boys	3M AAU
14-15 Boys	3M AAU
16-18 Boys	3M AAU

## Competition Requirements

## 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 event.

### 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 Boys and Girls 12-13

**Boys** - 8 Dives

5 Voluntary Dives from different groups

3 Optional Dives from different groups

1M Max Vol DD 9.0

**Girls** - 7 Dives

3M Max Vol DD 9.5

5 Voluntary Dives from different groups

2 Optional Dives from different groups

### AAU\FINA Boys and Girls 14-15

**Boys** - 9 Dives

5 Voluntary Dives from different groups

4 Optional Dives from different groups

1M Max Vol DD 9.0

**Girls** - 8 Dives

3M Max Vol DD 9.5

5 Voluntary Dives from different groups

3 Optional Dives from different groups

### AAU\FINA Boys and Girls 16-18

**Boys** - 10 Dives

5 Voluntary Dives from different groups

5 Optional Dives from different groups

1M Max Vol DD 9.0

**Girls** - 9 Dives

3M Max Vol DD 9.5

5 Voluntary Dives from different groups

4 Optional Dives from different groups