

IOWA WINTER DIVING INVITATIONAL
COE COLLEGE NATATORIUM---CEDAR RAPIDS, IOWA
SPONSORED BY VINTON AQUATIC CLUB, INC. LICENSED BY AAU SPORTS

SUNDAY, MARCH 9, 2025.

TIME-----OPEN WARMUPS AT 7:30 A.M.---1ST Event starts at 9:00 A.M.

WHERE-----Coe College Pool, 13TH St. (College Drive), N.E., Cedar Rapids, IA (See attached map)

EQUIPMENT--- Two 1 Meter Maxiflex Model B, One 3 Meter Maxiflex Model B, Durafirm Standards---16 ft. depth.

ENTRY FEES---\$16.00 PER EVENT (Novice events---\$12.00 per event).

Divers must compete in their respective age group only. Age for entry will be as of 12/31/25. Make checks payable to: VAC.

ENTRIES-----Entries may be made on any 8 x 11 paper, **but must include** full name of diver, address & phone number, event numbers entered, AAU Diving Registration Number, Birthdate, Age, Club Name and address with Coach's name, address & phone numbers. If unattached, put diver's name, address, & phone # and parents name, AAU reg. #, Age, and phone # of coach. All information is very important and entry will not be accepted unless complete and fees paid therewith.

SEND

ENTRIES TO---DAVID E. HAPPEL, MEET DIRECTOR
201 E. 4TH STREET-P.O. BOX 484
VINTON, IOWA 52349

PHONE: 319-472-4300 (CALL 1ST)
319-560-0122 (Cell)

E-MAIL: davidhappelvac@gmail.com

DEADLINE---Entries must be **IN THE HANDS** of the Meet Director no later than **Noon, TUESDAY, MARCH 4, 2025.** email entries will be accepted.

ELIGIBILITY---Open to all divers registered with AAU Diving for 2025.

RULES-----2025 AAU. Diving Rules, with exceptions, will apply to all competition. See attached page for Order and Diving Selection Requirements.

AWARDS-----Medals with Neck Ribbons for First, Second, Third Places, in Championship events.
Ribbons for 4th through 8th place in Championship events.
Novice Events---Ribbons---1st-8th place.

EVENTS

1. Boys 9 & Under	1 Meter	17. Boys 9 & Under	3 Meter
2. Girls 9 & Under	3 Meter	18. Girls 9 & Under	1 Meter
3. Boys 9 & Under-Novice	1 Meter	19. Boys 9 & Under-Novice	3 Meter
4. Girls 9 & Under-Novice	3 Meter	20. Girls 9 & Under-Novice	1 Meter
5. Boys 10-11	1 Meter	21. Boys 10-11	3 Meter
6. Girls 10-11	3 Meter	22. Girls 10-11	1 Meter
7. Boys 10-11-Novice	1 Meter	23. Boys 10-11-Novice	3 Meter
8. Girls 10-11-Novice	3 Meter	24. Girls 10-11-Novice	1 Meter
9. Boys 12-13	1 Meter	25. Boys 12-13	3 Meter
10. Girls 12-13	3 Meter	26. Girls 12-13	1 Meter
11. Boys 12-13-Novice	1 Meter	27. Boys 12-13-Novice	3 Meter
12. Girls 12-13-Novice	3 Meter	28. Girls 12-13 Novice	1 Meter
13. Boys 14-15	1 Meter	29. Boys 14-15	3 Meter
14. Girls 14-15	3 Meter	30. Girls 14-15	1 Meter
15. Boys 16-17	1 Meter	31. Boys 16-17	3 Meter
16. Girls 16-17	3 Meter	32. Girls 16-17	1 Meter

SPECIAL RULES---The Meet Director reserves the right to combine events to speed up the Meet or to improve competition in his sole discretion.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
- **BE PREPARED:** Non-Athlete memberships are no longer instant and cannot be applied for at the event.
- Please allow up to 10 days for memberships to be processed.

