

April Fools Diving Invite

Sunday, April 2nd

SUNY Fredonia

Location: Steele Hall Natatorium
Hosted by the Buffalo Blizzard Diving Club

SUNY Fredonia
210 Central Ave.
Fredonia, NY 14063

Meet Director: Kevin Zaretski (Buffalo Blizzard Diving Coach)
Cell: (716)652-7507
Email: KZdiver@aol.com or john.crawford@fredonia.edu
(716) 640-6110

Event Fees: \$30 per event
Meet Registration: DiveLiveAPP.COM (to be set up in by February 27)

Entries: Age Groups: 9U, 10-11, 12-13, 14-15, 16-18, 19+
Novice and Synchro Competitions

Facility: 12 ½' deep Separate Diving Well-
2 – 1 Meter Maxiflex Model B Springboards on Durafirm Stands
1 – 3 Meter Maxiflex Model B Springboard on Durafirm Stand

- 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.

April Fools Diving Invite

April 2, 2023

Event Schedule: (Times are approximate)

Novice 1 Meter and 3 Meter Events will run simultaneously

Note: All Novice Divers should be on pool deck by 8:30 AM

8:00-8:30 am	Diver Registration
9:00 am	Novice Warm-up
9:30 am	National Anthem
9:35 am	Novice event 1
10:00 am	Warm Up
10:30am	Novice Event #2

Novice and AAU/FINA Synchro Competition

Synchro Registration will take place on deck at meet only! \$35 per team

11:00 AM Synchro Warm UP (After Novice Awards)

11:30 AM Event 3 – All groups Synchro

AAU/FINA 1 Meter and 3 Meter Events will run simultaneously. Times are approximate!

NOTE: Divers should arrive be on deck at 11:00 AM to check in

12:00 PM	Warm Up
12:30 PM	FINA Age Group Event 4
1:30 PM	Warm Up
2:30 PM	FINA Age Group Event 5

NOVICE EVENTS - For divers who do not have the dives necessary to compete a FINA list and need to substitute a skill to enter a competition. All dives and skills will be given a DD of 1.0

Event 1 (AAU)

9 & Under Girls 3M Novice
10-11 Under Girls 3M Novice
12-13 Under Girls 3M Novice
14-15 Under Girls 3M Novice
16-18 Under Girls 3M Novice

9 & Under Boys 1M Novice
10-11 Under Boys 1M Novice
12-13 Under Boys 1M Novice
14-15 Under Boys 1M Novice
16-18 Under Boys 1M Novice

Event 2 (AAU)

9 & Under Girls 1M Novice
10-11 Under Girls 1M Novice
12-13 Under Girls 1M Novice
14-15 Under Girls 1M Novice
16-18 Under Girls 1M Novice

9 & Under Boys 3M Novice
10-11 Under Boys 3M Novice
12-13 Under Boys 3M Novice
14-15 Under Boys 3M Novice
16-18 Under Boys 3M Novice

Novice Requirements

Novice 9 & Under
4 Dives or Skills
Novice 10-11
5 Dives or Skills
Novice 12-13
6 Dives or Skills
Novice 14-15
6 Dives or Skills
Novice 16-18
7 Dives or Skills

NOVICE SKILLS BANK:

Jumps

100A Front Jump Straight
100B Front Jump Pike
100C Front Jump Tuck
200A Front Jump Straight
200B Front Jump Pike
200C Front Jump Tuck

Line ups

001A Forward Entry Straight
001B Forward Entry Pike
001C Forward Entry Tuck
002A Back Entry Straight
002B Back Entry Pike
002C Back Entry Tuck

Twists

5101 Front Jump 1/2 Twist
5102 Front Jump 1 Twist
5104 Front Jump 2 Twists
5201 Back Jump 1/2 Twist
5202 Back Jump 1 Twist
5203 Back Jump 1 1/2 Twists

AAU/FINA EVENTS will be AAU National Qualifying events and follow FINA rules. **LL AGES AS OF DECEMBER 31, 2023**

Event 3 SYNCHRO

Synchro Events

13 Under – 4 Dives or Skills 1Meter or 3 Meter
14 Over - 5 Dives Total
2 Voluntaries at 2.0 and 3 Optionals without Limit
1 Meter or 3 Meter

EVENT 4

Group E Girls 3M (9 & Under) (AAU)
Group D Girls 3M (11 & Under) (AAU)
Group C Girls 3M (12-13) (AAU)
Group B Girls 3M (14-15) (AAU)
Group A Girls 3M (16-18) (AAU)

Group E Boys 1M (9 & Under) (AAU)
Group D Boys 1M (11 & Under) (AAU)
Group C Boys 1M (12-13) (AAU)
Group B Boys 1M (14-15) (AAU)
Group A Boys 1M (16-18) (AAU)

Event 5

Group E Girls 1M (9 & Under) (AAU)
Group D Girls 1M (11 & Under) (AAU)
Group C Girls 1M (12-13) (AAU)
Group B Girls 1M (14-15) (AAU)
Group A Girls 1M (16-18) (AAU)

Group E Boys 3M (9 & Under) (AAU)
Group D Boys 3M (11 & Under) (AAU)
Group C Boys 3M (12-13) (AAU)
Group B Boys 3M (14-15) (AAU)
Group A Boys 3M (16-18) (AAU)

COMPETITION REQUIREMENT

AAU/FINA EVENTS

Events will be National qualifying events and will follow FINA rules. No changes will be made to diving sheets 1 hour prior to the start of the FINA Events

AAU/FINA Boys and Girls 9 & Under

4 Dives

3 voluntary dives from different groups

1 optional dive

Max vol DD 5.4

AAU/FINA Boys and Girls 10-11

5 Dives

3 voluntary dives from different groups

2 optional dives from different groups

Max vol DD 5.4

AAU/FINA 12-13

Boys- 8 Dives

5 voluntary dives from different groups

3 optional dives from different groups

Girls- 7 Dives

5 voluntary dives from different groups

2 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA 14-15

Boys- 9 Dives

5 voluntary dives from different groups

4 optional dives from different groups

Girls- 8 Dives

5 voluntary dives from different groups

3 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA 16-18

Boys-10 Dives

5 voluntary dives from different groups

5 optional dives from different groups

Girls- 9 Dives

5 voluntary dives from different groups

4 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

