



Texas Rising Stars Invitational

Facility: NISD Natatorium and Northside Swim Center

8400 N Loop 1604 W
San Antonio, TX 78249
210-397-7525

(4) 1m Duraflex Springboards on concrete platforms
(4) 3m Duraflex Springboards on concrete platforms
1m, 3m, 5m 7.5m and 10m Platforms w/ Rough-Tex surface



Dates: Aug 1-3, 2025

Event Hosts: Northside ISD

Meet Directors:

- Alberto Escalante
 - alberto.escalante@nisd.net
- Michael Freese
 - michael.freese@nisd.net

AAU License:

- This event will be 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,
- 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 flier MUST have a current AAU Membership.

Events:

- Boys and Girls JO 1M, 3M, Tower: 11&U, 12-13, 14-15, 16-18
- Novice Events 1M, 3M: 11&U, 12-13, 14&O

Awards:

- Medals for top 3 finishers for all events, JO and Novice

Dive changes:

- Dive changes are due 1 hour prior to the first event of the day

Registration and fees:

- Use the DiveLive app
- \$30 per event
- Registration closes on July 23, 2024 at 8:00pm CST.

Open warm up:

- Friday Aug 1, 2025
 - 4:30 all boards are open
 - North boards will be open throughout the tower events.
 - All boards will be available at the conclusion of the last event until 7:30.
- Saturday Aug 2, 2025
 - 7:00am - 8:00am: Open warm up
 - Competition boards close at 7:30
 - North boards open warm up all day
 - All boards will be available for an hour after the conclusion of the last event

Sunday Aug 3,, 2025

- 7:00am - 8:00am: Open warm up
- Competition boards close at 7:30
- North boards open warm up all day
- All boards will be available for an hour after the conclusion of the last event

ADDITIONAL TRAINING TIME AVAILABLE THROUGHOUT THE WEEK BEFORE THE MEET. IF INTERESTED CONTACT MIKE FREESE: Michael.Freese@nisd.net

ATTENTION: Possible schedule changes (daily timeline)

*****To maximize efficiency, we will start events early if time allows. Each event will have a thirty(30) minute warm up window. This time will start directly after the conclusion of the previous event.*****

Daily Schedule:

- Friday:
 - Combined Tower event 5:30
- Saturday:
 - JO Girls 1M JOBoys 3M / Novice Girls 1M, Novice Boys 3M
- Sunday:
 - JO Girls 3M, JO Boys 1M / Novice Girls 3M, Novice Boys 1M

*****Timeline will follow after sign up closes*****

JO MEET REQUIREMENTS		
Group E, 9 & Under	Group D, 10 & 11 years old	Group C, 12 & 13 years old
<u>Boys and Girls</u> 3 vols, 1 opt <u>Vols max:</u> 1m 5.4, 3m 5.4	<u>Boys and Girls</u> 5m only 3 vols, 2 opts <u>Vols max:</u> 1m 5.4, 3m 5.4 <u>Tower:</u> 11 & Under (5m only) Total DD ≤ 5.4 3 vols, 2 opts	<u>Girls:</u> 5 vols, 2 opts <u>Boys:</u> 5 vols, 3 opts <u>Vols max:</u> 1m 9.0, 3m 9.5 <u>Tower:</u> 5m & 7m only; Total DD ≤7.6 <u>Boys:</u> 4 vols, 3 opts <u>Girls:</u> 4 vols, 2 opts
Group B, 14 & 15 years old	Group A, 16, 17 & 18 years old	Group A+, 19+

<u>Girls: 5 vols, 3 opts</u> <u>Boys: 5 Vols, 4 opts.</u> <u>Vols max: 1m 9.0, 3m 9.5</u> <u>Tower: 5m-7m-10m; Total DD ≤7.6</u> <u>Boys: 4 vols, 4 opts</u> <u>Girls: 4 vols, 3 opts</u> <u>5 groups total</u>	<u>Girls: 5 vols, 4 opts</u> <u>Boys: 5 vols, 5 opts</u> <u>Vols max: 1m 9 0, 3m 9.5</u> <u>Tower: 5m-7m-10m; Total DD ≤7.6</u> <u>Boys: 4 vols, 5 opts</u> <u>Girls: 4 vols, 4 opts</u> <u>6 groups total</u>	
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NOVICE MEET REQUIREMENTS

11 & U	12-13 1M	14 + 1M
6 DIVES OR SKILLS	6 DIVES OR SKILLS	6 DIVES OR SKILLS
SKILLS 1.0 DD	SKILLS 1.0 DD	SKILLS 1.0 DD
DIVES TRUE DD	DIVES TRUE DD	DIVES TRUE DD
MISC.	12-13 3M	14 + 3M
NO REPEAT DIVES, SKILLS	6 DIVES OR SKILLS	6 DIVES OR SKILLS
POS. CHANGE ON BOARD OK	SKILLS 1.0 DD	SKILLS 1.0 DD
-2 WRONG POSITION	DIVES TRUE DD	DIVES TRUE DD
BALKS NOTED BUT FORGIVEN		
NO RETRIES		
INCORRECT DIVE IS 0		