

WOODLANDS DIVING

PRESENTS

2023 Laura Wilkinson Golden Invitational

Competition: Saturday, April 1st & Sunday, April 2nd, 2023

Practice: Friday March 31st 4:00- 7:00 PM

MEET INFORMATION

AAU License #: Pending

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

Site: The NAT (Conroe ISD Natatorium) 19133 David Memorial Drive Shenandoah, TX 77385

Meet Director: Scott Jensen (281) 475-5312

Directions: The NAT is located 25 miles north of Bush Intercontinental Airport. Go south on John F. Kennedy Blvd. Turn right onto ramp for the Hardy Toll Road. Go north on the Hardy Toll Road to TAMINA road exit. Turn right on Tamina, turn left at the first light (David Memorial Drive). The NAT will be about ¼ of a mile down, on the right, behind the

Stadium. [Click here for map.](#)

Facility: The pool is 14 feet deep with four 1m and two 3m Maxi-Flex (modified model B) boards. This is an Indoor facility.

Entry Fees & Deadline Register with Divemeets.com. \$40.00 per event when registered online
Divemeets.com (processing fees will be charged).
Late Fee Applies after Tuesday March 28th @ 9:00AM (\$50.00 Late Fee)
Divemeets registration CLOSES: 3/29/23 @9:00am

Dive Changes: Dive changes will be allowed ONLINE up till 8:00pm Friday March 31st. Any dive changes on the day of the events will be \$50.00

There will be NO ON-Deck Registration

Check-in: All Divers and Coaches must check in at the registration table.
Friday March 31st 2023– 4:00pm – 6:00pm
Saturday April 1st, 2023 - 6:45am-12:00pm

Sunday April 2nd, 2023 - 6:45am- 11:00am

Event Days: Saturday, April 1st & Sunday April 2nd:
7:00 – 7:50am open warmup for Future Champions and Novice.
75-minute open warmup for J.O. immediately following the completion of the Future Champion and Novice events.
20 -30 min. event warm-ups depending upon size.

First Event Start

Times: Saturday and Sunday warm-ups 7:50-8:15am –Event Starting at 8:20am

Awards: Medals for Top 6 divers

Schedule of Events

Saturday April 1st, 2023

Event 1: Warm-up 7:50-8:15am –Event Starts at 8:20am

Girls Future Champion Bronze/Silver 1m -9& Under, 10-11, 12-13, 14& Up

Boys Future Champion Bronze/Silver 3m -9& Under, 10-11, 12-13, 14& Up

Event 2:

Girls Future Champion Gold 1m -9& Under, 10-11, 12-13, 14& Up

Girls Novice 1m -9& Under, 10-11, 12-13, 14-18

Boys Future Champion 9& Under, 10-11, 12-13, 14& Up

Boys Novice 3m -9& Under, 10-11, 12-13, 14-18

JO WARMUP – 75 Minutes

Event 3:

Girls Junior Olympic 1m -11& Under, 12-13

Boys Junior Olympic 3m -11& Under, 12-13

Event 4:

Girls Junior Olympic 1m -14-15, 16-18

Boys Junior Olympic 3m -14-15, 16-18

Sunday April 2nd, 2023

Event 5:

Girls Future Champion Bronze/Silver 3m -9& Under, 10-11, 12-13, 14& Up

Boys Future Champion Bronze/Silver 1m -9& Under, 10-11, 12-13, 14& Up

Event 6:

Girls Future Champion Gold 3m -9& Under, 10-11, 12-13, 14& Up

Girls Novice 3m -9& Under, 10-11, 12-13, 14-18

Boys Future Champion Gold 1m -9& Under, 10-11, 12-13, 14& Up

Boys Novice 1m -9& Under, 10-11, 12-13, 14-18

JO WARMUP – 75 Minutes

Event 7:

Girls Junior Olympic 3m -11& Under, 12-13

Boys Junior Olympic 1m -11& Under, 12-13

Event 8:

Dive Requirements -Age as December 31st 2023

Future Champions Requirements

FUTURE CHAMPION: BRONZE: (All age groups will perform the same 5 skills)

1. Stand front jump straight w/ no press (100A)
2. Back jump straight starting w/ arms up and no press (200A)
3. Standing front line up in any starting position (001D)
4. Hurdle starting one step back w/ arms and knee up into front jump straight w/ no press (100A)
5. 3 or 4 steps and hurdle starting w/ arms up and no press into front jump straight (100A)

FUTURE CHAMPION/SILVER: (All age groups will perform the same 5 skills)

1. Standing front jump tuck w/ press (100C)
2. Back jump straight w/ press (200A)
3. 3 or 4 steps and hurdle w/ full arm swing and press into front jump straight (100A)
4. Back jump tuck w/ press (200C)
5. 1 of the following skills: 101C, 101B, 102C, 102B, 401C, 401B

FUTURE CHAMPION/GOLD: (All age groups will perform the same 5 skills- Can NOT repeat dives)

1. 3 or 4 steps and hurdle w/ full arm swing and press into front jump pike (100B)
2. Back jump w/ press pike (200B)
3. Falling back line-up straight (002A)
4. 1 of the following skills: 101C, 101B, 401C, 401B
5. 1 of the following skills: 102C, 102B, 103C, 201C, 201B, 201A, 401C, 401B

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 from 2 different groups

Boys and Girls 3M-100, 200, 001D, any 3 dives from 2 different groups

12/13

Boys and Girls 1M-100, 200, 101A,B or C, (1.8) any 3 dives from 3 different groups

Boys and Girls 3M-100, 200, 001D, 101A,B or C, (1.9) any 3 dives from 3 different groups

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 3 different groups

Junior Olympic J.O. Rules: FINA Rules will be used

11 and under (5 dives) Group D

3 voluntary (different groups) Max DD 5.4 on 1 meter and 5.4 on 3 meter
2 optional dives (different groups)

12/13 Boy's (8 dives) Group C

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
3 optional dives (different groups)

12/13 Girl's (7 dives) Group C

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
2 optional dives (different groups)

14/15 Boy's (9 dives) Group B

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
4 optional dives (different groups)

14/15 Girl's (8 dives) Group B

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
3 optional dives (different groups)

16-18 Boy's (10 dives) Group A

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
5 optional dives (different groups)

16-18 Girls' (9 dives) Group A

5 voluntary (different groups) Max DD 9.0 on 1 meter and 9.5 3 meter
4 optional dives (different groups)