

# WOODLANDS DIVING

## PRESENTS

# 2022 Laura Wilkinson Golden Invitational

Competition: Saturday, April 9th & Sunday, April 10th, 2022

## MEET INFORMATION

License #: (Pending-Submitted)

- 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](http://www.aausports.org) to obtain their membership.
- Note: any contacts listed within this flyer MUST have a current AAU Membership.**

**Site:** The NAT (Conroe ISD Natatorium) 19133 David Memorial Drive Shenandoah, TX 77385

**Meet Director:** Scott Jensen (281) 475-5312

**Directions:** The NAT is located 25 miles north of Bush Intercontinental Airport. Go south on John F. Kennedy Blvd. Turn right onto ramp for the Hardy Toll Road. Go north on the Hardy Toll Road to TAMINA road exit. Turn right on Tamina, turn left at the first light (David Memorial Drive). The NAT will be about ¼ of a mile down, on the right, behind the Stadium. [Click here for map.](#)

**Facility:** The pool is 14 feet deep with four 1m and two 3m Maxi-Flex (modified model B) boards. This is an Indoor facility.

**Entry Fees** Register with [Divemeets.com](http://Divemeets.com). **\$40.00** per event when registered online

**& Deadline** [Divemeets.com](http://Divemeets.com) (processing fees will be charged).

**Late Fee Applies after Wednesday April 6th @ 9:00AM (\$50.00 Late Fee)**

**Divemeets registration CLOSES: 4/7/22 @9:00am**

**Dive Changes:** Dive changes will be allowed **ONLINE** up till **6:00pm** night before each day events. Any dive changes day of events, will be **\$50.00**

There will be **NO ON-Deck Registration**

**Check-in:** **All Divers and Coaches must check in at the registration table.**

Saturday April 9th, 2022 - 6:45am-1:00pm

Sunday April 10th, 2022 - 6:45 am- 11:00am

**Event Days:** **Saturday, April 9th & Sunday April 10th:** 7:00 - 8:00am open for Future Champions and Novice.

90-minute open warmup for J.O. immediately following the completion of the Future Champion and Novice events.

20 - 30 min. event warm-ups depending upon size.

**First Event Start**

**Times:** Saturday and Sunday warm-ups 8:00-8:20am –Event Starting at 8:20am

**Awards:** Medals for Top 6 divers

**Schedule of Events****Saturday April 9th, 2022****Event 1: Warm-up 8:00-8:20am –Event Starts at 8:20am**

Girls Future Champion Bronze/Silver 1m -9& Under, 10-11, 12-13, 14& Up

Boys Future Champion Bronze/Silver 3m -9& Under, 10-11, 12-13, 14& Up

**Event 2:**

Girls Future Champion Gold 1m -9& Under, 10-11, 12-13, 14& Up

Girls Novice 1m -9& Under, 10-11, 12-13, 14-18

Boys Future Champion 9& Under, 10-11, 12-13, 14& Up

Boys Novice 3m -9& Under, 10-11, 12-13, 14-18

**JO WARMUP – 90 Minutes****Event 3:**

Girls Junior Olympic 1m -11& Under, 12-13

Boys Junior Olympic 3m -11& Under, 12-13

**Event 4:**

Girls Junior Olympic 1m -14-15, 16-18

Boys Junior Olympic 3m -14-15, 16-18

**Sunday April 10th, 2022****Event 1:**

Girls Future Champion Bronze/Silver 3m -9& Under, 10-11, 12-13, 14& Up

Boys Future Champion Bronze/Silver 1m -9& Under, 10-11, 12-13, 14& Up

**Event 2:**

Girls Future Champion Gold 3m -9& Under, 10-11, 12-13, 14& Up

Girls Novice 3m -9& Under, 10-11, 12-13, 14-18

Boys Future Champion Gold 1m -9& Under, 10-11, 12-13, 14& Up

Boys Novice 1m -9& Under, 10-11, 12-13, 14-18

**JO WARMUP – 90 Minutes****Event 3:**

Girls Junior Olympic 3m -11& Under, 12-13

Boys Junior Olympic 1m -11& Under, 12-13

**Event 4:**

Girls Junior Olympic 3m -14-15, 16-18

Boys Junior Olympic 1m -14-15, 16-18

## **Dive Requirements -Age as December 31<sup>st</sup> 2022**

### **Future Champions Requirements**

#### **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

#### **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 **3 different groups**

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

#### **14 & OVER**

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**

## **Junior Olympic**

### **11 and under (5 dives) Group D**

3 voluntary (different group) Max DD 5.4 on 1 meter and 5.4 on 3 meter  
2 optional dives (different group)

### **12/13 Boy's (8 dives) Group C**

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter  
3 optional dives (different groups)

### **12/13 Girl's (7 dives) Group C**

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter  
2 optional dives (different groups)

### **14/15 Boy's (9 dives) Group B**

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter  
4 optional dives (different groups)

### **14/15 Girl's (8 dives) Group B**

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter  
3 optional dives (different groups)

### **16-18 Boy's (10 dives) Group A**

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter  
5 optional dives (different groups)

### **16/18 Girls' (9 dives) Group A**

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter  
4 optional dives (different groups)