

# Woodlands Diving Summer Skills Challenge

## June 15, 2024

You are invited to the Woodlands Diving Skills Challenge event on January 28th, 2023. This competition is a great way to introduce first timers to competition and allow those that have competed in the past a chance to test their skills. This event is for Future Champions and Novice level divers only. This event will be held at the CISD Natatorium.

LEVELS : Future Champions / Novice/ Junior Olympic

ENTRY FEE: \$35 register @ [www.divemeets.com](http://www.divemeets.com)

ENTRY DEADLINE: June 12th, 2024 @ 9:00am

AWARDS: Medal for Top 6 in each Age Group

FACILITIES : Pool @ CISD Natatorium -19133 David Memorial Drive-Shenandoah-77385

EVENT TIMES : Pool- Check-in @ 7:00am- Warm-up @7:00am-8:00am- Competition @8:05am

To Avoid Late Fee- Please Register by June 12th, 2024 @ 9:00 AM

- ? 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](http://www.aausports.org) to obtain their membership.
  - ? Note: any contacts listed within this flyer MUST have a current AAU Membership.
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Tentative Schedule of Events: (Subject to Change)

Saturday June 15<sup>th</sup>      -Open Warmup @7:00am-8:15am  
   -Event Warmup @8:15am-8:30am  
   -Competition starts @8:30am

Event 1

FC 9 & Under Boys (Gold/Silver/Bronze) 1m  
FC 10-11 Boys (Gold/Silver/Bronze) 1m  
FC 12-13 Boys (Gold/Silver/Bronze) 1m  
FC 14 & Above Boys (Gold/Silver/Bronze) 1m

FC 9 & Under Girls (Gold/Silver/Bronze) 3m  
FC 10-11 Girls (Gold/Silver/Bronze) 3m  
FC 12-13 Girls (Gold/Silver/Bronze) 3m  
FC 14 & Above Girls (Gold/Silver/Bronze) 3m

Event 2

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

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

Event 3

Group D Boys 1m  
Group C Boys 1m  
Group B Boys 1m  
Group A Boys 1m

Group D Girls 3m  
Group C Girls 3m  
Group B Girls 3m  
Group A Girls 3m

Event 4

FC 9 & Under Girls (Gold/Silver/Bronze) 1m  
FC 10-11 Girls (Gold/Silver/Bronze) 1m  
FC 12-13 Girls (Gold/Silver/Bronze) 1m  
FC 14 & Above Girls (Gold/Silver/Bronze) 1m

FC 9 & Under Boys (Gold/Silver/Bronze) 3m  
FC 10-11 Boys (Gold/Silver/Bronze) 3m  
FC 12-13 Boys (Gold/Silver/Bronze) 3m  
FC 14 & Above Boys (Gold/Silver/Bronze) 3m

Event 5

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

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

Event 3

Group D Boys 3m  
Group C Boys 3m  
Group B Boys 3m  
Group A Boys 3m

Group D Girls 1m  
Group C Girls 1m  
Group B Girls 1m  
Group A Girls 1m

DIVE REQUIREMENTS

(Age as of Dec.31<sup>st</sup> on the year of competition)

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)

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

Novice Rules Same for all age groups and girls/boys

Age groups include 9& under, 10-11, 12-13, 14-18.

Any 5 dives with true DD.

Jump and line ups have a dd of 1.0

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)

(5 different groups)

FOR MORE INFORMATION:

Meet Director: Scott Jensen

[thewoodlandsdivingacademy@gmail.com](mailto:thewoodlandsdivingacademy@gmail.com)