

BOB SHERMAN DIVING



INVITATIONAL MEET

FUTURE CHAMPIONS - JUNIOR OLYMPIC - SENIORS - MASTERS
SATURDAY, August 10, 2024

- MEET DIRECTOR: Steve Sherman Text/voice: 925-788-4962, (Sanction TBD)
Email: sherman243@comcast.net
- LOCATION: Sherman Swim School, 1075 Carol Lane, Lafayette, CA 94549
- COMPETITION: Competition begins at 9:00AM. Open practice will be from 7:45AM to 8:45AM. Closed practice for each age group before their event. NOTE: Order of events may change based on the number of participants. An updated timeline will be distributed to participating clubs on Thurs, Aug 8.
- FEES: \$40 per event.
- ELIGIBILITY: 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 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.
- REGISTRATION: All registration must be completed online at divemeets.com.
Deadline for online registration: 12:00 noon, Thurs, Aug 8.
- RULES: ONE METER COMPETITION ONLY.
JO events – USA Diving Dive Requirements.
FC Events – Levels 1-8, USA Diving Dive Requirements.
Senior Events – For those 19 & up, 6 dives. No minimum d.d.
Masters – FINA Rules. 10-year age groups: 20-29, 30-39, etc.
- AWARDS: All events: 1st, 2nd, & 3rd place medals; ribbons for all others.
Special “Best Dive” award for Future Champion Boy and Girl based on highest raw scores, excluding jumps.
- SNACK BAR: Breakfast, Lunch, & Snacks will be available for all. Hospitality for Coaches.
- EVENTS:
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| 1) FC Levels 1, 2 & 3 | 4) FC 6, 7 & 8 |
| 2) JO 9&U, JO 10-11, + FC 4&5 | 5) JO 16-18, |
| 3) JO 12-13, JO 14-15 | + Seniors & Masters |

