

Conroe Diving Club

2020 Conroe Diving Club Invitational



- Date & Time: Saturday, March 7, 2020
- Meet Site: Conroe Aquatics Center
1205 Candy Cane Lane, Conroe, TX 77301
936-522-3930
- Directions: **From Houston:** Take I-45 North towards Conroe. Take the 105 Exit from I-45 and go straight through the light. Get in the right lane. After Salt Grass Steakhouse, take the first right. Stay right to enter the Aquatic Center parking lot.
- From Dallas:** Take I-45 South towards Conroe. Take the 105 exit and make a u-turn at the light. Follow directions above to the Aquatic Center.
- Practice Times: Friday, March 6 from 4:00 to 6:30PM (Divers Coach must be present).
Saturday, March 7 starting at 7:00AM.
- Facility: Two – 1 meter and 3 meter springboards on cement stands, One – 1 meter and 5 meter platform. Pool depth: 13ft.
- Sponsor: Conroe Diving Club
- Sanction: **This event is licensed by the Amateur Athletic Union of the U.S., Inc.**
- Entry Fee: Future Champions, Novice and Junior Olympic \$30.00 per event.
- Entry Deadline: Wednesday, March 4, 2020 before 9 am CDT to avoid a late fee.
Thursday, March 5, 2020 by noon CDT with a late fee: \$20.00.
- Meet Director: Eric Moore
- Diving Sheets: Diving sheets should be completed online at www.divemeets.com
- Rules: All Participants must have a current AAU membership.
- Awards: Future Champions, Novice and Junior Olympic events: Places 1st-8th
- Concessions: Concessions will be available at the meet.
- Meet Shirts: Meet shirts are available on a preorder basis.

- 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 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.
- **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.**

Conroe Diving Club Invitational Dive Requirements

Future Champion

<u>Future Champion—Bronze</u> <u>1 Meter & 3 Meter</u>	<u>Future Champion—Silver</u> <u>1 Meter & 3 Meter</u>	<u>Future Champion—Gold</u> <u>1 Meter & 3 Meter</u>
<ol style="list-style-type: none">1. Standing Front Jump Straight w/ No Press (100 A)2. Back Jump Straight w/No Press (200 A)3. Front Line-Up straight or pike (001 D)4. 1 step back / hurdle w/arms & knee up, Front Jump Straight (100 A)5. 3 or 4 steps and a Hurdle, Straight Jump (100 A)	<ol style="list-style-type: none">1. Standing Front Jump tuck w/Arm Press (100 C)2. Back Jump Straight w/No Press (200 A)3. 3 or 4 steps and a Hurdle, Straight Jump (100 A)4. Back Jump Tuck w/ Press (200 C)5. One of the Following Skills: 101C, 101B, 102C, 102B, 401C, 401B	<ol style="list-style-type: none">1. Standing Front Jump tuck w/Arm Press (100 C)2. Back Jump Straight w/No Press (200 A)3. 3 or 4 steps and a Hurdle, Straight Jump (100 A)4. Back Jump Tuck w/ Press (200 C)5. One of the Following Skills: 101C, 101B, 102C, 102B, 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

Boys and Girls 3M—100, 200, 001D, any 3 dives

12/13

Boys and Girls 1M—100, 200 101A, B or C any 3 dives

Boys and Girls 3M—100, 200, 001D, 101A, B or C, any 3 dives

14 and 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 different groups

Junior Olympic

11 & UNDER (6 dives)

3 voluntary (different groups)
Max DD—5.0—1M, 5.4—3M

3 optional dives (different groups)
Without DD Limit

12/13 (6 dives)

3 voluntary (different groups)
Max DD—5.4—1M, 5.4—3M

3 optional dives (different groups)
Without DD Limit

14/15 (8 dives)

5 voluntary (different groups)
Max DD—9.0—1M, 59.5—3M

3 optional dives (different groups)
Without DD Limit

16/18 Boys (10 dives)

5 voluntary (different groups)
Max DD—9.0—1M, 9.5—3M

5 optional dives (different groups)
Without DD Limit

16/18 Girls (9 dives)

5 voluntary (different groups)
Max DD—9.0—1M, 9.5—3M

4 optional dives (different groups)
Without DD Limit