

Conroe Diving Club

2025 Conroe Diving Club Spring Classic



- Date & Time: Saturday & Sunday March 1 & 2
- Meet Site: Conroe Aquatics Center
1205 Candy Cane Lane, Conroe, TX 77301
936-522-3930
- Directions: **From Houston:** Take I-45 North towards Conroe. Take the 105 Exit from I-45 and go straight through the light. Get in the right lane. After Salt Grass Steakhouse, take the first right. Stay right to enter the Aquatic Center parking lot.
- From Dallas:** Take I-45 South towards Conroe. Take the 105 exit and make a u-turn at the light. Follow directions above to the Aquatic Center.
- Practice Times: Friday February 28 4:00 - 6:30 (Coach must be present)
Saturday, March 1 starting at 7:00AM. (Coach must be present)
- Facility: Two – 1 meter and 3 meter springboards on cement stands, One – 1 meter and 5 meter platform. Pool depth: 13ft.
- Sponsor: Conroe Diving Club
- Sanction: **This event is licensed by the Amateur Athletic Union of the US, Inc.**
- Entry Fee: Future Champions, Novice and Junior Olympic \$40.00 per event.
- Entry Deadline: Monday, February 24, 2025 before 9 am CDT to avoid a late fee.
Wednesday, February 26, 2025 by noon CDT with a late fee: \$50.00.
- Meet Director: Marnie Bello - president@conroedivingclub.com
- Diving Sheets: Diving sheets should be completed online at www.divemeets.com
- Rules: All Participants must have a current AAU membership.
- Awards: Future Champions, Novice and Junior Olympic events: Places 1st -8th
- Concessions: Concessions will be available at the meet.
- Meet Shirts: Meet shirts are available on a preorder basis.

- 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 event. Please allow 10 days for adult memberships to be processed.**
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current AAU Membership.**

2025 Conroe Diving Club Spring Invitational

Saturday March 1, 2025 and Sunday March 2, 2025

Location: Conroe Aquatic Center | 1205 Candy Cane Lane Conroe, TX 77301 | 936-522-3930

Schedule of Events

Saturday March 1, 2025

Event 1: All Novice boys 1 meter and novice girls 3 meter

Event 2: All JO boys 3 meter and girls 1 meter

Event 3: All Future Champion girls 1 meter and boys 3 meter

Event 4: 13 & Under JO boys and girls platform

Event 5: 14 & Over JO boys and girls synchronized diving

Sunday March 2, 2024

Event 6: All Novice girls 1 meter and boys 3 meter

Event 7: All JO boys 1 meter and girls 3 meter

Event 8: All Future Champions boys 1 meter and girls 3 meter

Event 9: 14 & Over JO boys and girls platform

Event 10: 13 & Under JO boys and girls synchronized diving

All events are scheduled to change depending on number of entries

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Saturday March 1, 2025 and Sunday March 2, 2025

Location: Conroe Aquatic Center | 1205 Candy Cane Lane Conroe, TX 77301 | 936-522-3930

Dive Requirements:

Future Champions (9&Under, 10-12, 13& Over)

1 Meter and 3 Meter events: All divers will perform 5 skill with assigned DD of 1.0

Novice (9& Under, 10-11, 12-13, 14& Over)

9& Under 1 Meter and 3 Meter: (5 dives) 100,200 & any 3 dives

10-11 1 Meter: (5 dives) 100, 200, 101 and any 2 dives from different groups

10-11 3 Meter: (5 dives) 100, 200, 001 and any 2 dives from different groups

12-13 1 Meter: (6 dives) 100, 200, 101 and any 3 dives from different groups

12-13 3 Meter: (6 dives) 100, 200, 001 and any 3 dives from different groups

14 & Over 1 Meter: (7 dives) 100, 200, 101 and any 4 dives from 3 different groups

14 & Over 3 Meter: (7 dives): 100, 200, 001 and any 4 dives from 3 different groups

Junior Olympic (9&V, 10-11, 12-13, 14-15, 16-18)

1 Meter and 3 Meter

All age-groups will perform the dives in accordance with the 2025 AAU rulebook.

Platform: Junior Olympic (13& Under, 14& Over)

13 & Under: (5 dives) 2 voluntary dives and 3 optional dives

14 & Over: (6 dives) 3 voluntary dives and 3 optional dives

Synchronized Diving: Junior Olympic (13 & Under, 14 & over)

13 & Under: (5 dives) 2 voluntary dives with a DD of 2.0 and 3 optional dives

14 & Over: (5 dives) 2 voluntary dives with a DD of 2.0 and 3 optional dives

