



COM Aquatics “Last Chance” District Championships

June 17-18, 2023
Midland, TX

AAU DIVING SANCTION ID:

All participants must have a yearly AAU Diving Membership

MEET DIRECTOR: Samantha Pickens | com.diving.team@gmail.com | (432) 684-7755 ext. 123

MEET SITE: 3003 North A Street, Midland, TX 79705

ENTRY FEES: Online Registration: \$45 per event at DiveMeets.com by at 12 pm CT

FACILITY: Four 1-meter springboards. Four 3-meter springboards. Full stack of platforms 1, 3, 5, 7.5 & 10 meters. The diving pool depth is 16/5 ft.

AWARDS: Top three places: medals, ribbons for 4th-8th.

EVENTS/

AGE GROUPS

Individual Events

Senior Events: Women 5 dives, Men 6 dives (Must have AAU Membership)

AAU Diving Junior: 1M Springboard, 3M Springboard: 9 & Under, 10-11, 12-13, 14-15, 16-17, 18-19

Novice: 1M springboard, 3M Springboard: 9&Under, 10-11, 12-13, 14&Up

PRACTICE TIMES

– Facility opens at 7:30am on Saturday/Sunday. Open warm-up 7:30-8:30am (event warm up 8:30-8:55)

– Competition boards are only open to the divers competing in the next event.

– **Coaches must always supervise divers in the facility.**

– **No athletes on dryland equipment without a coach**

****Please have all dive changes in by 6pm the night before the competition day!!!!**

EVENT SCHEDULE

Session 1, Saturday June 17

Pool Opens at 7:30am

Open warm up: 8:00am-9:30am, event warm up

Warm up: 9:30-9:45am

Start time: 9:45am

Estimated End: 10:15am

Event 4: JO Boys & Girls Group C/D/E

Group E 9 & Under Girls -1M

Group E 9& Under Boys -3M

Group D 10-11 & Under Girls- 1M

Group C 12-13 Girls -3M

Group D 10-11 & Under Boys - 1M

Group C 12-13 Boys -3M

Warm up: 10:15am-10:45am

Start time: 10:45am

Estimated End: 11:35am

Event 5: JO Boys & Girls Groups A/B

Group B 14-15 Girls- 1M

Group A 16-17 Girls -3M

Group B 14-15 Boys - 1M

Group A 16-17 Boys -3M

Group A+ 18-19 Girls -3M

Group A+ 18-19 Boys -3M

Warm up: 11:35am-11:55am

Start time: 11:55am

Estimated End: 12:35pm

Event 6: Novice Boys & Girls

Novice 9&Under Girls -1M

Novice 12-13 Girls-3M

Novice 9&Under Boys -1M

Novice 12-13 Boys-3M

Novice 10-11 Girls -1M

Novice 14&Up -3M

Novice 10-11 Boys -1M

Novice 14& Up -3M

Senior Men - 1M

Senior Women -3M

Pool Open for 1 hour following events

Session 2: Sunday November 12

Pool Opens at 7:30am

Open warm up: 8:00am-9:30am, event warm up

Warm up: 9:30am-9:45am

Start time: 9:45am

Estimated End: 10:15am

Event 8: JO Boys & Girls Group C/D

Group E 9 & Under Girls -3M

Group E 9 & Under Boys -1M

Group D 10-11 & Under Girls- 3M

Group C 12-13 Girls -1M

Group D 10- 11 & Under Boys - 3M

Group C 12-13 Boys -1M

Warm up: 10:15am-10:45am

Start time: 10:45am

Estimated End: 11:45am

Event 9: JO Boys & Girls Groups A/B

Group B 14-15 Girls- 3M

Group A 16-17 Girls -1M

Group B 14-15 Boys - 3M

Group A 16-17 Boys -1M

Group A+ 18-19 Girls - 1M

Group A+ 18-19 Boys - 1M

Warm up: 11:45am-12:15pm

Start time: 12:15pm

Estimated End: 1:00PM

Event 10: Novice Boys & Girls

Novice 9&Under Girls -3M

Novice 12-13 Girls-1M

Novice 9&Under Boys -3M

Novice 12-13 Boys-1M

Novice 10-11 Girls -3M

Novice 14&Up -1M

Novice 10-11 Boys -3M

Novice 14& Up -1M

Senior Men -3M

Senior Women -1M

Competition Rules

Senior Individual Events

No age restrictions.

The competition rules are the USA Diving Senior Individual Springboard and Platform Rules.
Subpart B – Senior Rules <https://www.teamusa.org/usa-diving/resources/rulebook>

Junior Individual Events

Divers may compete up in age group.

Girls and Boys 9&Under, 10-11, 12-13, 14-15, 16-17, 18-19

The competition rules are FINA/AAU diving rules and can be found on page 15 of appendix A:
<https://image.ausports.org/handbooks/Aquatics/Aquatics-Handbook.pdf>

Group E: 9&U Boys & Girls 3 vols, 1 opt Vols Max 1M: 5.4 Vols Max 3M: 5.4	Group D: 10-11 Boys & Girls 3 vols, 2 opts Vols Max 1M: 5.4 Vols Max 3M: 5.4	Group C: 12-13 Girls: 5 vols, 2 opts Boys: 5 vols, 3 opts Vols Max 1M: 9.0 Vols Max 3M: 9.5	Group B: 14-15 Girls: 5 vols, 3 opts Boys: 5 vols, 4 opts Vols Max 1M: 9.0 Vols Max 3M: 9.5	Group A: 16-18 Girls: 5 vols, 4 opts Boys: 5 vols, 5 opts Vols Max 1M: 9.0 Vols Max 3M: 9.5
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Novice Events –

-5 Dives with degree of difficulty. Skills and dives may be used.

Bank of Dives for Novice Events

Skills: 100 A,B,C – 1.0 degree of difficulty
200 A,B,C – 1.0 degree of difficulty
001 A,B,C – 1.2 degree of difficulty
002 A,B,C – 1.3 degree of difficulty

Dives: Any dive with true degree of difficulty from [FINA Table of Degrees of Difficulty](#)

HOTELS

SpringHill Suites Midland Odessa ([Click here to book online](#))

5716 Deauville Boulevard Midland, Texas 79706

Phone: 432-695-6870

Holiday Inn Express Loop 250 ([Click here to book online](#))

5309 West Loop 250 North Midland, TX 79707

Phone: 432-520-3600

Holiday Inn Express I-20 ([Click here to book online](#))

900 Crump Street Midland, Texas 79701

Phone: 432-695-9020