





















# The Pump Jack Classic November 4-6, 2016 COM Aquatics, Midland TX



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MEET SITE:	3003 North A Street, Midland, TX 79705   Phone: 432-684-7755   Fax: 432-684-7962
ENTRY FEES/ REGISTRATION:	Register at www.divemeets.com \$30 per event due: Thursday, November 3rd at 4pm \$30 one time late fee (no late fee for the Challenge and Syncho events) \$30 deck entry per event due 1.5 hour 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:	<ul> <li>Elite Individual Events <ul> <li>1M and 3M Springboard: 11&amp;Under, 12-13, 14-15, 16&amp;Up</li> <li>Platform: 11&amp;Under, 12-13, 14&amp;Up</li> </ul> </li> <li>Elite Synchro Events <ul> <li>3M Springboard and Platform: 13&amp;Under, 14&amp;Up</li> </ul> </li> <li>Novice Individual Events <ul> <li>1M Springboard, 3M Springboard and Platform: 9&amp;Under, 10-11, 12-13, 14&amp;Up</li> </ul> </li> <li>Novice Synchro Events <ul> <li>1M and 3M Springboard: No age restriction</li> </ul> </li> <li>Future Champions (FC) Events <ul> <li>1M Springboard, 3M Springboard and Platform: 7&amp;Under, 8-10, 11&amp;Up</li> </ul> </li> <li>Challenge – Focused on Basics and Voluntary Dives</li> </ul>
PRACTICE TIMES:	<ul> <li>Friday, November 4<sup>th</sup>: Open practice 3pm-5:30pm. Event warm-up 5:30-6pm. Event starts at 6pm. Pool open for practice until 8pm after the completion of last event.</li> <li>Saturday, November 5<sup>th</sup>: Pool opens at 7am. Open practice 7-8:30am. Event warm-up 8:30-9am. Event starts at 9am. Pool open for practice for 1 hour after the last event.</li> <li>Sunday, November 6<sup>th</sup>: Pool opens at 7am. Open practice 7-8:30am. Event warm-up 8:30-9am. Event starts at 9am.</li> <li>Warm-up between events is 30 minutes. Competition boards are only open to the divers competing in the next event, all other boards are open for all divers.</li> </ul>
All participants m	sed by the Amateur Athletic Union of the U.S., Inc. ust have a current AAU membership. I may not be included as part of the entry fee to the event

- 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 Prenared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.

**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.

### **Schedule and Estimated Timeline**

#### Friday, November 4th

Open Practice 3-5:30pm Event 1 warmup 5:30-6pm

Event 1 start at 6pm, estimated end 7pm (FC - Future Champions)

FC Girls 7&Under 1MFC Girls 8-10 PLFC Girls 11&Up 3M

FC Boys 7&Under 1MFC Boys 8-10 PLFC Boys 11&Up 3M

Pool open for practice until 8pm after the completion of Event 1

#### Saturday, November 5th

Pool opens at 7am. Open practice 7-8:30am Event 2 warmup 8:30-9am

#### Event 2 start at 9am, estimated end 10am

Novice Girls 9&Under 1M	Novice Girls 12-13 PL
Novice Boys 9&Under 1M	Novice Boys 12-13 PL
Novice Girls 10-11 1M	Novice Girls 14&Up PL
Novice Boys 10-11 1M	Novice Boys 14&Up PL

#### Event 3 warmup estimated 10-10:30am

#### Event 3 estimated start at 10:30am, estimated end 12pm

Elite Girls 11&Under PL	Elite Girls 14-15 1M
Elite Boys 11&Under PL	Elite Boys 14-15 1M
Elite Girls 13&Under PL	Elite Girls 16&Up 1M
Elite Boys 13&Under PL	Elite Boys 16&Up 1M

#### Event 4 warmup estimated 12-12:30pm

Event 4 estimated start at 12:30pm, estimated end 1:30pm (FC - Future Champions)			
FC Girls 7&Under PL	FC Girls 8-10 3M	FC Girls 11&Up 1M	
FC Boys 7&Under PL	FC Boys 8-10 3M	FC Boys 11&Up 1M	

#### Event 5 warmup estimated 1:30-2pm

Event 5 estimated start at 2pm, estimated end 3:30pm			
Elite Synchro 13&Under 3M	Elite Synchro 14&Up PL	Novice Synchro 1M	
Elite Girls 11&Under 3M	Elite Girls 14&Up PL		
Elite Boys 11&Under 3M	Elite Boys 14&Up PL		
Elite Girls 12-13 3M			
Elite Boys 12-13 3M			

#### Event 6 warmup estimated 3:30-4pm

Event 6 estimated start at 4pm, estimated end 5pm (FC - Future Champions)			
FC Girls 7&Under 3M	FC Girls 8-10 1M	FC Girls 11&Up PL	
FC Boys 7&Under 3M	FC Boys 8-10 1M	FC Boys 11&Up PL	

#### Pool open for practice for 1 hour after the completion of Event 6

#### Sunday, November 6th

Pool opens at 7am. Open practice 7-8:30am Event 7 warmup 8:30-9am

#### Event 7 start at 9am, estimated end 10:30am

Elite Girls 11&Under 1M Elite Boys 11&Under 1M Elite Girls 12-13 1M Elite Boys 12-13 1M Novice Girls 9&Under PL Novice Boys 9&Under PL Novice Girls 10-11 PL Novice Boys 10-11 PL

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

#### Event 8 warmup estimated 10:30-11am

#### Event 8 estimated start at 11am, estimated end 12:30pm

#### Elite Synchro 14&Up 3M

Elite Synchro 13&Under PL

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

#### Event 9 warmup estimated 12:30-1pm

#### Event 9 estimated start at 1pm, estimated end 2pm

#### **Novice Synchro 3M**

Boy 8 – Boy 1 (Boy D)

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 10 warmup estimated 2-2:30pm

Event 10 estimated start at 2:30pm, estimated end 4pm

Challenge – Focused on Basics and Voluntary Dives

Prelims	Semis	Finals
Girl 5 – Girl 4 (Girl A)	Girl A – Girl C (Girl E)	Girl E – Girl F
Boy 5 – Boy 4 (Boy A)	Boy A – Boy C (Boy E)	Boy E – Boy F
Girl 6 – Girl 3 (Girl B)	Girl B – Girl D (Girl F)	
Boy 6 – Boy 3 (Boy B)	Boy B – Boy D (Boy F)	
Girl 7 – Girl 2 (Girl C)		
Boy 7 – Boy 2 (Boy C)		
Girl 8 – Girl 1 (Girl D)		

# Future Champions (FC) Rules

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

#### Age groups Girls and Boys

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

#### 1M and 3M Springboard

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

- At least 3 skills must be included
- 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

- At least 3 skills must be included
- 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**

- Skills: 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

Optional Dives: Any dives with true degree of difficulty from <u>FINA Table of Degrees of Difficulty</u>

## **Novice Rules**

Divers must compete in their AAU age group in all the Novice events. Novice platform dives allowed from 3m, 5m, 7m, and 10m. ONLY jumps allowed from the 10M platform. 3M and 5M platforms will have the same degree of difficulty (DD).

#### Novice Individual 1M Springboard, 3M Springboard and 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)

#### Novice Synchro 1M and 3M Springboard

No age groups, divers may compete with different partners and mixed gender up to three synchro teams. 3 skills: 100D, 200D, 001D; 1.0 D.D. 2 optional dives from different groups (true DD; 002D allowed with 1.0 DD)

# **Elite Rules**

Divers may compete up from their AAU age groups in all the Elite events. The Elite rules for individual and synchro are the same as the USA Diving Junior rules. Instead of 16-18 for individual and 14-18 synchro, there is 16&Up individual and 14&Up synchro.

#### Elite Individual 1M and 3M Springboard

#### 11&Under Girls and Boys (6 dives)

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

3 optional dives from different group

#### 12-13 Girls (7 dives)

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

2 optional dives from different group

#### 12-13 Boys (8 dives)

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

#### 14-15 Girls (8 dives)

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

#### 14-15 Boys (9 dives)

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

#### 16&Up Girls (10 dives)

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

#### 16&Up Boys (11 dives)

5 voluntary dives from different groups; Max DD 9.0 on 1M and 9.5 on 3M 6 optional dives covering all 5 group

#### **Elite Individual Platform**

#### 11&Under Girls and Boys (5 dives from 5M only)

3 voluntary dives from different groups; Max DD 5.4

2 optional divers from different groups

#### 12-13 Girls and Boys (6 dives from 5M & 7M only)

3 voluntary dives from different groups; Max DD 5.4

3 optional divers from different groups

#### 14&Up Girls and Boys (7 dives from 5M, 7M & 10M)

4 voluntary dives from different groups; Max DD 7.6

3 optional divers from different groups

#### Elite Synchro

Divers may compete with different partners and mixed gender, up to three synchro teams.
13&Under Girls and Boys 3M Springboard (6 dives)
4 voluntary dives from different groups; each voluntary with a DD of 2.0
2 optional dives from different group
13&Under Girls and Boys 5M Platform (5 dives on 5M only from 4 different groups)
3 voluntary dives from different groups; each voluntary with a DD of 2.0
2 optional dives from different groups; each voluntary with a DD of 2.0
2 optional dives from different group
14&Up Girls and Boys 3M Springboard & Platform 5M, 7M or 10M (6 dives from 5 different groups)
3 voluntary dives from different groups; each voluntary with a DD of 2.0
3 optional dives from different groups; each voluntary with a DD of 2.0

# The Challenge

Head to head Challenge. The top eight highest cumulative scores of four (4) voluntary dives from different groups from the 3M springboard and/or platform Elite individual events will qualify for the Challenge Bracket. There will be one bracket for the girls and one for the boys. The Challenge Bracket will be announced after the completion of Event 8.

#### **Challenge Rules**

- 5 dives from different groups
- Dives may be executed from 3M springboard, 5M, 7M and 10M Platform
- At least 3 dives must be under 1.9 DD
- Dives may not exceed 2.4 DD
- Dives may be changed on the board
- The dives must be from the FINA Table of Degrees of Difficulty

#### **Bracket Format**



Coaches Social – Friday, November 4<sup>th</sup> at 8pm, location TBA

**Teams Social – Saturday, November 5**<sup>th</sup> **times 6:30pm, location COM** Dinner, dancing floor and fun

Hotels (please see next page for details)

# **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.

