



Conroe Diving Club

2024 Gulf Association AAU Championship & Conroe Diving Club Invitational

- Date & Time: Saturday, March 2, 2024
- 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, March 1 from 4:00 to 6:30PM (Diver's Coach must be present).
Saturday, March 2 starting at 7:00AM.
- 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 U.S., Inc.**
- Entry Fee: Future Champions, Novice and Junior Olympic \$40.00 per event.
- Entry Deadline: Wednesday, February 28, 2024 before 9 am CDT to avoid a late fee.
Thursday, February 29, 2024 by noon CDT with a late fee: \$20.00.
- Meet Director: Rebecca Osborne
- 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 will be available at the meet.

- 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.ausports.org to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current AAU Membership.**

Conroe Diving Club Invitational Dive Requirements

Future Champion

<u>Future Champion—Bronze</u> <u>1 Meter & 3 Meter</u>	<u>Future Champion—Silver</u> <u>1 Meter & 3 Meter</u>	<u>Future Champion—Gold</u> <u>1 Meter & 3 Meter</u>
<ol style="list-style-type: none"> 1. Standing front jump straight w/ no press (100A) 2. Back jump straight w/ no press (200A) 3. Front line-up straight or pike (001D) 4. 1 step back hurdle w/ arms & knee up, front jump straight (100A) 5. 3 or 4 steps and a hurdle straight jump (100A) 	<ol style="list-style-type: none"> 1. Standing front jump tuck w/ arm press (100C) 2. Back jump straight w/ no press (200A) 3. 3 or 4 steps and a hurdle straight jump (100A) 4. Back jump tuck w/ press (200C) 5. One of the following skills: 101C, 101B, 102C, 102B, 401C, 401B 	<ol style="list-style-type: none"> 1. 3 or 4 steps and hurdle w/full arm swing & 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—100, 200 and any 3 dives

Boys and Girls 3M—100, 200 and any 3 dives

10/11

Boys and Girls 1M—100, 200 and any 3 dives

Boys and Girls 3M—100, 200, 001D and any 3 dives

12/13

Boys and Girls 1M—100, 200, 101A, B or C and any 3 dives

Boys and Girls 3M—100, 200, 001D, 101A, B or C and
any 3 dives

14 and Over

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

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

Junior Olympic

11 & Under (6 dives)

3 voluntary (different groups) Max DD—5.0 for 1M, 5.4 for 3M

3 optional dives (different groups) without DD limit

12/13 (6 dives)

3 voluntary (different groups) Max DD—5.4 for 1M, 5.4 for 3M

3 optional dives (different groups) without DD limit

14/15 (8 dives)

5 voluntary (different groups) Max DD—9.0 for 1M, 9.5 for 3M

3 optional dives (different groups) without DD limit

16/18 Boys (10 dives)

5 voluntary (different groups) Max DD—9.0 for 1M, 9.5 for 3M

5 optional dives (different groups) without DD limit

16/18 Girls (9 dives)

5 voluntary (different groups) Max DD—9.0 for 1M, 9.5 for 3M

4 optional dives (different groups) without DD limit