

Tomball Area Swim & Dive Club

2023 Splash into a New Year

Diving Invitational



- Date & Time: Saturday, January 7th, 2023
- Meet Site: [19229 Northpointe Ridge Lane
Tomball, TX 77377](https://www.google.com/maps/place/19229+Northpointe+Ridge+Lane,+Tomball,+TX+77377)
- Directions: Located on the campus of Tomball Memorial High School. The North Tomball Aquatic Center shares the TMHS Student/Athletic parking lot (south end of the school next to the tennis courts).
- Practice Times: Friday, January 6th, 2023 NO OPEN PRACTICE due to a TISD high school diving event.
Saturday, October 7 starting at 7:00AM.
- Facility: Two 1-meter & 3-meter springboards on concert platforms and a 3-meter platform.
Pool depth: 13ft & four hot showers under the 3m tower.
- Sponsor: Tomball Area Swim & Dive Club
- Sanction: **This event is licensed by the Amateur Athletic Union of the U.S., Inc.**
- Entry Fee: Future Champions, Novice and Junior Olympic \$30.00 per event.
- Entry Deadline: Tuesday, January 3rd, 2023, before 12:00 PM CDT to avoid a late fee.
Friday, January 6th, 2023, by midnight CDT with a late fee: \$20.00.
- Meet Director: Tracy Acosta
- Diving Sheets: Diving sheets should be completed online at www.divemeets.com
- Rules: All Participants must have a current AAU membership.
- Awards: Future Champions, Novice & Junior Olympic events places 1st – 3rd will be awarded medals & ribbons for 4th – 8th.
- Concessions: Concessions will be available at the meet.
- Meet Shirts: Will be available on site.

- 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 event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current AAU Membership.**

DIVE REQUIREMENTS

(Age as of Dec.31st on the year of competition)

Junior Olympic (JO)

- 9 and under (5 dives)
 - 3 voluntary (different group) MAX dd 5.0 on 1-m & 5.4 on 3-m 2 options dives (different group)
- 10/11 and under (5 dives)
 - 3 voluntary (different group) MAX dd 5.0 on 1-m & 5.4 on 3-meter 2 options dives (different group)
- 12/13 Girl's (7 dives)
 - 5 voluntary (different groups) MAX DD 9.0 on 1-m & 9.5 3-m 2 optional dives (different groups)
- 12/13 Boy's (8 dives)
 - 5 voluntary (different groups) MAX DD 9.0 on 1-m & 9.5 3-m 3 optional dives (different groups)
- 14/15 Girl's (8 dives)
 - 5 voluntary (different groups) MAX DD 9.0 on 1-m & 9.5 3-m 3 optional dives (different groups)
- 14/15 Boy's (9 dives)
 - 5 voluntary (different groups) MAX DD 9.0 on 1-m & 9.5 3-m 4 optional dives (different groups)
- 16/18 Girl's (9 dives)
 - 5 voluntary (different groups) MAX DD 9.0 on 1-m & 9.5 3m 4 optional dives (different groups)
- 16-18 Boy's (10 dives)
 - 5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3-meter 5 optional dives (different groups)

NOVICE (Indicate A, B or C for 100 and 200)

- **9 & UNDER (Boys and Girls 1M/3M)**
 - **100, 200**, and any 3 dives
- **10/11**
 - Boys and Girls 1M-**100, 200** any 3 dives
 - Boys and Girls 3M-**100, 200, 001D**, any 3 dives
- **12/13**
 - Boys and Girls 1M-**100, 200, 101A, B or C**, (1.8) any 3 dives
 - Boys and Girls 3M-**100, 200, 001D, 101A, B or C**, (1.9) any 3 dives
- **14 & OVER**
 - Boys and Girls 1M-**100, 200**, any 5 dives from 3 different groups
 - Boys and Girls 3M-**100, 200, 001D**, any 5 dives from different groups

Bronze Future Champion

All jump skill will be performed with no press (arm-swing)

- 1.) 100A – Standing (No Press) – Forward Jump Straight
- 2.) 200A – Back Jump Straight
- 3.) 001D – Forward Entry Free
- 4.) 100A – Standing Hurdle or One-Step Hurdle Forward Jump Straight
- 5.) 100A – Full Approach Forward Jump Straight

Silver Future Champion

All jump skill will be performed with a press (arm-swing)

- 1.) 100C – Standing Hurdle or One-Step Hurdle Forward Jump Tuck (w/ Press)
- 2.) 200A – Back Jump Straight (w/ Press)
- 3.) 100C – Full Approach Forward Jump Tuck (w/ Press)
- 4.) 200C – Full Approach (w/ Press)
- 5.) 101ABC – Choice of Starting Position – Forward Dive Choice

Gold Future Champion

All jump skill will be performed with a press (arm-swing)

- 1.) 100B – Full Approach (w/ Press) – Forward Jump Pike
- 2.) 200B – Back Jump Pike (w/ Press)
- 3.) 002D – Back Entry Free
- 4.) One Following Skills (1.0 D.D.) Choice 101C, 101B, 401C, or 401B
- 5.) One Following Skills: (1.0 D.D.) 102C, 102B, 103C, 201C, 201B, 201A, 401C, or 401B