

# 2024 Crown Valley Divers Fall Invitational

Oct 12-13 at the Laguna Niguel Aquatic Center  
29751 Crown Valley Pky, Laguna Niguel, CA, 92677

The order of events will be changed, combined or separated based on the number of entries in each event to maximize the flow of the meet.

Warm up time prior to each event will be approx. 30min.

I am excited to be incorporating skills with the competition at this time of year as I see a tremendous opportunity for our divers to gain control, form and have fun.

All Novice events will follow 2024 Novice Rules

One or more of the following skills may be substituted for any optional dive:  
200b / Multi-bouncing 100b / 101b - standing with arm swing / 001d  
pushing back line up straight on 1 meter

9 & Under	3 meter	001d 3 vols., 1 opt.
	1 meter	101c or 201c from side of the pool 3 vols., 1 opt.
10-11 JO (group D)	3 meter	001d, 002d 3 vols., 1 opt.
	1 meter	101c from side of the pool 3 vols., 1 opt.
12-13 JO (group C)	3 meter	001d, 002d 5 vols., 1 opt.
	1 meter	101c from Side of Pool 5 vols., 1 opt.
14-15 JO (group B)	3 meter	001d, 002d 5 vols., 1 opt.
	1 meter	101c from side of the pool 200b on 1 meter 5 vols., 1 opt.
16-18 JO (group A)	3 meter	001d, 002d, 200b 5 vols., 1 opt.
	1 meter	101c and a 201c from side of the pool 200b on 1 meter 5 vols., 1 opt.

## **All Platform events are open (no Novice or JO)**

**9 & Under Platform will consist of 100abc, 001d, plus any other dive**

**10-11 Platform will consist of 100abc, 001d, plus any 2 dives**

**12-13 Platform will consist of 100abc, 001d, plus any 3 dives**

**14-18 Platform will consist of 100abc, 001d, plus any 4 dives**

**Groups may be repeated, dive numbers must be different**

**Medals will be awarded for the first 6 places in each event with ribbons for the 7th through 12th finishers**

**First event warm up will begin at 8:30am each day**

**Registration will be through [www.divemeets.com](http://www.divemeets.com) as soon as it is available.**

**There will be on-line entry only for your dive sheets by 10pm Oct. 10 at [www.divemeets.com](http://www.divemeets.com). Please enter early online so our timeline will be as realistic as possible. \$35 late fee for all entries after this deadline.**

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU **Youth** Athlete membership must be obtained before the competition begins.

**Non-Athlete memberships 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.

**Please contact me if you have any questions. We look forward to seeing you.**

**Sincerely,**

**Curt Wilson**

**Crown Valley Divers**