

**RED WOLF SPRING AAU
DIVING INVITE
March 1st and 2nd, 2025
Hosted by Red Wolf Elite**



WHERE: Casey Aquatic Center at NC State
2611 Cates Ave. Raleigh, NC 27606
(Parking Lot address-401 Morrill Dr.)
Register by: Feb 27th, 9:00pm -\$40/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-5th for Novice

Parking: Spectators are welcome for this event. Parking is in the pool lot, street parking nearby(Morrill or Warren Carroll St), or in the Reynolds Coliseum Deck. All are free. There is no entry fee for the pool.

Concessions: Snacks and water bottles will be available for purchase-Everything is only between \$1-2. Please support our team by buying concessions!

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)	<ul style="list-style-type: none">● Age is determined by December 31 of the year of the competition.
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<ul style="list-style-type: none"> • 14 to 15 Boys and Girls (Group B) • 16 to 18 Boys and Girls (Group A) • 19+ Open Event • Masters Silver/Gold 	<ul style="list-style-type: none"> • 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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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			SYNCHRO/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 Synchro 13&U- 2 vols, 2 opts Synchro 14+ -2 vols, 3 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 February 27th. **The pool isn't available to us until 10:00a.m. Please do not expect to enter the building prior to that.** Lunch will be provided for coaches on Saturday and Sunday.

Friday 28th- 6:30-8:00 Open Practice

Saturday 1st- 10:10.m. Open #1 Warmup

11:00 a.m. Event #1 Start

- Group B girls 3m
- 14- 18 novice girls 3m
- Group B boys 1m
- 14-18 novice boys 1m

11:50am Event #2 Warmup

12:40pm Event #2 Start

- Group A, Open, Masters girls 3m
- Group A, Open, Masters men 1m

1:10pm Event #3 Warmup

2:00pm Event #3 Start

- Group B girls 1m
- 14- 15 novice girls 1m
- Group B boys 3m
- 14-15 novice boys 3m

2:45pm Event #4 Warmup

3:35pm Event #4 Start

- Group A, Open, Masters girls 1m
- 16-18 novice girls 1m
- Group A, Open, Masters men 3m
- 16-18 novice boys 3m

4:30pm Event #5 Warmup

5:00pm Event #5 Start

- 14+ synchro

estimated end of day at 5:30pm

Sunday 7th- 10:10 am Event #1 Warmup

10:50 am Event #1 Start

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

11:30am Event #2 Warmup

12:10pm Event #2 Start

- Group C girls on 1m,
- 12-13 and under novice girls 1m,
- Group C boys on 3m,
- 12-13 and under boys novice 3m

12:50pm Event #3 Warmup

1:30pm Event #3 Start

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

2:05pm Event #4 Warmup

2:45pm Event #4 Start

- Group C girls on 3m,
- 12-13 novice girls 3m,
- Group C boys on 1m,
- 12-13 boys novice 1m

3:30pm Event #5 Warmup

3:50pm Event #5 Start

- 13&U Synchro

Estimated end of day at 4:15pm