



2019 NIAGARA DISTRICT DIVING CHAMPIONSHIPS

Hosted by:



Saturday May 11, 2019

University at Buffalo, Alumni Arena

Meet Host: Wings Diving
Meet Director: Brooke Nigro, 716-201-6175,
Wingsdivinginc@gmail.com
Location: Alumni Arena Natatorium
University at Buffalo, North Campus
Buffalo, NY 14260

Facility: 18 ft Diving Well Depth
2 – 1-Meter Springboards
2 – 3-Meter Springboards
1, 5, 7.5, 10 Meter Platforms

Event fees: \$30 per event – Register at DIVEMEETS.COM

Novice Competition 1 Meter & 3 Meter Events will be run simultaneously

9:00 – 9:25 Novice Warm up
9:25 – 9:30 National Anthem
9:30 start Novice Event 1: Girls 3M & Boys 1M
Novice Warm Up
Novice Event 2: Girls 1M & Boys 3M
Event 3: Platform FINA & Novice (warm up during events 1 and 2)

AAU/FINA Competition 1 Meter & 3 Meter Events will be run simultaneously

1:00 – 1:30 Warm Up
1:30 start Event 4 Girls 3M & Boys 1M
Warm Up
Event 5 Girls 1M & Boys 3M

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU memberships
- 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. Please allow 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Divers will dive in their FINA age group – Age as of December 31, 2019.

EVENTS:

Event 1: Novice

9 & Under Girls 3m Novice
10-11 Girls 3m Novice
12-13 Girls 3m Novice
14-15 Girls 3m Novice
16-18 Girls 3m Novice
9 & Under Boys 1m Novice
10-11 Boys 1m Novice
12-13 Boys 1m Novice
14-15 Boys 1m Novice
16-18 Boys 1m Novice

Event 2: Novice

9 & Under Girls 1m Novice
10-11 Girls 1m Novice
12-13 Girls 1m Novice
14-15 Girls 1m Novice
16-18 Girls 1m Novice
9 & Under Boys 3m Novice
10-11 Boys 3m Novice
12-13 Boys 3m Novice
14-15 Boys 3m Novice
16-18 Boys 3m Novice

Event 3: Platform

Event 4: FINA/AAU

Group E Girls 3m (9 & Under) (AAU)
Group D Girls 3m (11 & Under) (AAU)
Group C Girls 3m (12-13) (AAU)
Group B Girls 3m (14-15) (AAU)
Group A Girls 3m (16-18) (AAU)
Group E Boys 1m (9 & Under) (AAU)
Group D Boys 1m (11 & Under) (AAU)
Group C Boys 1m (12-13) (AAU)
Group B Boys 1m (14-15) (AAU)
Group A Boys 1m (16-18) (AAU)

Event 5: FINA/AAU

Group E Girls 1m (9 & Under) (AAU)
Group D Girls 1m (11 & Under) (AAU)
Group C Girls 1m (12-13) (AAU)
Group B Girls 1m (14-15) (AAU)
Group A Girls 1m (16-18) (AAU)
Group E Boys 3m (9 & Under) (AAU)

Group D Boys 3m (11 & Under) (AAU)

Group C Boys 3m (12-13) (AAU)

Group B Boys 3m (14-15) (AAU)

Group A Boys 3m (16-18) (AAU)

Novice Events

For divers who do not have the dives necessary to compete a FINA list and need to substitute a skill to enter a competition.

FINA/AAU Events

National qualifying events and will follow FINA rules. No changes will be made to diving sheets 1 hour prior to the start of the FINA Events

All ages as of DEC. 31 2019.

NOVICE 1 meter & 3 meter

NOVICE 9 & Under

4 Dives or Skills

NOVICE 10-11

5 Dives or Skills

NOVICE 12-13

6 Dives or Skills

NOVICE 14-15

6 Dives or Skills

NOVICE 16-18

7 Dives or Skills

Skills Bank

- 100 A Front Jump Straight
- 100 B Front Jump Pike
- 100 C Front Jump Tuck
- 200 A Back Jump Straight
- 200 B Back Jump Pike
- 200 C Back Jump Tuck
- 5101 Front Jump ½ Twist
- 5102 Front Jump 1 Twist
- 5104 Front Jump 2 Twist
- 5201 Back Jump ½ Twist
- 5202 Back Jump 1 Twist
- 5203 Back Jump 1 ½ Twist
- 001 A Forward Standing Entry Straight
- 001 B Forward Entry Pike Standing or seated
- 001 C Forward Entry Tuck squatting or seated
- 002 A Back Entry Standing Straight
- 002 B Back Entry Standing Pike (3M only)
- 002 C Back Entry Tuck – (Squatting or Seated)

AAU/FINA Boys and Girls 10-11

5 Dives

3 voluntary dives from different groups

2 optional dives from different groups

Max vol DD 5.4

AAU/FINA 12-13

Boys- 8 Dives

5 voluntary dives from different groups

3 optional dives from different groups

Girls- 7 Dives

5 voluntary dives from different groups

2 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA 14-15

Boys- 9 Dives

5 voluntary dives from different groups

4 optional dives from different groups

Girls- 8 Dives

5 voluntary dives from different groups

3 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA 16-18

Boys-10 Dives

5 voluntary dives from different groups

5 optional dives from different groups

Girls- 9 Dives

5 voluntary dives from different groups

4 optional dives from different groups

1M Max vol DD 9.0

3M Max vol DD 9.5

AAU/FINA Events

Events will be National qualifying events and will follow FINA rules. No changes will be made to diving sheets 1 hour prior to the start of the FINA Events

AAU/FINA Boys and Girls 9 & Under

4 Dives

3 voluntary dives from different groups

1 optional dive

Max vol DD 5.4