



Dive San Diego Presents:

Come As You Are Dive Meet

Saturday, March 23

9:00am – 12:00pm

Alga Norte Community Pool

(6565 Alicante Rd, Carlsbad 92009)

All participants must have a current AAU membership.





Come As You Are Dive Meet

March 23, 2024

Entry Fee (pay on deck – cash/check/Venmo **ONLY**): \$25 team/lesson divers

Registration 8:30 – 9:30am

Warm Up 9:00 – 9:30am

Event 1 9:30am – 12:00pm

Awards 12:00 – 12:15pm

Novice Divers perform 5 dives with a required 100 front jump + 200 back jump + 3 additional dives from any direction and are able to combine their dive list to include dives on both the 1 and/or 3 meter springboards.

JO Divers perform 6 dives with 1 from each of the 5 3 groups + 1 dive from any group and are able to combine their dive list to include dives on both the 1 and/or 3 meter springboards.

This event is licensed by the Amateur Athletic Union of the US, Inc. (AAU). **All participants must have a current AAU membership.** AAU memberships are included as part of the entry fee to the event. AAU memberships must be obtained before the competition begins. Please note: Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event. Please allow 10 days for memberships to be processed. Participants must visit the AAU website www.aausports.org to obtain their memberships.

*The pool charges \$2 entry fee for spectators. Divers, coaches & volunteers will not be charged.

Please email (divesandiego1@gmail.com) us if you have any questions.

See you on the diving boards!