

**Pacific AAU**  
**Diving**  
**AAU RWB Qualifier, Red North**  
**March 16 - 19, 2023**  
**Hosted by Dive Lab**  
**Dive Lab, Novato, CA**

**AGE GROUPS:** 9 & Under, 10 - 11 yrs old, 12 - 13 yrs old, 14 - 15 yrs old, 16 - 17 yrs old, 18 - 19 yrs old, 20 +

**ENTRY FEE:** \$45.00

**ENTRY FEE PAYABLE TO:** Dive Lab

**ENTRY DEADLINE:** March 13, 2023

**SIGN UP AT:** <https://cleanentries.com/>

**AWARDS:** AAU Medals for Places 1st - 6th.  
RWB National Qualifier Certificate for Places 1st - 6th.

**RULES:** **QUALIFYING EVENTS**

Group E, 9 & Under  
Group D, 10-11  
Group C, 12-13  
Boys and Girls  
3 Vols, 1 opt  
Vols Max 1m 5.4, 3m 5.4

Boys and Girls  
3 Vols, 2 opts  
Vols Max 1m 5.4, 3m 5.4  
Girls 5 vols, 2 opts  
Boys 5 Vols, 3 opts  
Vols Max 1m 9.0, 3m 9.5

Group B, 14-15  
Group A, 16-17  
Group A, 18-19  
Girls 5 vols, 3 opts  
Boys 5 Vols, 4 opts.  
Vols Max 1m 9.0, 3m 9.5  
Girls 5 vols, 4 opts  
Boys 5 Vols, 5 opts  
Vols Max 1m 9 0, 3m 9.5

Girls 5 vols, 4 opts  
Boys 5 Vols, 5 opts  
Vols Max 1m 9 0, 3m 9.5

You may add/change/or delete "optional" or non-qualifying events based on your facility please adjust these accordingly

**vols, 2 opts**

**5m & 7m only  
total DD =7.6  
Boys: 4 vols, 3 opts  
Girls: 4 vols, 2 opts**

**Group B, 14-15  
Group A, 16-18  
Group A+, 19+**

**Tower: 5m-7m-10m, Total DD =7.6  
Boys: 4 vols, 4 opts  
Girls: 4 vols, 3 opts  
5 groups total**

**5m-7m-10m, Total DD =7.6  
Boys: 4 vols, 5 opts  
Girls: 4 vols, 4 opts  
6 groups total**

**Tower: 5m-7m-10m, no DD Limit  
Boys: 6 opts Girls: 5 opts  
5 groups total**

## **SYNCHRO RULES**

**AAU Nationals Diving Synchro Rules  
Group E, 9 & Under  
Group D, 10-11  
Group C, 13 & Under**

**Dive in the 13 & Under Event**

**Dive in the 13 & Under Event**

**Boys & Girls 1m & 3m – 4 dives  
2 vols-dif. groups, vols=2.0 DD  
2 opts-dif. groups, Opts=true DD**

**Group B, 14-15  
Group A, 16-18**

**Synchro: 14-15  
Boys & Girls 1m & 3m – 5 dives  
2 vols-dif. groups, vols=2.0 DD  
3 opts-dif. groups, Opts=true DD**

**Synchro: 16-19+  
Boys & Girls 1m & 3m – 5 dives  
2 vols-dif. groups, vols=2.0 DD  
3 opts-dif. groups, Opts=true DD**

events are open to all age groups providing they can

## **MASTERS EVENTS**

**Masters Individual Event Rules**  
**Masters Women 1m & 3m Springboard**  
**Masters Men 1m & 3m Springboard**

**5 dives without limit DD Cover every category**  
**6 dives without limit DD of difficulty. Cover every category**  
**Open events are open to all age groups providing they can**

### **ADDITIONAL INFO:**

**All athletes and coaches must have a current 2022 AAU Membership before registering online. The athlete's fee is \$14 and the fee for coaches is \$16.**  
**IMPORTANT: Please bring a copy of your AAU Membership to the pool.**  
**AAU membership is not 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. Please allow 10 days for membership to be processed.**

### **FOR MORE INFORMATION:**

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info@divelab.org

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 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 the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.