



Summer Warm Up Invitational Meet

June 3, 2023

Liberty University Natatorium

AAU Diving Events:

1-M, 3-M, and Platform

Future Champions Levels 1-8

Age Group

Open

Masters

Registration: [CleanEntries](#)

Fees: \$35 per event

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Dive RVA, is driven by a single goal; to build inclusive and successful diving programs to promote fitness and character development through competitive and recreational springboard and platform diving.

Learn more at diverva.org

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 connection.

Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

DiveRVA Summer Warm Up Invitational

Saturday, June 3

Deck access at 7am for meet setup and dryland warm-up

Open Warm-up 7:30-8:30

Event 1 Warm-up 8:30-9:00; meet start at 9am

Event 1

1 - meter

Group E Girls

Group D Girls

FC levels 1-8 Girls

3 - meter

Groups E **Boys**

Groups D **Boys**

FC levels 1-8 **Boys**

Masters 3m **Men**

Open **Men**

Event 2

1 - meter

Group C **Girls**

Group B **Girls**

Group A **Girls**

Masters 1m **Women**

Senior **Women**

3 - meter

Group C **Boys**

Group B **Boys**

Group A **Boys**

Event 3

All Platform events

Event 4

1 - meter

Groups E **Boys**

Groups D **Boys**

FC levels 1-8 **Boys**

Masters 3m **Men**

Open **Men**

3 - meter

Group E Girls

Group D Girls

FC levels 1-8 Girls

Event 5

1 - meter

Group C **Boys**

Group B **Boys**

Group A **Boys**

3 - meter

Group C **Girls**

Group B **Girls**

Group A **Girls**

Masters 1m **Women**

Senior **Women**

Future Champions

Future Champions is designed for novice divers and promotes the development of fundamental skills. The levels are by skills, not age groups. The requirements of each Future Champions level are listed below for quick reference. To learn more about Future Champions, see the [USA Diving Rulebook](#).

Skills list:

100 A, B, C

200 A, B, C,

001 A, B, C

002 A, B, C

5101, 5102, 5105, 5201, 5203, 5205 A, B, C,

Platform: 611A, 6111A, 621A, 6211A

Level 1: 6 skills from the list above. Skills may be repeated in a different position.

Level 2: 5 skills from the list above and any 1 dive. Skills may be repeated in a different position. Dives can be 101, 201, 301, or 401 in any position with true DD or any other dive may be selected with a DD of 1.0.

Level 3: 4 skills from the list above and any 2 dives from different groups. Dives can be 101, 201, 301, or 401 in any position with true DD or any other dive may be selected with a DD of 1.0.

Level 4: 3 skills from the list above and any 3 dives from different groups. Dives can be 101, 201, 301, or 401 in any position with true DD or any other dive may be selected with a DD of 1.0.

Level 5: 3 skills from the list above, 2 voluntary dives, and 2 optional from different groups. Voluntary dives can be selected from 101, 201, 301, or 401 in any position and with true DD. Optional dives may be selected from any competitive dive and will have true DD.

Level 6: 2 skills from the list above, 3 voluntary dives, and 2 optional from different groups. Voluntary dives can be selected from 101, 201, 301, or 401 in any position and with true DD. Optional dives may be selected from any competitive dive and will have true DD.

Level 7: 1 skills from the list above, 3 voluntary dives, and 3 optional from different groups. Voluntary dives can be selected from 101, 201, 301, or 401 in any position and with true DD. Optional dives may be selected from any competitive dive and will have true DD.

Level 8: 4 voluntary dives and 3 optional from different groups. Voluntary dives can be selected from 101, 201, 301, and 401 in any position and with true DD. Optional dives may be selected from any competitive dive and will have true DD.