

Woodlands Diving

Skills Challenge

January 25th, 2020

You are invited to the Woodlands Diving Skills Challenge event on January 25th 2020. This competition is a great way to introduce first timers to competition, and allow those that have competed in the past a chance to test their skills. This event is for **Future Champions and Novice level divers only**. This pool only event will be held at the CISD Natatorium.

LEVELS: Future Champions and Novice

ENTRY FEE: \$30 register @ www.divemeets.com

ENTRY DEADLINE: January 23rd, 2020 @ 9:00am

AWARDS: Pool- Medal for Top 6 in each Age Group

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

EVENT TIMES: Pool- Check-in @ 7:00am- Open Warm-up @7:00am-7:45am- Competition @8:00am

To Avoid Late Fee- Please Register by January 23rd, 2020 @ 9:00 AM

- 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 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 January 25th -Check-in for Pool @7:00am
-Open Warmup @7:00-7:45am
-Event Warmup @7:45-8:00am
-Competition starts @8:00am

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

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 4

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

DIVE REQUIREMENTS

(Age as of Dec.31st 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

NOVICE (Indicate A, B or C for 100 and 200)

9 & UNDER (Boys and Girls 1M/3M)

100, 200, and any 3 dives - from 2 different groups

10-11

Boys and Girls 1M-**100, 200** any 3 dives- from 2 different groups

Boys and Girls 3M-**100, 200, 001D**, any 3 dives- from 2 different groups

12-13

Boys and Girls 1M-**100, 200, 101A,B or C**, (1.8) any 3 dives from 2 different groups

Boys and Girls 3M-**100, 200, 001D, 101A,B or C**, (1.9) any 3 dives from 2 different groups

14 -18

Boys and Girls 1M-**100, 200**, any 5 dives from 3 different groups

Boys and Girls 3M-**100, 200, 001D**, any 5 dives from 3 different groups

FOR MORE INFORMATION:

Meet Director: Scott Jensen

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