

The West Texas Invitational
August 5-6, 2016
COM Aquatic Center, Midland, TX



AAU Sanction # 6KWTDITX66

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*ENTRY FEES/
REGISTRATION:* Register at www.divemeets.com
(CT) \$25.00 online per event due Thursday, August 4th, 2016 at 4pm
\$30.00 deck entry per event due 1.5 hours before event starts

FACILITY: Four 1 meter springboards. Four 3 meter springboards. Full stack of platforms 1, 3, 5, 7.5 & 10 meters. The diving pool depth is 16/5 ft.

AWARDS: Top three places medals, four through eight places ribbons

*EVENTS/
AGE GROUPS:* JO 1M, 3M, PL (11&Under, 12-13, 14-15, 16&Up)
Novice 1M, 3M, PL (9&Under, 10-11, 12-13, 14&Up)
Future Champions (7&Under, 8-10, 11&Up)

PRACTICE TIMES: Friday, August 5th, the pool is open for practice 10am-3:30pm. Warm-up between events is 30 minutes. First event warm-up on competition boards 3:30-4pm; other boards are open. Saturday, August 6th, the pool opens at 8am. Open practice 8-9:30am. First event warm-up on competition boards 9:30-10am; other boards are open.

NOTE:The following text must be included in your flyer:

- 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.

EVENT TIMELINE

Friday, August 5th

Event 1 (start at 4pm; estimated end 5pm)

Future Champions 1M Springboard and Novice Platform

Event 2 (estimated start 5:30pm; estimated end 6:30pm)

JO 11&Under & 12-13 1M Springboard and JO 14-15 & 16&Up 3M Springboard

Saturday, August 6th

Event 3 (start at 10am; estimated end 11am)

Future Champions Platform and Novice 3M Springboard

Event 4 (estimated start 11:30am; estimated end 12:30pm)

JO 11&Under, 13&Under & 14&Up Platform

Teams' Social: Saturday Lunch & Afternoon Ice-cream

Event 5 (start at 2pm; estimated end 3pm)

Future Champions 3M Springboard and Novice 1M Springboard

Event 6 (estimated start 3:30pm; estimated end 4:30pm)

JO 11&Under & 12-13 3M Springboard and JO 14-15 & 16&Up 1M Springboard

EVENT SCHEDULE

Friday, August 5th

Event 1 (start at 4pm; estimated end 5pm)

Novice Girls 9&Under PL
Novice Boys 9&Under PL
Novice Girls 10-11 PL
Novice Boys 10-11 PL
Novice Girls 12-13 PL
Novice Boys 12-13 PL
Novice Girls 14&Up PL
Novice Boys 14&Up PL

Future Champions Girls 7&Under 1M
Future Champions Boys 7&Under 1M
Future Champions Girls 8-10 1M
Future Champions Boys 8-10 1M
Future Champions Girls 11&Up 1M
Future Champions Boys 11&Up 1M

Event 2 (estimated start 5:30pm; estimated end 6:30pm)

JO Girls 11&Under 1M
JO Boys 11&Under 1M
JO Girls 12-13 1M
JO Boys 12-13 1M

JO Girls 14-15 3M
JO Boys 14-15 3M
JO Girls 16&Up 3M
JO Boys 16&Up 3M

Saturday, August 6th

Event 3 (start at 10am; estimated end 11am)

Future Champions Girls 7&Under PL
Future Champions Boys 7&Under PL
Future Champions Girls 8-10 PL
Future Champions Boys 8-10 PL
Future Champions Girls 11&Up PL
Future Champions Boys 11&Up PL

Novice Girls 9&Under 3M
Novice Boys 9&Under 3M
Novice Girls 10-11 3M
Novice Boys 10-11 3M
Novice Girls 12-13 3M
Novice Boys 12-13 3M
Novice Girls 14&Up 3M
Novice Boys 14&Up 3M

Event 4 (estimated start 11:30am; estimated end 12:30pm)

JO Girls 11&Under PL
JO Boys 11&Under PL
JO Girls 13&Under PL
JO Boys 13&Under PL
JO Girls 14&Up PL
JO Boys 14&Up PL

Teams' Social: Saturday Lunch & Afternoon Ice-cream

Event 5 (start 2pm; estimated end 3pm)

Future Champions Girls 7&Under 3M
Future Champions Boys 7&Under 3M
Future Champions Girls 8-10 3M
Future Champions Boys 8-10 3M
Future Champions Girls 11&Up 3M
Future Champions Boys 11&Up 3M

Novice Girls 9&Under 1M
Novice Boys 9&Under 1M
Novice Girls 10-11 1M

Novice Boys 10-11 1M
Novice Girls 12-13 1M
Novice Boys 12-13 1M
Novice Girls 14&Up 1M
Novice Boys 14&Up 1M

Event 6 (estimated start 3:30pm; estimated end 4:30pm)

JO Girls 11&Under 3M
JO Boys 11&Under 3M
JO Girls 12-13 3M
JO Boys 12-13 3M

JO Girls 14-15 1M
JO Boys 14-15 1M
JO Girls 16&Up 1M
JO Boys 16&Up 1M

Junior Rules

Divers may dive up in age groups.

Elite 1M and 3M Springboard

11&Under Girls and Boys (5 dives)

3 voluntary dives from different groups; Max DD 5.4 on 1M and 5.4 on 3M
2 optional divers from different groups

12-13 Girls (7 dives)

5 voluntary dives from different group; Max DD 9.0 on 1M and 9.5 on 3M
2 optional divers from different groups

12-13 Boys (8 dives)

5 voluntary dives from different groups; Max DD 9.0 on 1M and 9.5 on 3M
3 optional divers from different groups

14-15 Girls (8 dives)

5 voluntary dives from different groups; Max DD 9.0 on 1M and 9.5 on 3M
3 optional divers from different groups

14-15 Boys (9 dives)

5 voluntary dives from different groups; Max DD 9.0 on 1M and 9.5 on 3M
4 optional divers from different groups

16&Up Girls (9 dives)

5 voluntary dives from different groups; Max DD 9.0 on 1M and 9.5 on 3M
4 optional divers from different groups

16&Up Boys (10 dives)

5 voluntary dives from different groups; Max DD 9.0 on 1M and 9.5 on 3M
5 optional divers from different groups

Platform Boys and Girls

11&Under (5 dives from 5M Only)

3 voluntary dives from different groups; Max DD 5.4
2 optional divers from different groups

13&Under (6 dives from 5M & 7M)

3 voluntary dives from different groups; Max DD 5.4
3 optional divers from different groups

14&Up (7 dives from 5M, 7M & 10M)

4 voluntary dives from different groups; Max DD 7.6
3 optional divers from different groups

NOVICE RULES

Divers must compete in their AAU age group in the Novice events.

NOVICE 1M and 3M Springboard

9&Under Girls and Boys (5 dives)

3 skills: 100, 200, 001d (1.0 DD)

2 optional divers from different groups (true DD; 002D allowed with 1.0 DD)

10-11 Girls and Boys (6 dives)

3 skills: 100, 200, 001d (1.0 DD)

3 optional divers from at least 2 different groups (true DD; 002D allowed with 1.0 DD)

12-13 Girls and Boys (7 dives)

4 skills: 100, 200, 001d, 002d (1.0 DD)

3 optional divers from at least 2 different groups (true DD)

14&Up Girls and Boys (8 dives)

4 skills: 100, 200, 001d, 002d (1.0 DD)

4 optional divers from at least 3 different groups (true DD)

Novice Platform

9&Under Girls and Boys (5 dives)

3 skills: 100, 200, 001d (1.0 DD)

2 optional divers from different groups (true DD; 002D allowed with 1.0 DD)

10-11 Girls and Boys (6 dives)

3 skills: 100, 200, 001d (1.0 DD)

3 optional divers from at least 2 different groups (true DD; 002D allowed with 1.0 DD)

12-13 Girls and Boys (7 dives)

4 skills: 100, 200, 001d, 002d (1.0 DD)

3 optional divers from at least 2 different groups (true DD)

14&Up Girls and Boys (8 dives)

4 skills: 100, 200, 001d, 002d (1.0 DD)

4 optional divers from at least 3 different groups (true DD)

NOTE: Novice Platform dives may be executed from 3m, 5m, 7m, and 10m (only jumps allowed off the 10M). 3M and 5M platforms will have the same D.D.

Future Champions (FC) Rules

Divers must compete in their AAU age group in the Future Champions events.

Age groups Girls and Boys

- 7&Under
- 8-10
- 11&Up

Event Rules

1M Springboard

5 Dives from the **Future Champions Bank of Dives**

- may repeat dives in different position
- any approach is allowed (standing, bouncing, one or multiple step hurdle)

3M Springboard

5 Dives from the **Future Champions Bank of Dives**

- may repeat dives in different position
- any approach is allowed (standing, bouncing, one or multiple step hurdle)

Platform (1M, 3M and 5M Only)

5 Dives from the **Future Champions Bank of Dives**

- may repeat dives from different platform height
- may repeat dives in different position from the same platform height
- any approach is allowed (standing, one or multiple step approach)
- 1M platform is the same degree of difficulty as 1M springboard
- 3M platform is the same degree of difficulty as 3M springboard

Future Champions Bank of Dives

100 A,B,C – 1.0 degree of difficulty

200 A,B,C – 1.0 degree of difficulty

001 A,B,C – 1.2 degree of difficulty

002 A,B,C – 1.3 degree of difficulty

Any dives with true degree of difficulty from [FINA Table of Degrees of Difficulty](#)

Teams' Social: Saturday Lunch & Afernoon Icecream

The West Texas Invitational T-Shirt will be available
at the meet

HOTELS COM Aquatics

Insignia Hospitality invites all COM Aquatics participants to stay with us. We have three fantastic hotels in the Midland area. **These rates are available Thursday through Sunday.**

HOLIDAY INN EXPRESS LOOP 250

Address: 5309 W. Loop 250 N.
Midland, TX 79707

Phone: (432) 520-3600

- Complimentary Hot Breakfast
- Free Wi-Fi
- 24 hour Fitness Center
- 24 hour Business Center

Rates:

Traditional room with One King bed:

\$89 plus 14% tax

Traditional room with Two Queen beds:

\$99 plus 14% tax



HOLIDAY INN EXPRESS I-20

Address: 900 Crump St, Midland,
TX 79701

Phone: (432) 695-9020

- Complimentary Hot Breakfast
- Free Wi-Fi
- 24 hour Fitness Center
- 24 hour Business Center

Rates:

Traditional room with One King bed:

\$89 plus 14% tax

Traditional room with Two Queen beds:

\$99 plus 14% tax



Rates:

Suite with One King bed and sofa sleeper:

\$89 plus 14% tax

Suite with Two Queen beds and sofa sleeper:

\$99 plus 14% tax

- Complimentary Hot Breakfast
- Free Wi-Fi
- 24 hour Fitness Center
- 24 hour Business Center

Address: 5716 Deauville Blvd,
Midland, TX 79706

Phone: (432) 695-6870

SPRINGHILL SUITES