

Tennessee Aquatics Big Orange Dive

Saturday, April 9th

- Location:** Allan Jones Aquatic Center
2200 Andy Holt Ave
Knoxville, TN 37916
- Parking:** Street parking along Volunteer Blvd will be open
- Meet Director:** Michael Wright
Mwright@tnaquatics.com
Cell: 708-679-4299
- Equipment:** 2x 1-Meter Maxi flex on concrete stands
2x 3-Meter Maxi flex on concrete stands
Open side boards on A frame stands
Full Platforms (Open between events for training only)
- 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 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.
- Age Groups:** Male & Female Novice Rings & AAU rules
Age group will be determined by the age of the diver on December 31, 2022
- Practice Times:** Friday April 8th 5:30-7:30pm
Saturday Morning 8:00-9:00am Open
9:00-9:30am first event warm up
Each event will have a 30-45 min warm up; timeline will be set Wed April 6th
- Entry Info:** All entries should be completed on www.cleanentries.com. Starting 3-15-22
The total cost to compete is \$30 per diver for one or two boards.
- Awards:** Medals will be awarded for 1st, 2nd and 3rd place in each event.
Ribbons will be given for places 4th -8th.
- Schedule:** Events will be combined into 3 groups. Age groups/levels will be separated for awards.
11 and under, 12-13, 14 & up
- Event 1:** Boys 11 under 1 meter & Girls 11 under 3 meter
Event 2: Boys 11 under 3 meter & Girls 11 under 1 meter
Event 3: Boys 12-13 1 meter & Girls 12-13 3 meter
Event 4: Boys 12-13 3 meter & Girls 12-13 1 meter
Event 5: Boys 14 up 1 meter & Girls 14 up 3 meter
Event 6: Boys 14 up 3meter & Girls 14 up 1 meter

Age Group Requirements

Novice Rings

The mission of the Novice Rings program is to allow children and adults to have the benefit of the sport of springboard diving without the restrictions of age requirements. This allows the individual to develop based on their strengths and compete at their current skill level. Skills may be from any group AND skills may be repeated in different position

Exact skills may not be repeated. Skills may be jumps or entries (standing or sitting); forwards, backwards and/or twisting. Dives may be from any group with a maximum of one group being repeated

Dive numbers may not be repeated

All skills 1.0 – all dives true DD

Rings Levels

- ✦ Shield - 5 skills
- ✦ Ring 1 - 4 Skills + 1 dive
- ✦ Ring 2 - 3 Skills + 2 dives
- ✦ Ring 3 - 2 Skills + 3 dives
- ✦ Ring 4 - 1 Skill + 4 dives
- ✦ Ring 5 - 5 dives

Champions 1: 6 dives (3 voluntary dives with max 5.0 DD, 3 optionals) No repeats

Champions 2: 6 dives (4 groups must be shown, max DD 12.0 total)

AAU Levels

Group E, 9 & Under

Boys & Girls

3 vols, 1 opts (Vol max 5.4 1meter & 3meter)

Group D, 10-11

Boys & Girls

3 vols, 2 opts (Vols Max 5.4 1meter & 3meter)

Group C, 12-13

Boys: 5 vols & 3 opts (Vols max 1m 9.0, 3m 9.5)

Girls: 5 vols & 2 opts (Vols max 1m 9.0, 3m 9.5)

Group B, 14-15

Boys: 5 vols & 4 opts (Vols max 1m 9.0, 3m 9.5)

Girls: 5 vol & 3 opts (Vols max 1m 9.0, 3m 9.5)

Group A, 16-18

Boys: 5 vols & 5 opts (Vols max 1m 9.0, 3m 9.5)

Girls: 5 vol & 4 opts (Vols max 1m 9.0, 3m 9.5)

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