USA DIVING SANCTION ID: 2225 All participants must have a Yearly USA Diving Membership (Athlete: $20, Coach: $75) for the ability to compete in any USA Diving Invitational (www.teamusa.org/usa-diving/membership).

MEET DIRECTOR: Gabi Chereches | 432-684-7755 | com.diving.team@gmail.com

MEET SITE: 3003 North A Street, Midland, TX 79705

ENTRY FEES/REGISTRATION: Register Online at www.divemeets.com
- $35 per Individual and Synchro event
- Register by Wednesday, April 10th at 4pm (with no late fee)
- Register by Friday, April 12th at 9am (with $20 late fee)

Register on Deck
- $40 per Individual event (with $30 one-time late fee)
- $40 per Synchro event (with no late fee)
- Deck entry 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:
- Junior Individual Events
  - 1M & 3M Springboard and Platform: 9&Under, 10-11, 12-13, 14-15, 16-18
- Future Champions Individual Events
  - 1M & 3M Springboard and Platform: 7&Under, 8-9, 10-11, 12&Up
- Intermediate Individual Events
  - 1M & 3M Springboard and Platform: 11& Under, 12&Up
- Elite Synchro Events
  - 3M Springboard and Platform: 13&Under, 14&Up
- Novice Synchro Events
  - 1M and 3M Springboard: No age restriction

PRACTICE TIMES:
- Thursday, April 11th: Open Practice 4-7:30pm.
- Friday, April 12th: Open Practice 10am-1:30pm & 4-7:30pm.
- Saturday, April 13th: Pool opens at 7am; open warm-up 7-8:30am; first event only warm-up 8:30-9am; open practice for 1 hour after the last event.
- Sunday, April 14th: Pool opens at 7am; open warm-up 7-8:30am; first event only warm-up 8:30-9am.
- Warm-up between events is 30 minutes.
## Competition Rules for Junior Individual and Elite Synchro Events

### Junior Individual Events

*Divers may compete up in age group.*

- **9&Under Boys and Girls**
- **10-11 or 11&Under Boys and Girls**
- **12-13 Boys and Girls**
- **14-15 Boys and Girls**
- **16-18 Boys and Girls**

The competition rules are the USA Diving Junior Individual Springboard and Platform Rules. Subpart C – Junior Rules [https://www.teamusa.org/usa-diving/resources/rulebook](https://www.teamusa.org/usa-diving/resources/rulebook)

### Elite Synchro Events

*Divers may compete with different partners and mixed gender, up to three synchro teams.*

- **13&Under Girls, Boys and Mixed 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, Boys and Mixed 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 group
- **14&Up Girls, Boys and Mixed 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 group
Competition Rules for Intermediate and Future Champions (FC)

Divers must compete in their age group.

**Intermediate age groups Girls and Boys**
- 11&Under | 12&Up

**Future Champions age groups Girls and Boys**
- 7&Under | 8-9 | 10-11 | 12&Up

**Intermediate** maximum two (2) skills, skills are not required.

**Future Champions** minimum three (3) skills are required, may do all skills for the five dives in the competition and a maximum Degree of Difficulty of 1.8 on any dive.

1M and 3M Springboard (5 Dives from the Bank of Dives, see below)
- may repeat dives in different position
- any approach is allowed (standing, bouncing, one or multiple step hurdle)

Platform (1M, 3M, 5M, 7.5M and 10M - 5 Dives from the Bank of Dives, see below)
- 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

Intermediate & Future Champions Bank of Dives

<table>
<thead>
<tr>
<th>Skills</th>
<th>Degree of Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 A,B,C</td>
<td>1.0 degree of difficulty</td>
</tr>
<tr>
<td>200 A,B,C</td>
<td>1.0 degree of difficulty</td>
</tr>
<tr>
<td>001 A,B,C</td>
<td>1.2 degree of difficulty</td>
</tr>
<tr>
<td>002 A,B,C</td>
<td>1.3 degree of difficulty</td>
</tr>
</tbody>
</table>

Dives: Any dives with true degree of difficulty from [FINA Table of Degrees of Difficulty](https://www.fina.org)

Competition Rules for 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 DD
2 optional dives from different groups (true DD; 002D allowed with 1.0 DD)
**Friday, April 12th**

Open Practice 3pm – 7:30pm

Coaches Social – Friday, April 12th @ 7:30pm (place TBA)

**Saturday, April 13th**

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

Event 1 start at 9am, estimated end 10:30am

<table>
<thead>
<tr>
<th>Event 1 start at 9am, estimated end 10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>FC Girls 7&amp;Under 1M (Boards B)</td>
</tr>
<tr>
<td>FC Boys 7&amp;Under 1M (Boards B)</td>
</tr>
<tr>
<td>FC Girls 8-9 1M (Boards B)</td>
</tr>
<tr>
<td>FC Boys 8-9 1M (Boards B)</td>
</tr>
<tr>
<td>Intermediate Girls 11&amp;Under 1M (Boards B)</td>
</tr>
<tr>
<td>Intermediate Boys 11&amp;Under 1M (Boards B)</td>
</tr>
</tbody>
</table>

Event 2 warmup estimated 10:30-11am

Event 2 estimated start 11am, estimated end 12:30pm

**Elite 13&Under Mixed Synchro 3M**

<table>
<thead>
<tr>
<th>Event 2 estimated start 11am, estimated end 12:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior 9&amp;Under Girls 3M (Boards A)</td>
</tr>
<tr>
<td>Junior 9&amp;Under Boys 3M (Boards A)</td>
</tr>
<tr>
<td>Junior 10-11 Girls 3M (Boards A)</td>
</tr>
<tr>
<td>Junior 10-11 Boys 3M (Boards A)</td>
</tr>
<tr>
<td>Junior 12-13 Girls 3M (Boards A)</td>
</tr>
<tr>
<td>Junior 12-13 Boys 3M (Boards A)</td>
</tr>
</tbody>
</table>

Event 3 warmup estimated 12:30-1pm

Event 3 start at 1pm, estimated end 2:30pm

<table>
<thead>
<tr>
<th>Event 3 start at 1pm, estimated end 2:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>FC Girls 7&amp;Under 3M (Boards A)</td>
</tr>
<tr>
<td>FC Boys 7&amp;Under 3M (Boards A)</td>
</tr>
<tr>
<td>FC Girls 8-9 3M (Boards A)</td>
</tr>
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<td>FC Boys 8-9 3M (Boards A)</td>
</tr>
<tr>
<td>Intermediate Girls 11&amp;Under 3M (Boards A)</td>
</tr>
<tr>
<td>Intermediate Boys 11&amp;Under 3M (Boards A)</td>
</tr>
</tbody>
</table>

Novice Mixed Synchro 1M
Saturday, April 13th

Event 4 warmup estimated 2:30pm-3pm

Event 4 estimated start 3pm, estimated end 4:30pm

Junior 9&Under Girls 1M (Boards A)    Junior 14-15 Girls Platform
Junior 9&Under Boys 1M (Boards A)    Junior 14-15 Boys Platform
Junior 10-11 Girls 1M (Boards A)    Junior 16-18 Girls Platform
Junior 10-11 Boys 1M (Boards A)    Junior 16-18 Boys Platform
Junior 12-13 Girls 1M (Boards A)    Elite 14&Up Mixed Synchro PL (5M, 7.5M, 10M)
Junior 12-13 Boys 1M (Boards A)

Open practice available one hour after the conclusion of the last event.

Sunday, April 14th

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

Event 5 warmup 8:30-9am

Event 5 estimated start 9am, estimated end 10:30am (FC - Future Champions)

FC Girls 7&Under Platform    FC Girls 10-11 3M (Boards B)
FC Boys 7&Under Platform    FC Boys 10-11 3M (Boards B)
FC Girls 8-9 Platform    FC Girls 12&Up 3M (Boards B)
FC Boys 8-9 Platform    FC Boys 12&Up 3M (Boards B)
Novice Mixed Synchro 3M

Event 6 warmup estimated 10:30-11am

Event 6 estimated start 11am, estimated end 12:30pm (Junior)

Junior 9&Under Girls Platform    Junior 14-15 Girls 3M (Boards A)
Junior 9&Under Boys Platform    Junior 14-15 Boys 3M (Boards A)
Junior 10-11 Girls Platform    Junior 16-18 Girls 3M (Boards A)
Junior 10-11 Boys Platform    Junior 16-18 Boys 3M (Boards A)
Junior 12-13 Girls Platform    Elite 14&Up Mixed Synchro 3M
Junior 12-13 Boys Platform
Elite 13&Under Mixed Synchro 5M

End of meet estimated 1:30 pm after the awards.

Midland airport MIF is 20 minutes from the pool.
Discounted Hotel Rates (based on availability, most weekends)

**SpringHill Suites Midland Odessa**  
Phone: 432-695-6870  
5716 Deauville Boulevard Midland, Texas 79706  
[Click here to book online](#)

**Holiday Inn Express Loop 250**  
5309 West Loop 250 North Midland, TX 79707  
Phone: 432-520-3600  
[Click here to book online](#)

**Holiday Inn Express I-20**  
Phone: 432-695-9020  
900 Crump Street Midland, Texas 79701  
[Click here to book online](#)

**Sleep Inn and Suites**  
5612 Deauville Blvd, Midland, TX, 79706, US  
Phone: (432) 694-4200  
Fax: (432) 694-4202  
[Click here to book online](#)