



# ***2022 Upstate Diving Holiday Invitational Saturday Dec 10, 2022***



## **Rochester Institute of Technology**

Meet Host: Upstate NY Diving  
Meet Director: Cliff Devries 585-224-5130 [cliff@upstatediving.com](mailto:cliff@upstatediving.com)  
Location: Gordon Field House Pool at Rochester Institute of Technology  
149 Lomb Memorial Drive  
Rochester, NY 14623

Facility: 14 ft Diving Well Depth  
2 – 1-Meter Springboards  
2 – 3-Meter Springboards

Event fees: \$25 per event – Register at [DIVELIVEAPP.COM](https://dive.liveapp.com)

### **Schedule of Events** (novice and FINA events will be run simultaneously)

8:30 – 9:10	Event 1 Warm up
9:10 – 9:15	National Anthem
9:15 – 11:15	Event 1 Girls 3M & Boys 1M
11:15 – 12:00	Warm up 2
12:00 – 2:00	Event 2 Girls 1M & Boys 3M

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU memberships
- 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 membership to be processed.
- Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership.

**Divers will dive in their FINA age group – Age as of December 31, 2022 or 2023.**

**EVENT 1**

Group E Girls 3m (9 and Under)  
Group D Girls 3m (10-11)  
Group C Girls 3m (12-13)  
Group B Girls 3m (14-15)  
Group A Girls 3m (16-18)

Novice Girls 3m (9 and Under)  
Novice Girls 3m (10-11)  
Novice Girls 3m (12-13)  
Novice Girls 3m (14-15)  
Novice Girls 3m (16-18)

Group E Boys 1m (9 and Under)  
Group D Boys 1m (10-11)  
Group C Boys 1m (12-13)  
Group B Boys 1m (14-15)  
Group A Boys 1m (16-18)

Novice Boys 1m (9 and Under)  
Novice Boys 1m (10-11)  
Novice Boys 1m (12-13)  
Novice Boys 1m (14-15)  
Novice Boys 1m (16-18)

**EVENT 2**

Group E Girls 1m (9 and Under)  
Group D Girls 1m (10-11)  
Group C Girls 1m (12-13)  
Group B Girls 1m (14-15)  
Group A Girls 1m (16-18)

Novice Girls 1m (9 and Under)  
Novice Girls 1m (10-11)  
Novice Girls 1m (12-13)  
Novice Girls 1m (14-15)  
Novice Girls 1m (16-18)

Group E Boys 3m (9 and Under)  
Group D Boys 3m (10-11)  
Group C Boys 3m (12-13)  
Group B Boys 3m (14-15)  
Group A Boys 3m (16-18)

Novice Boys 3m (9 and Under)  
Novice Boys 3m (10-11)  
Novice Boys 3m (12-13)  
Novice Boys 3m (14-15)  
Novice Boys 3m (16-18)

***Novice Events***

For divers who do not have the dives necessary to compete a FINA list and need to substitute a skill to enter a competition.

***FINA/AAU Events***

National qualifying events and will follow FINA rules.

***All ages as of DEC. 31 2022 or 2023.***

## NOVICE Events

NOVICE 9 & Under  
4 Dives or Skills

NOVICE 10-11  
5 Dives or Skills

NOVICE 12-13  
6 Dives or Skills

NOVICE 14-15  
6 Dives or Skills

NOVICE 16-18  
7 Dives or Skills

### **Novice Skills Bank**

100 A Front Jump Straight  
100 B Front Jump Pike  
100 C Front Jump Tuck  
200 A Back Jump Straight  
200 B Back Jump Pike  
200 C Back Jump Tuck  
5101 Front Jump ½ Twist  
5102 Front Jump 1 Twist  
5104 Front Jump 2 Twist  
5201 Back Jump ½ Twist  
5202 Back Jump 1 Twist  
5203 Back Jump 1 ½ Twist  
001 A Forward Standing Entry Straight  
001 B Forward Entry Pike Standing or seated  
001 C Forward Entry Tuck squatting or seated  
002 A Back Entry Standing Straight  
002 B Back Entry Standing Pike (3M only)  
002 C Back Entry Tuck – (Squatting or Seated)

## 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 Events

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 12-13  
Boys- 8 Dives  
5 voluntary dives from different groups  
3 optional dives from different groups

Girls- 7 Dives  
5 voluntary dives from different groups  
2 optional dives from different groups

1M Max vol DD 9.0  
3M Max vol DD 9.5

AAU/FINA 14-15  
Boys- 9 Dives  
5 voluntary dives from different groups  
4 optional dives from different groups

Girls- 8 Dives  
5 voluntary dives from different groups  
3 optional dives from different groups

1M Max vol DD 9.0  
3M Max vol DD 9.5

AAU/FINA 16-18  
Boys-10 Dives  
5 voluntary dives from different groups  
5 optional dives from different groups

Girls- 9 Dives  
5 voluntary dives from different groups  
4 optional dives from different groups

1M Max vol DD 9.0  
3M Max vol DD 9.5