

AAU Diving Competition
April 1st and 2nd, 2023
Hosted by Red Wolf Elite



WHERE: Casey Aquatic Center at NC State
2611 Cates Ave. Raleigh, NC 27606
Register by: March 30th 9:00pm \$35/event

Facility: Casey Aquatic Center
Two 1 meter springboards and Two 3 meter springboards.
Single 1 and 3 meter platform (just for practice-not competition use)

Meet Director: Jacquie Ash
Jacquie@redwolfelite.com

Awards: AAU Medals for Places 1st - 3rd J.O,
Ribbons 1st-3rd for Novice

Spectators: Spectators will be allowed in for their childs' event. Parking is in the pool lot, street parking nearby, or in the Reynolds Coliseum Deck. No entry fee for the pool.

Concessions: Snacks and water bottles will be available for purchase.

Sanction: This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership to compete and it must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership. AAU membership may not be included as part of the entry fee to the event.

Age Division/Skill Level:

<ul style="list-style-type: none">● 9 and Under Boys and Girls (Group E)● 10 to 11 Boys and Girls (Group D)● 12 to 13 Boys and Girls (Group C)● 14 to 15 Boys and Girls (Group B)● 16 to 18 Boys and Girls (Group A)● 19+ Open Event	<ul style="list-style-type: none">● Age is determined by December 31 of the year of the competition.● All age group divers remain qualified from the 1st of January to midnight of the following 31st December in the year of competition.
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• Masters Silver/Gold	
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AGE GROUP:

Group E, 9 & Under	Group D, 10-11	Group C, 12-13
SPRINGBOARD Boys and Girls 3 Vols, 1 opt Vols Max 1m 5.4, 3m 5.4	SPRINGBOARD Boys and Girls 3 Vols, 2 opts Vols Max 1m 5.4, 3m 5.4	SPRINGBOARD Girls 5 vols, 2 opts Boys 5 Vols, 3 opts Vols Max 1m 9.0, 3m 9.5
Group B, 14-15	Group A, 16-18	OPEN/MASTERS
SPRINGBOARD Girls 5 vols, 3 opts Boys 5 Vols, 4 opts. Vols Max 1m 9.0, 3m 9.5	SPRINGBOARD Girls 5 vols, 4 opts Boys 5 Vols, 5 opts Vols Max 1m 9 0, 3m 9.5	SPRINGBOARD Open -6 opts Masters Silver - 5 opts Masters Gold - 8 opts

NOVICE:

9 & Under	10-11	12-13
SPRINGBOARD Boys and Girls 4 dives or skills in any combination Skills 1.0DD Dives Normal DD	SPRINGBOARD Boys and Girls 5 dives or skills in any combination Skills 1.0DD Dives Normal DD	SPRINGBOARD Boys and Girls 6 dives or skills in any combination Skills 1.0DD Dives Normal DD
14-15	16-18	SKILLS:
SPRINGBOARD Boys and Girls 6 dives or skills in any combination Skills 1.0DD Dives Normal DD	SPRINGBOARD Boys and Girls 7 dives or skills in any combination Skills 1.0DD Dives Normal DD	Bank of skills 100 A, B, C 200 A, B, C 300 A, B, C 400 A, B, C 5102, 5104, 5201, 5203, 5205 001 A, B, C – no jumping starts 002 A, B, C – no jumping starts All skills allowed on 1m & 3m

SCHEDULE: The timeline below is estimated and will be adjusted after registrations close on March 30th. The pool isn't available to us until 10:15a.m. Please do not expect to enter the building prior to that. Lunch will be provided for coaches on Saturday and Sunday.

Friday- 5:45-7:45pm Open Practice

Saturday- 10:00 am Event #1 Warmup

11:00 am Event #1 Start

- Group E, D, C girls on 1m,
- 13 and under novice girls 1m,
- Group E, D, C boys on 3m,
- 13 and under boys novice 3m

1:00pm Event #2 Warmup

2:00pm Event #2 Start

- Group B, A, Open, Masters girls 1m
- 14- 18 novice girls 1m
- Group B, A, Open, Masters men 3m
- 14-18 novice boys 3m

4:00pm Event #3 Warmup

4:40pm Event #4 Start

- 13 and under synchro
- 14 and up synchro

Sunday- 10:00.m. Open #1 Warmup

11:00 a.m. Event #1 Start

- Group E, D, C boys on 1m
- 13 and under novice boys 1m
- Group E, D, C girls on 3m
- 13 and under girls novice 3m

1:00pm Event #2 Warmup

2:00pm Event #2 Start

- Group B, A, Open, Masters girls 3m
- 14- 18 novice girls 3m
- Group B, A, Open, Masters men 1m
- 14-18 novice boys 1m